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Level 6 – 16th December 2024

One in three people could detest fidgets

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

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

One third of us could have a mental health condition of which we are unaware. It is a phenomenon called misokinesia. This is the distress caused by watching people who fidget. All of us know one or two people who cannot stop fidgeting. Most fidgets are children. Fidgeting involves making small movements repetitively, especially with the hands and feet. Most fidgets fidget because of nervousness or impatience. Misokinesia sufferers can have an "intense hatred" of people tapping their fingers, clicking a pen, twiddling their hair, or jiggling their thighs. Misokinesia is similar to a condition called misophonia. This is a profound dislike of other people's noises, such as heavy breathing, throat clearing or loud eating.

The study is from the Natural Sciences and Engineering Research Council of Canada. Researchers interviewed 21 people belonging to a misokinesia support group. After talking to the group's members, the researchers concluded that misokinesia can be so distressing as to be "life limiting". Sufferers can experience extreme feelings of rage, torture and disgust. One patient confessed: "If I see someone tapping their fingers on a desk, my immediate thought is to chop their fingers off with a knife." Dr Jane Gregory, a clinical psychologist, told the BBC that "violent images might pop into the head" of misokinesia sufferers. She said people are triggered by the tiniest of things, without knowing why.

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>

WARM-UPS

1. FIDGETS: Students walk around the class and talk to other students about fidgets. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

mental health / phenomenon / distress / fidget / nervousness / impatience / noises / study / support group / extreme feelings / rage / torture / disgust / fingers / trigger

Have a chat about the topics you liked. Change topics and partners frequently.

3. MEDICAL HELP: Students A **strongly** believe fidgets need medical help; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. ANNOYANCES: What are the most annoying things other people do? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	Annoyances	Why
At the dinner table		
In a store		
On a train		
In the street		
In a restaurant		
In a library		

5. PHENOMENON: Spend one minute writing down all of the different words you associate with the word "phenomenon". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. FIDGETING: Rank these with your partner. Put the most annoying examples of fidgeting at the top. Change partners often and share your rankings.

- Clicking a pen
- Tapping fingers
- Twiddling hair
- Jiggling thighs
- Tapping feet
- Shifting seat position
- Swaying ones body
- Doodling

VOCABULARY MATCHING

Paragraph 1

- | | |
|-----------------|--|
| 1. condition | a. Doing the same thing again and again. |
| 2. phenomenon | b. A very strong feeling of being worried, sad, or in pain. |
| 3. distress | c. Something that happens, especially something unusual or interesting. |
| 4. fidget | d. Very deep or strong, or very important. |
| 5. repetitively | e. Something wrong with your body or mind that makes you sick or unwell. |
| 6. twiddling | f. To keep moving your hands, feet, or body because you feel nervous or bored. |
| 7. profound | g. Turning or moving something with your fingers, or tapping your fingers often because you are bored, stressed or thinking. |

Paragraph 2

- | | |
|------------------|--|
| 8. rage | h. Talked about something reluctantly, usually because one feels ashamed or embarrassed. |
| 9. torture | i. A person who studies how people think and feel. |
| 10. disgust | j. Related to doctors or hospitals. |
| 11. confessed | k. Very bad pain or suffering, either in the body or the mind. |
| 12. clinical | l. To make someone feel a strong emotion or start a reaction. |
| 13. psychologist | m. A very strong feeling of anger. |
| 14. triggered | n. A strong feeling that something is very unpleasant or wrong. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. Thirty per cent of us have a condition that makes us dislike fidgets. **T / F**
2. Misokinesia is a condition that causes distress at looking at fidgets. **T / F**
3. The article says the majority of people who are fidgets are children. **T / F**
4. Misokinesia causes people to dislike people who clear their throat. **T / F**
5. Researchers interviewed over 200 people in a support group. **T / F**
6. The researchers said misokinesia can reduce our longevity. **T / F**
7. One sufferer wanted to chop the fingers off a finger-tapping person. **T / F**
8. A psychologist said people don't know why they are triggered. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|------------------------|----------------|
| 1. condition | a. set off |
| 2. distress | b. deep-rooted |
| 3. repetitively | c. sever |
| 4. intense | d. anguish |
| 5. profound | e. extreme |
| 6. concluded | f. restricting |
| 7. limiting | g. illness |
| 8. confessed | h. deduced |
| 9. chop off | i. admitted |
| 10. triggered | j. non-stop |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--------------------------------------|---------------------------------|
| 1. have a mental health | a. because of nervousness |
| 2. making small movements | b. by the tiniest of things |
| 3. fidgets fidget | c. clearing |
| 4. heavy | d. is to chop their fingers off |
| 5. throat | e. as to be life limiting |
| 6. belonging to a misokinesia | f. condition |
| 7. misokinesia can be so distressing | g. psychologist |
| 8. my immediate thought | h. breathing |
| 9. a clinical | i. repetitively |
| 10. people are triggered | j. support group |

