**Feeling Bored**

**Instructions**: Place the expressions in the correct spaces below. The words that are bold and underlined are a hint to help you find the correct answer. When you are finished, have a conversation with a classmate based on the discussion questions you have completed.

|  |  |  |  |
| --- | --- | --- | --- |
| fidget | zone out | doomscroll | doodle |
| daydream | binge | bored out of my mind | kill time |

1. What is the best way to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ without using your cell phone? Do you think you use your phone too much while **waiting for something else to happen**?
2. Rank these sports from “I feel excited” to “I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”. Compare with a classmate.

**Sports** **My Ranking**

* 1. Golf exciting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  2. Chess good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  3. Fishing ok \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  4. billiards/pool ugh… \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  5. baseball **so boring** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. We have access to a lot of information these days. Do you ever \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? Why are people attracted to **looking through negative information about the world**?
2. Tell us the best show to \_\_\_\_\_\_\_\_\_\_\_\_\_ when you want to relax. Are there any shows that you can recommend **watching many episodes of** to learn English?
3. When someone is talking to you, do you ever \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? How can you recover the conversation after **your mind goes blank and you stop paying attention**?
4. When you were in school, would you ever \_\_\_\_\_\_\_\_\_\_\_\_\_ in your seat? Do you still **tap your fingers, click a pen, or shake your leg** when you are bored?
5. Imagine you are in a very boring business meeting. All you have for entertainment is a piece of paper and a pen. No one can see your piece of paper. What would you \_\_\_\_\_\_\_\_\_\_\_\_\_\_ on it? Do you find **drawing without thinking too much** relaxing?
6. Do you ever just stare out of a window and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? What do you usually think about when you **let your mind wander**?