
BBC LEARNING ENGLISH

Take Away English 隨身英語

The benefits of craft making

做手工有哪些好處？



詞彙 : *craft* 手工

Are you **good with your hands**? Many of us like to make things which we can use or give as gifts. **Crafting** is certainly a **hobby** that's seen a resurgence, and those who pursue it claim getting **creative** improves their mood.

The recent lockdowns caused by the Covid pandemic gave people time at home to try out new activities, which they've continued to enjoy. Many turned to hobbies such as **craft making** as a way to soothe their work-from-home burnout. **Knitting, crocheting, pottery** and **painting** are all crafts that have seen a **revival**, and many of them are being done by younger people.

But even before the pandemic, people were turning to **arts and crafts** as an interesting **pastime** and even a way to make a bit of pocket money. Numerous websites, such as Etsy and Folksy, allowed people to sell their **handmade** goods. Richard Sennett, author of the *Craftsman*, told the BBC that: "A lot of people are finding their day jobs pretty empty, whereas learning a craft provides a real **satisfaction**. It's a skill – things like **carpentry** and **weaving** are mentally and physically stimulating, and people get inherent pleasure out of that kind of work".

The internet has also been the place to turn to to buy **craft kits** which help you get started with your craft-making projects, such as **candle making** or **macrame**. But many people are enjoying designing and making things **from scratch** and are doing it just for pleasure or to occupy their minds – and there's evidence that it's good for us as well. According to research commissioned by BBC Arts, even the briefest time spent on a creative pastime such as painting, pottery or playing the piano, has an impact on our wellbeing and emotions. The survey of around 50,000 people found being creative can help avoid stress, free up mind space and improve self-development, which helps build self-esteem.

So, if you're looking for the perfect tonic for your stressed-out life, maybe now's the time to get creative.

詞彙表

good with your hands

手巧

crafting	手工製作
hobby	興趣愛好
creative	創造性的，創意的
craft making	做手工
knitting	針織
crocheting	鉤織
pottery	陶藝
painting	繪畫
revival	再度流行
arts and crafts	美術與工藝
pastime	消遣活動
handmade	手工製作的
satisfaction	滿足感
carpentry	木匠活，木工
weaving	編織
craft kit	工藝套裝
candle making	製作蠟燭
macrame	編繩，編結
from scratch	從零開始

測驗與練習

1. 閱讀課文並回答問題。

1. Name a craft that has seen a revival.
2. Which two activities, according to Richard Sennett, are mentally and physically stimulating?
3. According to a BBC survey, what is doing craft good for?
4. Why have people recently had more time to pursue craft activities?
5. What might you make if you sell your homemade products on a website?

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. I find photography a very _____ pastime.

crafting	revival	creative	satisfaction
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2. I'm _____ a jumper for my mum – I hope she likes it!

painting	pottery	weaving	knitting
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3. My home-made sculpture was awful, so I'm going to make it again _____.

from scratched	from scratch	from scratching	from scratches
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4. I'm studying _____ at an evening class because I want to make a wooden chair for our kitchen.

weaving	carpentry	pottery	crocheting
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5. My grandad was so _____, he could make almost anything in his workshop.

good with his hands	good of his hands
good with hand	good hands

答案

1. 閱讀課文並回答問題。

1. Name a craft that has seen a revival.

Knitting, crocheting, pottery and painting are all crafts that have seen a revival.

2. Which two activities, according to Richard Sennett, are mentally and physically stimulating?

Things like carpentry and weaving are mentally and physically stimulating.

3. According to a BBC survey, what is doing craft good for?

The BBC Arts survey found that even the briefest time spent on a creative pastime such as painting, pottery or playing the piano, has an impact on our wellbeing and emotions.

4. Why have people recently had more time to pursue craft activities?

The recent lockdowns caused by the Covid pandemic gave people time at home to try out new activities.

5. What might you make if you sell your homemade products on a website?

Selling your crafts on a website might make you a bit of pocket money.

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. I find photography a very **creative** pastime.

2. I'm **knitting** a jumper for my mum – I hope she likes it!

3. My home-made sculpture was awful, so I'm going to make it again **from scratch**.

4. I'm studying **carpentry** at an evening class because I want to make a wooden chair for our kitchen.

5. My grandad was so **good with his hands**; he could make almost anything in his workshop.