

词汇: *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.

词汇表

good with your hands	手巧
crafting	手工制作
hobby	兴趣爱好
creative	创造性的, 创意的
craft making	做手工
knitting	针织
crocheting	钩织
pottery	陶艺
painting	绘画
revival	再度流行
arts and crafts	美术与工艺
pastime	消遣活动
handmade	手工制作的
satisfaction	满足感
carpentry	木匠活, 木工
weaving	编织
craft kit	工艺套装
candle making	制作蜡烛
macrame	编绳, 编结
from scratch	从零开始

测验与练习

1. 阅读课文并回答问题。

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. 选择意思恰当的单词或词组来完成下列句子。

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. 阅读课文并回答问题。

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. 选择意思恰当的单词或词组来完成下列句子。

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.