GAP FILL

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

One third of us could have a mental health (1) _____ of which we are unaware. It is a phenomenon called misokinesia. This is the (2) _____ caused by watching people who fidget. All of us know one or two people who cannot stop fidgeting. Most fidgets are children. Fidgeting (3) _____ making small movements repetitively, especially with the hands and feet. Most (4) _____ fidget because of nervousness or impatience. Misokinesia sufferers can have an "(5) _____ hatred" of people tapping their fingers, clicking a pen, (6) _____ their hair, or jiggling their thighs. Misokinesia is similar to a condition called misophonia. This is a (7) _____ dislike of other people's noises, such as heavy breathing, throat (8) _____ or loud eating.

involves
twiddling
condition
intense
clearing
distress
profound
fidgets

The study is from the Natural Sciences and Engineering Research Council of Canada. Researchers interviewed 21 people (9) _____ to a misokinesia (10) _____ group. After talking to the group's members, the researchers concluded that misokinesia can be so (11) _____ as to be "life (12) _____". Sufferers can experience extreme feelings of rage, torture and (13) _____. One patient confessed: "If I see someone (14) _____ their fingers on a desk, my immediate thought is to chop their fingers off with a knife." Dr Jane Gregory, a (15) _____ psychologist, told the BBC that "violent images might pop into the head" of misokinesia sufferers. She said people are (16) _____ by the tiniest of things, without knowing why.

support
disgust
distressing
triggered
tapping
clinical
belonging
limiting

LISTENING – Guess the answers. Listen to check.

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

- 1) One third of us could have a mental health condition of which _____
 - a. we are beware
 - b. we are earn aware
 - c. we are urn aware
 - d. we are unaware
- 2) Fidgeting involves making _____
 - a. small moments repetitively
 - b. small move means repetitively
 - c. small movement repetitively
 - d. small movements repetitively
- 3) fidget because of nervousness or impatience. Misokinesia sufferers can have _____
 - a. an intense hatred
 - b. an intense hated
 - c. an intense hate red
 - d. an in tents hatred
- 4) people tapping their fingers, clicking a pen, twiddling their hair, or _____
 - a. juggling their thighs
 - b. jogging their thighs
 - c. jiggling their thighs
 - d. jiggle in their thighs
- 5) a profound dislike of other people's noises, such as heavy _____
 - a. breathe in, throat clearing
 - b. breathing, threat clearing
 - c. breathing, throat clearing
 - d. breathing, throat cleaning
- 6) the researchers concluded that misokinesia can be so distressing as to _____
 - a. be live limiting
 - b. believe limiting
 - c. been life limiting
 - d. be life limiting
- 7) Sufferers can experience extreme feelings of rage, _____
 - a. torture and disgust
 - b. torture and disgusting
 - c. torture and disgusted
 - d. torture and digest
- 8) my immediate thought is to chop _____
 - a. their figures off
 - b. their finger off
 - c. their fingers off
 - d. their finger soft
- 9) a clinical psychologist, told the BBC that violent images might pop _____
 - a. onto the head
 - b. into the head
 - c. in two the head
 - d. into a head
- 10) She said people are triggered by the _____
 - a. tinniest of things
 - b. tiny yeast of things
 - c. tiny east of things
 - d. tiniest of things

LISTENING – Listen and fill in the gaps

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

One third of us could have a mental (1) _____ which we are unaware. It is a phenomenon called misokinesia. This is the distress caused by watching (2) _____. All of us know one or two people who cannot stop fidgeting. Most fidgets are children. Fidgeting involves making small movements (3) _____ the hands and feet. Most fidgets fidget because of nervousness or impatience. Misokinesia sufferers can have (4) _____ of people tapping their fingers, clicking a pen, twiddling their hair, or (5) _____. Misokinesia is similar to a condition called misophonia. This is a profound dislike of other people's noises, such as (6) _____ clearing or loud eating.

