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**Level 4** – 16th December 2024

## One in three people could detest fidgets

**FREE** online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2412/241216-fidgeting-and-misokinesia-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2412/241216-fidgeting-and-misokinesia-4.html>

You could have a mental health condition you don't know about, called misokinesia. This is distress caused by watching people who fidget. People fidget because of nervousness or stress. Misokinesia sufferers can have an "intense hatred" of people who tap their fingers, click a pen, or twiddle their hair. Misokinesia is like a condition called misophonia. This is a great dislike of other people's noises, such as heavy breathing, throat clearing or loud eating.

Researchers in Canada interviewed 21 misokinesia sufferers from a support group. The researchers concluded that the condition can be "life limiting". Sufferers can have extreme feelings of rage and disgust. One sufferer said: "If I see someone tapping their fingers...my immediate thought is to chop their fingers off." A psychologist said, "violent images might pop into the head" of sufferers. She said people can be triggered by tiny things.

Sources: <https://www.bbc.com/news/articles/c8ewl757d2ko>  
<https://au.lifestyle.yahoo.com/sex-husband-became-excruciatingly-painful-023102460.html>  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0313169>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2412/241216-fidgeting-and-misokinesia-4.html>

## PARAGRAPH ONE:

- |                                    |                      |
|------------------------------------|----------------------|
| 1. a mental health                 | a. breathing         |
| 2. a great dislike of other        | b. their hair        |
| 3. sufferers can have an intense   | c. their fingers     |
| 4. people who tap                  | d. clearing          |
| 5. twiddle                         | e. people's noises   |
| 6. Misokinesia is like a condition | f. hatred            |
| 7. heavy                           | g. condition         |
| 8. throat                          | h. called misophonia |

## PARAGRAPH TWO:

- |                               |                          |
|-------------------------------|--------------------------|
| 1. interviewed 21             | a. into the head         |
| 2. a support                  | b. feelings              |
| 3. the condition can be life  | c. fingers               |
| 4. Sufferers can have extreme | d. by tiny things        |
| 5. rage and                   | e. group                 |
| 6. tapping their              | f. disgust               |
| 7. violent images might pop   | g. misokinesia sufferers |
| 8. people can be triggered    | h. limiting              |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2412/241216-fidgeting-and-misokinesia-4.html>

You could have a (1) \_\_\_\_\_ you don't know about, called misokinesia. This is (2) \_\_\_\_\_ watching people who fidget. People fidget because of nervousness or stress. Misokinesia sufferers can have (3) \_\_\_\_\_ of people who tap their fingers, click a pen, or (4) \_\_\_\_\_. Misokinesia is like a condition called misophonia. This is a (5) \_\_\_\_\_ other people's noises, such as heavy (6) \_\_\_\_\_ or loud eating.

Researchers in Canada interviewed 21 misokinesia (7) \_\_\_\_\_ support group. The researchers concluded that the condition can (8) \_\_\_\_\_". Sufferers can have extreme feelings of (9) \_\_\_\_\_. One sufferer said: "If I see someone (10) \_\_\_\_\_ ...my immediate thought is to chop their fingers off." A psychologist said, "(11) \_\_\_\_\_ pop into the head" of sufferers. She said people can be (12) \_\_\_\_\_ things.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2412/241216-fidgeting-and-misokinesia-4.html>

You could have a mental health condition you don't know about, called misokinesia. This is distress caused by watching people who fidget. People fidget because of nervousness or stress. Misokinesia sufferers can have an "intense hatred" of people who tap their fingers, click a pen, or twiddle their hair. Misokinesia is like a condition called misophonia. This is a great dislike of other people's noises, such as heavy breathing, throat clearing or loud eating. Researchers in Canada interviewed 21 misokinesia sufferers from a support group. The researchers concluded that the condition can be "life limiting". Sufferers can have extreme feelings of rage and disgust. One sufferer said: "If I see someone tapping their fingers... my immediate thought is to chop their fingers off." A psychologist said, "violent images might pop into the head" of sufferers. She said people can be triggered by anything.

# FIDGETING SURVEY

From <https://breakingnewsenglish.com/2412/241216-fidgeting-and-misokinesia-4.html>

Write five GOOD questions about fidgeting in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

