

The Cure for Boredom

1. Find the definitions of the words below:

[Click here if you need a dictionary](#)

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

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

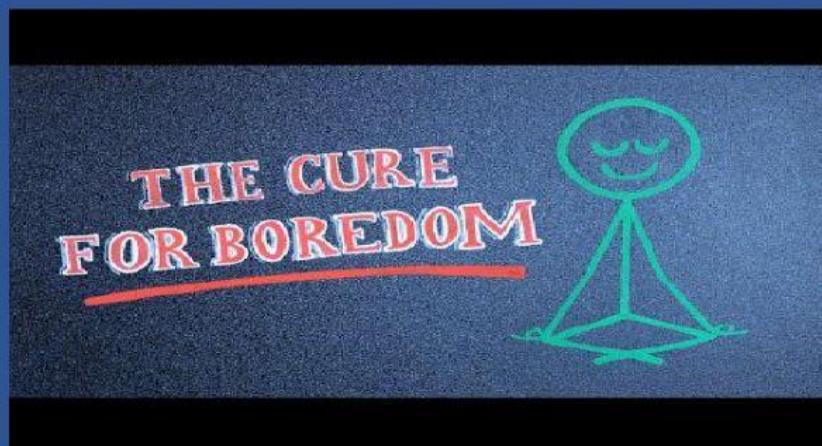
h. extremely or completely happy

i. serious and quiet thought for a period of time

j. an injection that protects someone from a disease (vaccine)

2. Listen and answer the question.
How can you 'cure' boredom?

Choose the correct answer



Adapted from British council

3. Listen again and the sentences into the numbered boxes in the correct order below :

1	Once you know how to meditate, you might still find that some activities are a waste of time.
2	People avoid boredom by watching things, reading and communicating on their devices.
3	But if you always distract yourself, you will never learn how to do nothing.
4	People experience boredom less nowadays than they did in the past.
5	When you meditate, you pay attention to your breathing and feelings.
6	Learning to meditate will cure you of boredom - you will never be bored again.

4. Put the words into the correct column

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

5. Answer these questions: What do you usually do when you're bored? Have you ever tried meditation? Would you like to try it?