The study is from the Natural Sciences and Engineering Research Council of Canada. Researchers interviewed 21 (7) _____ a misokinesia support group. After talking to the group's members, the researchers concluded that misokinesia can be (8) _____ to be "life limiting". Sufferers can experience extreme feelings (9) _____ and disgust. One patient confessed: "If I see someone (10) _____ on a desk, my immediate thought is to chop their fingers off with a knife." Dr Jane Gregory, a clinical psychologist, told the BBC that "(11) _____ pop into the head" of misokinesia sufferers. She said people are (12) _____ tiniest of things, without knowing why.

COMPREHENSION QUESTIONS

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

1. What causes misokinesia sufferers to be distressed?
2. Who is more likely to be a fidget?
3. What causes most fidgets to fidget?
4. What do people do to their thighs to trigger a misokinesia sufferer?
5. What kind of breathing might upset a misokinesia sufferer?
6. How many misokinesia sufferers did researchers interview?
7. What did the researchers conclude about misokinesia?
8. What made a sufferer want to do to a finger-tapping person?
9. What is the job of Jane Gregory?
10. What did Jane Gregory say people are triggered by?

MULTIPLE CHOICE - QUIZ

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

- 1) What causes misokinesia sufferers to be distressed?
 - a) climate change
 - b) people who clear their throats
 - c) watching people who fidget
 - d) unknown phenomena
- 2) Who is more likely to be a fidget?
 - a) children
 - b) people with learning difficulties
 - c) people with high IQs
 - d) angry people
- 3) What causes most fidgets to fidget?
 - a) a lack of food
 - b) nervousness or impatience
 - c) a lack of sleep
 - d) an overactive mind
- 4) What do people do to their thighs to trigger a misokinesia sufferer?
 - a) rub them
 - b) stroke them
 - c) slap them
 - d) jiggle them
- 5) What kind of breathing might upset a misokinesia sufferer?
 - a) panting
 - b) rapid breathing
 - c) heavy breathing
 - d) shallow breathing
- 6) How many misokinesia sufferers did researchers interview?
 - a) 20
 - b) 21
 - c) 22
 - d) 23
- 7) What did the researchers conclude about misokinesia?
 - a) It's incurable.
 - b) It's harmful.
 - c) It needs more research.
 - d) It's life limiting.
- 8) What made a sufferer want to do to a finger-tapping person?
 - a) talk to them
 - b) chop their fingers off
 - c) take away their desk
 - d) shout at them
- 9) What is the job of Jane Gregory?
 - a) a fidgeting expert
 - b) a clinical psychologist
 - c) a fidget toy manufacturer
 - d) a BBC journalist
- 10) What did Jane Gregory say people are triggered by?
 - a) the tiniest of things
 - b) the weather
 - c) bad news
 - d) major life events

ROLE PLAY

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

Role A – Clicking A Pen

You think clicking a pen is the most annoying habit. Tell the others three reasons why. Tell them why their habits aren't so bad. Also, tell the others which is the least annoying of these (and why): shifting seat position, swaying or twiddling hair.

Role B – Shifting Seat Position

You think shifting seat position is the most annoying habit. Tell the others three reasons why. Tell them why their habits aren't so bad. Also, tell the others which is the least annoying of these (and why): clicking a pen, swaying or twiddling hair.

Role C – Swaying

You think swaying is the most annoying habit. Tell the others three reasons why. Tell them why their habits aren't so bad. Also, tell the others which is the least annoying of these (and why): shifting seat position, clicking a pen or twiddling hair.

Role D – Twiddling Hair

You think twiddling hair is the most annoying habit. Tell the others three reasons why. Tell them why their habits aren't so bad. Also, tell the others which is the least annoying of these (and why): shifting seat position, swaying or clicking a pen.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'detest' and 'fidget'.

detest	fidget
---------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• aware• caused• small• hatred• similar• such	<ul style="list-style-type: none">• 21• life• desk• rage• clinical• tiniest
--	--

FIDGETING SURVEY

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

FIDGETING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'detest'?
3. Why do people fidget?
4. How many fidgets do you know?
5. What do you think of the condition misokinesia?
6. What things cause you distress?
7. What things do you detest?
8. What do you do when you are nervous or impatient?
9. Do people who constantly tap wind you up?
10. What do you think of people who constantly make noises?

