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Level 5 – 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-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2412/241216-fidgeting-and-misokinesia-5.html>

A third of us could have a mental health condition we don't know about. It is called misokinesia - the distress caused by watching people who fidget. Fidgeting is making small movements repetitively, especially with the hands and feet. People fidget because of nervousness or impatience. Misokinesia sufferers can have an "intense hatred" of people tapping their fingers, clicking a pen, or twiddling 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.

The study is from researchers in Canada. They interviewed 21 people in a misokinesia support group. The researchers concluded that misokinesia can be so distressing as to be "life limiting". Sufferers can have extreme feelings of rage, torture and disgust. One sufferer said: "If I see someone tapping their fingers on a desk, my immediate thought is to chop their fingers off with a knife." A clinical psychologist told the BBC that "violent images might pop into the head" of misokinesia sufferers. She said people can be triggered by the tiniest of 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-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------|---------------------------|
| 1. A third | a. people's noises |
| 2. Fidgeting is making small | b. fingers |
| 3. People fidget because | c. clearing |
| 4. an intense | d. movements repetitively |
| 5. tapping their | e. of us |
| 6. a great dislike of other | f. hatred of people |
| 7. heavy | g. of nervousness |
| 8. throat | h. breathing |

PARAGRAPH TWO:

- | | |
|-----------------------------|----------------------|
| 1. a misokinesia support | a. be so distressing |
| 2. misokinesia can | b. images |
| 3. have extreme feelings | c. their fingers |
| 4. tapping | d. group |
| 5. A clinical | e. of things |
| 6. violent | f. into the head |
| 7. pop | g. of rage |
| 8. triggered by the tiniest | h. psychologist |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2412/241216-fidgeting-and-misokinesia-5.html>

A third of us could have a (1) _____ we don't know about. It is called misokinesia - the (2) _____ watching people who fidget. Fidgeting is making small movements repetitively, especially with the hands and feet. People fidget because of (3) _____. Misokinesia sufferers can have (4) _____ of people tapping their fingers, clicking a pen, or twiddling their hair. Misokinesia is like a (5) _____. This is a great dislike of other people's noises, such as heavy breathing, (6) _____ loud eating.

The study is (7) _____ Canada. They interviewed 21 people in a misokinesia support group. The researchers concluded that misokinesia can be (8) _____ to be "life limiting". Sufferers can have extreme feelings of rage, (9) _____. One sufferer said: "If I see someone tapping their fingers on a desk, my immediate thought is to (10) _____ off with a knife." A clinical psychologist told the BBC that "(11) _____ pop into the head" of misokinesia sufferers. She said people can be triggered by the (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2412/241216-fidgeting-and-misokinesia-5.html>

A third of us could have a mental health condition we don't know about. It is called misokinesia - the distress caused by watching people who fidget. Fidgeting is making small movements repetitively, especially with the hands and feet. People fidget because of nervousness or impatience. Misokinesia sufferers can have an "intense hatred" of people tapping their fingers, clicking a pen, or twiddling 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. The study is from researchers in Canada. They interviewed 21 people in a misokinesia support group. The researchers concluded that misokinesia can be so distressing as to be "life limiting". Sufferers can have extreme feelings of rage, torture and disgust. One sufferer said: "If I see someone tapping their fingers on a desk, my immediate thought is to chop their fingers off with a knife." A clinical psychologist told the BBC that "violent images might pop into the head" of misokinesia sufferers. She said people can be triggered by the tiniest of things.

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) _____

