

Read the following text:

## Being Creative

It's easy to forget how important creativity is. Doing almost the same things every day can make us forget that thinking outside the box can help us keep progressing and help us deal better with new situations in life.

Not everyone is naturally creative, of course, but there are many things we can do to bring out the creativity that is inside all of us.

1. **Let yourself create junk.** To create something good, you first have to make a lot of junk. That is true for everyone — from Bill Gates to Picasso. Let yourself make junk, try crazy or strange ideas. Then you can learn from your mistakes and get better in time; it's all about getting started and trying.
2. **Set a time to be creative.** Setting a specific time in your day to sit and create is the best way to avoid putting it off. When you know you have a scheduled time for it, you can do a little every day and you won't have to feel guilty for not doing enough or putting things off.
3. **Fewer distractions.** It's hard to be creative while browsing through Instagram, TikTok or answering emails. All these things are distractions that will steal our attention and block our creativity. So try to give your mind a clear space to be more creative. Leave your phone in another room for an hour, switch it to silent mode or just put a book on top of it for a while.
4. **Take a walk outside.** Seriously though! Studies show that we are up to 81% more creative when we walk around. So if you're feeling stuck or out of ideas, just take a walk, and leave your phone at home! Taking a walk in nature will not only make your brain work better, but it will also help you feel less stressed.

5. **Listen to music.** The same way that music can make you work out harder or quiet music can help you relax, the music you listen to can affect what you think, feel or do. Studies have found that listening to your favorite music will make you less stressed, and that way you can feel happier and be more creative.
6. **Clean your room!** It's hard to be creative in a messy space. A messy room or desk brings down creative thinking. It makes us feel more stressed and distracted and like we cannot focus.
7. **Do something that makes you happy.** Think about fun things to do that have nothing to do with your project. Finding new hobbies and learning new things is always good and can help you with your creative thinking later on.
8. **Make small goals for yourself.** Making small goals for yourself and accomplishing those goals is a great way to stay motivated and feel you are making progress. Even if it's something small, it doesn't matter. It is about the feeling of accomplishment.

## Reading Comprehension

Answer the following questions about the text:

1. Thinking outside the box is good for \_\_\_\_\_.
  - a. helping people.
  - b. dealing with new situations.
  - c. doing the same things every day.
2. Everyone is naturally creative.
  - a. Yes
  - b. No

3. Why is Picasso mentioned in the text?

- a. He is an example of a creative man.
- b. He was a Spanish painter.
- c. He created junk.

4. Answering emails \_\_\_\_\_ be a distraction.

- a. should
- b. can
- c. must

5. What do listening to music and taking a walk have in common according to the text?

- a. Both actions can be done at night.
- b. Both actions are creative.
- c. Both actions are reducing stress.

6. A messy room has a \_\_\_\_\_ effect on creative thinking.

- a. positive
- b. negative

## Vocabulary

Choose the correct definition for each word:

1. Creativity

- a. The possibility to learn new things.
- b. The ability to make something original.

2. Accomplishment

- a. A strong feeling of shame and regret.
- b. Something that has been successfully done.

### 3. Distraction

- a. Something or someone that confuses you.
- b. The act of destroying something or someone.

### 4. Guilty

- a. Someone who is responsible for doing something wrong.
- b. Pretending to be someone else.

### 5. Favorite

- a. The first one in line.
- b. The one you like the most.

### 6. Messy

- a. The opposite of tidy.
- b. A young woman.

### 7. Goal

- a. The result of what you work for.
- b. Each side of a football field.

## Grammar

### 1. What are the PAST forms of the following verbs?

feel, do, find, make, keep, forget, put, think, bring, have, take, leave

### 2. Rewrite the instructions from the text using the **modal forms in brackets**:

- a. Let yourself create junk. (**should**)

- b. Set a time to be creative. (**can**)
- c. Take a walk outside. (**shouldn't**)
- d. Listen to music. (**have to**)
- e. Clean your room. (**must**)
- f. Do something that makes you happy. (**can**)
- g. Make small goals for yourself. (**mustn't**)

3. Fill in the missing verbs to create sentences in the 1st conditional:

- a. If you \_\_\_\_\_ (to let) yourself make junk, you \_\_\_\_\_ (to create) something good.
- b. If you \_\_\_\_\_ (to make) mistakes, you \_\_\_\_\_ (to learn) from them.
- c. If your room \_\_\_\_\_ (to be) messy, it \_\_\_\_\_ (to bring down) your creativity.
- d. If Dan \_\_\_\_\_ (to listen) to music, it \_\_\_\_\_ (to help) him to relax.
- e. If my parents \_\_\_\_\_ (to find) a new hobby, it \_\_\_\_\_ (to teach) them new skills.
- f. If I \_\_\_\_\_ (to set) small goals for myself, it \_\_\_\_\_ (to motivate) me to work harder.

g. If Alice \_\_\_\_\_ (to put down) her phone, she \_\_\_\_\_ (to take) a nice walk outside.

h. If you \_\_\_\_\_ (to turn off) the TV, you \_\_\_\_\_ (to be able) to concentrate.