One in three people could detest fidgets – 16th December 2024
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FIDGETING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'fidget'?
13. What do you think about what you read?
14. How big a problem is fidgeting?
15. How big a problem is detesting fidgets?
16. Have you ever had extreme feelings of rage or disgust?
17. Have violent images ever popped into your head?
18. What things trigger you?
19. How can we help people who fidget, and those who detest fidgets?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

One (1) _____ of us could have a mental health condition (2) _____ which we are unaware. It is a (3) _____ called misokinesia. This is the distress caused by watching people who fidget. All of us know one or two people who cannot stop fidgeting. Most fidgets are children. Fidgeting involves making small movements repetitively, especially with the hands and feet. Most fidgets (4) _____ because of nervousness or impatience. Misokinesia sufferers can have an "intense hatred" of people tapping their fingers, clicking a pen, (5) _____ their hair, or jiggling their thighs. Misokinesia is similar to a condition called misophonia. This is a profound dislike of other people's noises, such as (6) _____ breathing, throat clearing or loud eating.

The study is from the Natural Sciences and Engineering Research Council of Canada. Researchers interviewed 21 people (7) _____ to a misokinesia support group. After talking to the group's members, the researchers concluded that misokinesia can be so distressing (8) _____ to be "life limiting". Sufferers can experience extreme feelings of (9) _____, torture and disgust. One patient confessed: "If I see someone tapping their fingers on a desk, my immediate thought is to chop their fingers (10) _____ with a knife." Dr Jane Gregory, a clinical psychologist, told the BBC that "violent images might (11) _____ into the head" of misokinesia sufferers. She said people are (12) _____ by the tiniest of things, without knowing why.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|---------------|----------------|------------------|
| 1. | (a) third | (b) thirdly | (c) thirds | (d) third-rate |
| 2. | (a) so | (b) at | (c) of | (d) that |
| 3. | (a) phenom | (b) phenomena | (c) phenomenon | (d) phenomenally |
| 4. | (a) fidgets | (b) fidgeted | (c) fidgeting | (d) fidget |
| 5. | (a) twiddling | (b) twaddling | (c) twinning | (d) twining |
| 6. | (a) serious | (b) heavy | (c) weighty | (d) plump |
| 7. | (a) belongings | (b) belongs | (c) belonged | (d) belonging |
| 8. | (a) has | (b) as | (c) was | (d) that |
| 9. | (a) rag | (b) enrage | (c) rage | (d) drag |
| 10. | (a) diced | (b) over | (c) up | (d) off |
| 11. | (a) mop | (b) plop | (c) drop | (d) pop |
| 12. | (a) flickered | (b) triggered | (c) flickered | (d) tricked |

SPELLING

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

Paragraph 1

1. of which we are waunrae
2. It is a emnohenpon called misokinesia
3. making small movements pteiiteverly
4. itlddiwng their hair
5. jiggling their hithgs
6. a rofoupnd dislike of other people's noises

Paragraph 2

7. misokinesia can be so isrdsseitng
8. sufferers can experience rteexme feelings
9. rage, torture and isgudst
10. a clinical oycpsgolihst
11. pop into the head of misokinesia fseuerfrs
12. rtggried by the tiniest of things

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () repetitively, especially with the hands and feet. Most fidgets fidget because of nervousness
- () dislike of other people's noises, such as heavy breathing, throat clearing or loud eating.
- () The study is from the Natural Sciences and Engineering Research Council of Canada. Researchers
- () or impatience. Misokinesia sufferers can have an "intense hatred" of people tapping their fingers, clicking
- (**1**) One third of us could have a mental health condition of which we are unaware. It is a phenomenon
- () called misokinesia. This is the distress caused by watching people who fidget. All of us know one
- () interviewed 21 people belonging to a misokinesia support group. After talking to the group's
- () can experience extreme feelings of rage, torture and disgust. One patient confessed: "If I see someone
- () off with a knife." Dr Jane Gregory, a clinical psychologist, told the BBC that "violent images might pop
- () tapping their fingers on a desk, my immediate thought is to chop their fingers
- () into the head" of misokinesia sufferers. She said people are triggered by the tiniest of things, without knowing why.
- () members, the researchers concluded that misokinesia can be so distressing as to be "life limiting". Sufferers
- () or two people who cannot stop fidgeting. Most fidgets are children. Fidgeting involves making small movements
- () a pen, twiddling their hair, or jiggling their thighs. Misokinesia is similar to a condition called misophonia. This is a profound

