Task 1: After listening to the audio, match words/phrases with their corresponding meanings below.

You can turn on the subtitles while listening!

Meanings	Words
1. extremely tired	a. Necessity is the mother of invention
2. (idiom) to be moving about quickly doing many things	b. Kick back
3. stop doing things and relax completely	c. Switch off
4. hard-working	d. To lounge about / To lounge around
5. able to produce a lot for the amount of resources used	e. Exhausted
6. (idiom) meaning that if you really need to do something, you will think of a way of doing it	f. Be (as) busy as a bee
7. stop worrying or thinking about something, and relax	g. Swiping and scrolling
8. to spend your time in a relaxed way, doing very little	h. Productive
9. touch-screen gestures used to navigate digital content	i. Industrious
10. to gather or summon the necessary physical or mental strength to perform a task, often after a period of inertia, reluctance, or exhaustion	k. On the move
11. in the process of moving from one place or job to another.	l. Work up the energy

ANSWERS										
1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**

LIVEWORKSHEETS

Task 2: Choose the best answers for questions below:

1. **Question 1: At the beginning, the speakers mention that although animals like bees look busy, the surprising truth is that they _____.**
   A. always move from flower to flower.
   B. spend most of their time doing nothing.
   C. work harder when the cameras are off.
   D. sleep for 20 hours a day like lions.

2. **Question 2: According to the study on Rock Ants, why are about half of the ants in a colony inactive (not working)?**
   A. Because they are lazy and bored.
   B. Because they are "reserve ants" waiting to help in emergencies.
   C. Because there is not enough food for them to find.
   D. Because they are the leaders of the society.

3. **Question 3: What does Dr. Sandi Mann believe about "boredom"?**
   A. It is dangerous for our mental health.
   B. It prevents us from being productive.
   C. It is the "mother of invention" and helps us be creative.
   D. It makes us feel tired and exhausted.

4. **Question 4: Why is it harder for modern humans to "switch off" (relax) compared to the past?**
   A. Because of constant stimulation from phones and scrolling.
   B. Because we have to work harder to find food.
   C. Because we are naturally more industrious than ants.
   D. Because we don't like being alone.

5. **Question 5: What happens to the three-toed sloth because it moves so slowly?**
   A. It becomes easy prey for lions.
   B. It sleeps for 20 hours a day.
   C. It stops eating completely.
   D. Algae (plants) grow on its fur.

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