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1. Continuous Integration (CI) and Continuous Delivery (CD) are like smart ways of building and delivering software. With CI, when programmers work on code, they regularly check it into a shared place, where a computer checks if their changes fit well with the existing code. This helps catch problems early. In CD, we not only check the code but also make it easy to put the new code into action. This means we can release new stuff quickly and safely. It's like making sure your car runs well and then easily adding new, cool features. Overall, CI/CD makes building and updating software smoother and better.

2. Pairing, swarming, and mobbing are three ways teams work together on tasks. Pairing involves two team members, like a driver and navigator taking turns. Swarming is when the whole team focuses on one task, splitting the work and checking in regularly. Mobbing is also with the whole team on one task, but they change who's doing the work often. Each approach has its benefits, and teams can pick the one that fits their needs and preferences best.

3. Technical debt is like taking out a loan while developing software. "Cost of rework, whether intentional or not." When you rush or cut corners, it's like borrowing money that you'll have to pay back later. This "debt" comes from things like not testing properly, ignoring issues, or skipping important work to meet deadlines. Just like financial debt, technical debt can grow over time and make future work more difficult and costly.