Watch the video about The cure for boredom and answer the questions:

Task 1

Write a number (1–6) to put the ideas in the order they are mentioned.

_____ Once you know how to meditate, you might still find that some activities are a waste of time.

_____ People avoid boredom by watching things, reading and communicating on their devices.

_____ But if you always distract yourself, you will never learn how to do nothing.

_____ People experience boredom less nowadays than they did in the past.

_____ When you meditate, you pay attention to your breathing and feelings.

_____ Learning to meditate will cure you of boredom – you will never be bored again.

Do the preparation task first. Then watch the video and do the exercises.

Preparation task

Match the definitions (a–j) with the vocabulary (1–10).

Vocabulary

1. ..... a gadget
2. ..... boredom
3. ..... a capacity
4. ..... to encounter
5. ..... to meditate
6. ..... to distract yourself
7. ..... to pay attention
8. ..... contemplation
9. ..... an inoculation
10. ..... blissful

Definition

a. feeling unhappy because something is uninteresting or because you have nothing to do
b. to experience something, especially something bad
c. a device or machine, for example a phone or tablet
d. to stop thinking about a problem by keeping busy
e. someone's ability to do a particular thing
f. to become calm and relaxed by thinking about one thing
g. to watch, listen to or think about something carefully or with interest
h. extremely or completely happy
i. serious and quiet thought for a period of time
j. an injection that protects someone from a disease

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Task 2

Write the activities in the correct group.

listening to a song	watching a film	paying attention to breathing	being interested in the feeling of boredom
paying attention to your experience	reading a book	finding a deep feeling of well-being	texting a friend

Distracting yourself from boredom	Meditation

LIVEWORKSHEETS