

DOING ABSOLUTELY NOTHING

a podcast-based lesson



GLOSSARY

- **words of wisdom** - mądre słowa (wisdom = mądrość)
- **literally** - dosłownie
- **to unwind** = to relax: rozluźnić się, zrelasować się (uwaga na wymowę! Czytamy: /ʌn'waɪnd/, czyli nie tak jak wiatr: *wind*!)
- **tend to do sth** - mieć skłonność do czegoś, mieć tendencję do robienia czegoś
- **with that said (czasem też: with that being said)** - powiedziawszy to... (używane zanim powie się jakąś kolejną rzecz)
- **incredibly important** - niesamowicie ważne (bardzo fajny, naturalny i mocniejszy zamiennik: VERY important)
- **weight** - ciężar (zarówno w kontekście dosłownym, bo można np. *lift weights*, czyli: podnosić ciężary, jak i bardziej metaforycznie, w kontekście jakiegoś zmartwienia, które nas obciąża)
- **the other day** - niedawno (nie mylić z: *one day* = pewnego dnia!)

WARM-UP QUESTIONS:

- Do you consider yourself a busy person? Why/why not?
- Have you ever felt guilty about not being productive enough or about 'wasting' your time?
- When was the last time you did absolutely nothing?

Listen to an episode of the Radio Headspace Podcast and answer the questions below.

(ep: when was the last time you did nothing?)

<https://open.spotify.com/episode/7GM6pJj2Y9TTIJuRoTsLbo>



- How did Andy start his TedTalk about 10 years ago?
- "*Meditating is a bit like emptying the trash can/the rubbish bin.*" - What does he mean by that?
- What does Andy say about moments in our life like: moving house, having a baby, starting a new relationship?
- What problem did Andy notice when he worked in a clinic? (*hint: it was something related to going to the bathroom or taking a shower*) Would you say you have a similar problem?
- What advice does Andy give to the listeners? What has changed in his life since he implemented this advice?

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Listen again to a few fragments and fill in the gaps with the words from the glossary section.

(0:11) This week we're playing some of our favourite Andy episodes about selfcare. So whether it's your summer vacation or you just need a break - Andy will be here with some _____ on how to _____.

(0:32) _____, today is all about doing absolutely nothing.

(1:00) About 10 years ago (...) I did a TEDTalk. And the very first line of that TEDTalk was asking the audience: when was the last time that you did absolutely nothing? That includes not watching TV, not chatting to someone on the phone, not scrolling on social media - _____ DOING NOTHING.

(1:39) When it continues day after day, after day, we _____ accumulate a feeling of _____.

(2:05) I spoke to a friend _____ (he's always moving house) and he said he felt sort of like he was constantly on the Bank Foot (*a metro station in the UK*), like he was always busy doing something, dealing with something.

(3:11) While DOING is _____ - it's part of what makes us human and what allows us to do so much in the world - the importance of BEING should never be ignored.

Translate the sentences using the words from the podcast.

Check your sentences with the KEY on the next page.

- Kieliszek wina zawsze pozwala mi się **odprężyć/zrelaksować**.
- **Niedawno** spotkałam Marka. Nic się nie zmienił!
- Powinniśmy o tym rozmawiać z dziećmi. To **niesamowicie ważne**.
- Ta książka jest świetna! **Dosłownie** przeczytałam ją za jednym posiedzeniem! (*użyj: in one sitting*)
- Mężczyźni **mają tendencję do** ukrywania swoich emocji.
- **Powiedziawszy to**, prawdopodobnie powinnam dodać, że...

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ANSWER KEY

(0:11) This week we're playing some of our favourite Andy episodes about selfcare. So whether it's your summer vacation or you just need a break - Andy will be here with some **WORDS OF WISDOM** on how to **UNWIND**.

(0:32) So, **WITH THAT SAID**, today is all about doing absolutely nothing.

(1:00) About 10 years ago (...) I did a TEDTalk. And the very first line of that TEDTalk was asking the audience: when was the last time that you did absolutely nothing? That includes not watching TV, not chatting to someone on the phone, not scrolling on social media - **LITERALLY** DOING NOTHING.

(1:39) When it continues day after day, after day, we **TEND TO** accumulate a feeling of **WEIGHT**.

(2:05) I spoke to a friend **THE OTHER DAY** (he's always moving house) and he said he felt sort of like he was constantly on the Bank Foot (*a metro station in the UK*), like he was always busy doing something, dealing with something.

(3:11) While DOING is **INCREDIBLY IMPORTANT** - it's part of what makes us human and what allows us to do so much in the world - the importance of BEING should never be ignored.

- A glass of wine always helps me to **unwind**.
- I met Mark **the other day**. He hasn't changed a bit!
- We should talk to our children about it. It's **incredibly important**.
- This book is great/superb/amazing/fabulous! I **literally** read it in one sitting. / I've literally read
- Men **tend to** hide their emotions.
- **With that being said / with that said**, I should probably add that...