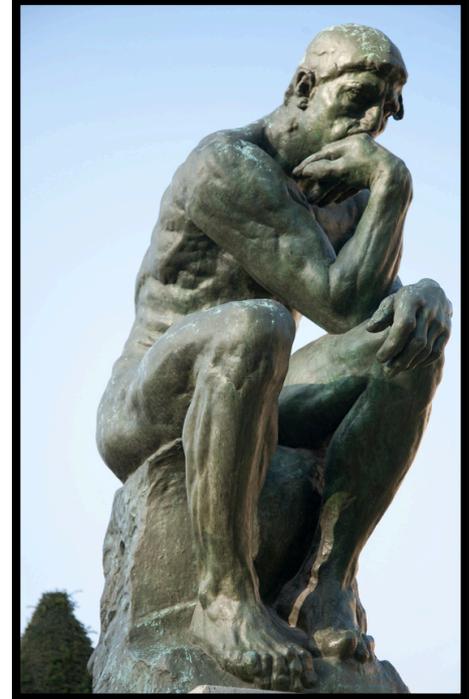


Space Out

Before reading

1. Discuss the questions.

- a. What can you see in the picture?
- b. Where do you think the man is?
- c. What is he doing?
- d. What do you think he is thinking about?
- e. Do you think this sculpture is related to the idea of doing nothing? Why / Why not?



2. What does it mean for you to do nothing? Define it with your own words. Then compare your definition with a classmate / your teacher.

3. In what ways do you think these words/phrases are related to the idea of doing nothing? Did you include any of them in your definition above? Discuss.

mindfulness - societal pressure - productivity - laziness - downtime

4. This image is from a newspaper article. What do you think the “Space-out” competition involves? Where does it take place? What is the man holding in his hand? Make some predictions.

Experience: I am the world champion of ‘doing nothing’

The Space-Out competition involves ...

A photograph of a man in a white polo shirt and black trousers standing in the middle of a busy city street. He is holding a golden trophy. The street is crowded with pedestrians, and there are buildings and a bus in the background. The scene is set in a dense urban environment, likely Hong Kong.

5. Watch this short video from AJ+ about the Space-out competition. Check if some of your predictions were correct.

While reading

6. Read the full article from The Guardian. Take some notes of its main ideas (key words / phrases). Share your notes with your class.

7. Compare the ideas from the video with the ones from the article.

8. In what way are the words/phrases from exercise 3 used in the text? Use them to share some ideas from the article.

9. Choose some parts of the article that were interesting to you. Share them with your classmaetes / teacher.



After reading

10. Discuss the questions.

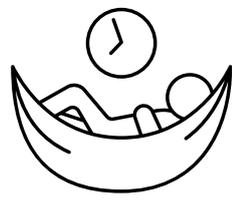
- a. Have you ever heard of the Space-Out or any similar competition before? What do you think about it?
- b. Would you like to participate in this kind of competition? Why / why not?
- c. The article mentions the competition takes place all over the world, how do you think people from your community would react if it was held there?
- d. Would you make any changes to the rules, the prize, etc. to make it more appealing to your community? If so, which one(s)?

Focus on lexis

11. The questions below contain some lexis from the article in bold. Try to define it with your own words. Then take turns to discuss.

- a. Do you live in a **fast-paced city**? If so, what is it like? If not, would you like to live in one? Why / Why not?
- b. Do you manage to **appreciate downtime**? If so, in what ways?
- c. How easy is it for you to concentrate and focus when there are people around **chit-chatting**?
- d. On which occasions do you have a **wandering mind**? What do you usually think about?
- e. Do you sometimes feel you live **day in, day out** and your routine never stops? If so, how do you deal with this feeling?
- f. Which activities / things **nourish** you the most, if any?

Follow-up task



12. Choose one of the tasks below.

Check out the Space-Out competition website. Share some information that wasn't mentioned in the article or the video with your class.



Watch this news report about the Space-Out competition held in South Korea in 2024. Share some information about the participants' experiences.



What does it mean for you to do nothing? How easy/difficult is it for you to do nothing? Discuss / write your own ideas.



What do you do to relax? How easy/difficult is it for you to disconnect from your duties and responsibilities? Discuss / write your own ideas.



Have you ever practiced mindfulness or meditation? If so, how did/do you feel? If not, would you like to try any of them? Discuss / write your own ideas.



Choose your own topic to read / watch / discuss / write about: ...