PUT THE WORDS IN THE RIGHT ORDER

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

1. distress The by watching who caused fidget . people
2. fidgets of because impatience . fidget nervousness or Most
3. people . of "intense an can Sufferers have hatred"
4. is a to Misokinesia called similar misophonia . condition
5. is This people's of profound dislike noises . a
6. misokinesia people Twenty-one group . to support belonging a
7. can concluded be that misokinesia Researchers so distressing .
8. rage . can extreme of experience Sufferers feelings
9. someone fingers . tapping see If their I
10. pop the head . into Violent might images

CIRCLE THE CORRECT WORD (20 PAIRS)

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

One third of us could have a mental health condition *on / of* which we are unaware. It is a phenomenon called misokinesia. This is the distress caused *by / at* watching people who fidget. All of us know one or two people who cannot stop fidgeting. Most *fidgets / fidget* are children. Fidgeting involves making small movements *respectively / repetitively*, especially with the hands and feet. Most fidgets *fidgeting / fidget* because of nervousness or impatience. Misokinesia sufferers can have an "*intensely / intense* hatred" of people tapping their fingers, clicking a pen, twiddling their hair, or jiggling their thighs. Misokinesia is *similarly / similar* to a condition called misophonia. This is a *preferred / profound* dislike of other people's noises, such as heavy *breathe / breathing*, throat *clearing / cleaning* or loud eating.

The study is from the Natural Sciences and Engineering Research Council of Canada. Researchers interviewed 21 people *belonging / belonged* to a misokinesia *support / supports* group. After talking to the group's *member / members*, the researchers concluded that misokinesia can be so distressing *has / as* to be "life limiting". Sufferers can experience *extreme / extremity* feelings of rage, torture and *disgust / disgusting*. One patient *confessed / confused*: "If I see someone tapping their fingers on a desk, my immediate thought is to *stamp / chop* their fingers off with a knife." Dr Jane Gregory, a clinical psychologist, told the BBC that "violent images might pop *onto / into* the head" of misokinesia sufferers. She said people are *twigged / triggered* by the tiniest of things, without knowing why.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

n th_rd _f _s c__ld h_v_ _ m_nt_l h__lth c_nd_t__n
_f wh_ch w_ _r_ n_w_r_. _t _s _ ph_n_m_n_n c_ll_d
m_s_k_n_s__ . Th_s _s th_ d_str_ss c__s_d by w_tch_ng
p__pl_ wh_ f_dg_t. _ll _f _s kn_w _n_ _r tw_ p__pl_
wh_ c_nn_t st_p f_dg_t_ng. M_st f_dg_ts _r_ ch_ldr_n.
F_dg_t_ng _nv_lv_s m_k_ng sm_ll m_v_m_nts
r_p_t_t_v_ly, _sp_c__lly w_th th_ h_nds _nd f__t. M_st
f_dg_ts f_dg_t b_c__s_ _f n_rv__sn_ss _r _mp_t__nc_.
M_s_k_n_s__ s_ff_r_rs c_n h_v_ _n "_nt_ns_ h_tr_d" _f
p__pl_ t_pp_ng th__r f_ng_rs, cl_ck_ng _ p_n,
tw_ddl_ng th__r h__r, _r j_ggl_ng th__r th_ghs.
M_s_k_n_s__ _s s_m_l_r t_ _ c_nd_t__n c_ll_d
m_s_ph_n__ . Th_s _s _ pr_f__nd d_sl_k_ _f _th_r
p__pl_'s n__s_s, s_ch _s h__vy br__th_ng, thr__t
cl__r_ng _r l__d __t_ng.

Th_ st_dy _s fr_m th_ N_t_r_l Sc__nc_s _nd
_ng_n__r_ng R_s__rch C__nc_l _f C_n_d_. R_s__rch_rs
_nt_rv__w_d 21 p__pl_ b_l_ng_ng t_ _ m_s_k_n_s__
s_pp_rt gr__p. _ft_r t_lk_ng t_ th_ gr__p's m_mb_rs,
th_ r_s__rch_rs c_ncl_d_d th_t m_s_k_n_s__ c_n b_ s_
d_str_ss_ng _s t_ b_ "l_f_ l_m_t_ng". S_ff_r_rs c_n
_xp_r__nc_ _xtr_m_ f__l_ngs _f r_g_, t_rt_r_ _nd
d_sg_st. _n_ p_t__nt c_nf_ss_d: "_f _ s__ s_m__n_
t_pp_ng th__r f_ng_rs _n_ _ d_sk, my _mm_d__t_
th__ght _s t_ ch_p th__r f_ng_rs _ff w_th _ kn_f_."
Dr J_n_ Gr_g_ry, _ cl_n_c_l psych_l_g_st, t_ld th_ BBC
th_t "v__l_nt _m_g_s m_ght p_p _nt_ th_ h__d" _f
m_s_k_n_s__ s_ff_r_rs. Sh_ s__d p__pl_ _r_ tr_gg_r_d
by th_ t_n__st _f th_ngs, w_th__t kn_w_ng why.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

