



Name: _____

Class: _____ Date: _____

An Hour of Doing Nothing

An activity of "Bangkok's 'do nothing' event attracts hundreds".

Is it wise to set aside time to do nothing? While it may seem a waste of time, experts believe that being bored and doing nothing for a little while is healthy and can help spark creativity.

ON YOUR OWN

A. Read "Bangkok's 'do nothing' event attracts hundreds" (page 17, *What's Up* August 2026). Then, fill in the table below with the details that correspond with the events.

do nothing space out one hour sofa stable heart rate

no sleeping loudest snore longest nap Lumpini park

City	Details of event		
Bangkok			
Seoul			
Madrid			

B. Which city's event would you have most liked to be at? Why?

C. Look for a cool and comfortable space and spend an hour there having a do-nothing session. How did you feel about doing nothing for that hour?

AS A WHOLE CLASS

D. Take turns to share how it felt to do nothing for an hour. Discuss and agree on three essentials for a do-nothing session to work well.

e.g. To prevent distraction, place handphones and devices in a different room.

- _____
- _____
- _____