

## Boredom is good for you 百无聊赖能够提高创造力

*Vocabulary: state of mind 词汇: 心境*

Were you constantly bored as a child? Maybe that helped you to develop your **innate** ability to be creative.

Boredom can be a good thing for children, according to Dr Teresa Belton, researcher at the University of East Anglia's School of Education and Lifelong Learning. After interviewing authors, artists and scientists in Britain, she's reached the conclusion that cultural **expectations** that children should be constantly active could **hamper** the development of their **imagination**.



*Children should be encouraged to observe the world around them, says Dr Teresa Belton*

British comedienne and writer Meera Syal grew up in a small mining village with few **distractions**. The researcher said: "Lack of things to do **spurred** her to talk to people she wouldn't otherwise have **engaged** with and try activities she wouldn't, under other **circumstances**, have experienced, such as talking to elderly neighbours and learning to bake cakes."

Belton added: "Boredom made her write. Meera Syal kept a diary from a young age, filling it with observations, short stories, poems, and **diatribe**."

The **academic** didn't ignore the old saying **the devil finds work for idle hands**, though. Belton pointed out that young people who don't have the **interior resources** to deal with boredom creatively may end up **smashing up bus shelters** or taking cars out for a **joyride**.

How about watching TV and videos on the computer? The **academic** believes that nothing replaces standing and **staring** at things and observing your **surroundings**.

It's the sort of thing that **stimulates** the **imagination**, she said, while the screen "tends **to short circuit** that process and the development of creative capacity".

Dr Belton concluded: "**For the sake of** creativity, perhaps we need to slow down and stay **offline** from time to time."

词汇表请参看答案与词汇部分

## Quiz 测验

阅读短文并回答问题。

1. What didn't Meera Syal's village have much of?
2. What did the writer keep from a young age?
3. Is this statement true or false? *According to Dr Belton, watching TV stimulates the imagination.*
4. What is Dr Belton's advice for youngsters who like computers?
5. Which word in the article means something you are born with?

## Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I can't go to the cinema with you today. I've got to study for my exams and I don't want any \_\_\_\_\_.

expectations	circumstances	distractions	observations
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2. My neighbour should get his seven-year-old son interested in sports. The devil finds work for idle \_\_\_\_\_ and the boy spends his weekends at home tormenting the cat.

feet	legs	ears	hands
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3. It is getting late and we should go home. Look, there's a bus \_\_\_\_\_.

shelter	shop	house	garage
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4. The low marks Mary got in her latest exams might \_\_\_\_\_ a more serious attitude to her studies.

hamper	spur	engage	stare
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5. The bad weather is likely to \_\_\_\_\_ the search for survivors of the avalanche.

stimulate	hamper	short circuit	engage
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## Answers and Glossary 答案与词汇

### Quiz 小测验

1. What didn't Meera Syal's village have much of? **Distractions.**
2. What did the writer keep from a young age? **A diary.**
3. Is this statement true or false? *According to Dr Belton, watching TV stimulates the imagination.* **False. The academic says that it interrupts the development of creativity that only standing and staring at the surroundings can encourage.**
4. What is Dr Belton's advice for youngsters who like computers? **Stay offline from time to time.**
5. Which word in the article means something you are born with? **Innate.**

### Exercise 练习

1. I can't go to the cinema with you today. I've got to study for my exams and I don't want any **distractions.**
2. My neighbour should get his seven-year-old son interested in sports. The devil finds work for idle **hands** and the boy spends his weekends at home tormenting the cat.
3. It is getting late and we should go home. Look, there's a bus **shelter.**
4. The low marks Mary's got in her latest exams might **spur** a more serious attitude to her studies.
5. The bad weather is likely to **hamper** the search for survivors of the avalanche.

## Glossary 词汇表

<b>innate</b>	天生的
<b>expectation</b>	期待
<b>to hamper</b>	妨碍
<b>the imagination</b>	想象力
<b>distractions</b>	使人分心的事物
<b>to spur</b>	去激发
<b>to engage</b>	使从事、忙于
<b>circumstances</b>	环境
<b>a diatribe</b>	酷评
<b>an academic</b>	学术界人士
<b>the devil finds work for idle hands</b>	游手好闲，造恶之源
<b>interior resources</b>	内在方法
<b>to smash up</b>	去砸烂
<b>a bus shelter</b>	公车候车亭
<b>a joyride</b>	(用偷来的车) 开快车兜风
<b>to stare</b>	凝视，张大眼睛看
<b>the surroundings</b>	周围景物事物
<b>to short circuit</b>	去短路
<b>for the sake of</b>	为了...的缘故或目的
<b>offline</b>	线下