one third of us could have a mental health condition of which we are unaware it is a phenomenon called misokinesia this is the distress caused by watching people who fidget all of us know one or two people who cannot stop fidgeting most fidgets are children fidgeting involves making small movements repetitively especially with the hands and feet most fidgets fidget because of nervousness or impatience misokinesia sufferers can have an intense hatred of people tapping their fingers clicking a pen twiddling their hair or jiggling their thighs misokinesia is similar to a condition called misophonia this is a profound dislike of other peoples noises such as heavy breathing throat clearing or loud eating

the study is from the natural sciences and engineering research council of canada researchers interviewed 21 people belonging to a misokinesia support group after talking to the groups members the researchers concluded that misokinesia can be so distressing as to be life limiting sufferers can experience extreme feelings of rage torture and disgust one patient confessed if i see someone tapping their fingers on a desk my immediate thought is to chop their fingers off with a knife dr jane gregory a clinical psychologist told the bbc that violent images might pop into the head of misokinesia sufferers she said people are triggered by the tiniest of things without knowing why

PUT A SLASH (/) WHERE THE SPACES ARE

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

One third of us could have a mental health condition of which we are unaware. It is a phenomenon called misokinesia. This is the distress caused by watching people who fidget. All of us know one or two people who cannot stop fidgeting. Most fidgets are children. Fidgeting involves making small movements repetitively, especially with the hands and feet. Most fidgets fidget because of nervousness or impatience. Misokinesia sufferers can have an "intense hatred" of people tapping their fingers, clicking a pen, twiddling their hair, or jiggling their thighs. Misokinesia is similar to a condition called misophonia. This is a profound dislike of other people's noises, such as heavy breathing, throat clearing or loud eating. The study is from the Natural Sciences and Engineering Research Council of Canada. Researchers interviewed 21 people belonging to a misokinesia support group. After talking to the group's members, the researchers concluded that misokinesia can be so distressing as to be "life limiting". Sufferers can experience extreme feelings of rage, torture and disgust. One patient confessed: "If I see someone tapping their fingers on a desk, my immediate thought is to chop their fingers off with a knife." Dr Jane Gregory, a clinical psychologist, told the BBC that "violent images might pop into the head" of misokinesia sufferers. She said people are triggered by the tiniest of things, without knowing why.

ACADEMIC WRITING

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

People who fidget should seek medical help. Discuss.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. FIDGETING: Make a poster about fidgeting. Show your work to your classmates in the next lesson. Did you all have similar things?

4. FIDGET TOYS: Write a magazine article about doctors prescribing fidget toys for people who fidget. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on fidgeting. Ask him/her three questions about fidgeting. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. c 3. b 4. f 5. a 6. g 7. d
8. m 9. k 10. n 11. h 12. j 13. i 14. l

TRUE / FALSE (p.5)

- 1 F 2 T 3 T 4 F 5 F 6 F 7 T 8 T

SYNONYM MATCH (p.5)

1. g	2. d	3. j	4. e	5. b
6. h	7. f	8. i	9. c	10. a

COMPREHENSION QUESTIONS (p.9)

1. Watching people who fidget
2. Children
3. Nervousness or impatience
4. Jiggle them
5. Heavy breathing
6. Twenty-one
7. It is life limiting
8. Chop their fingers off
9. A clinical psychologist
10. The tiniest of things

WORDS IN THE RIGHT ORDER (p.19)

1. The distress caused by watching people who fidget.
2. Most fidgets fidget because of nervousness or impatience.
3. Sufferers can have an "intense hatred" of people.
4. Misokinesia is similar to a condition called misophonia.
5. This is a profound dislike of people's noises.
6. Twenty-one people belonging to a misokinesia support group.
7. Researchers concluded that misokinesia can be so distressing.
8. Sufferers can experience extreme feelings of rage.
9. If I see someone tapping their fingers.
10. Violent images might pop into the head.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)