

# LESSON D

## Student worksheet



### Task 1: Complete and discuss

1. I carry my phone in ..... (e.g. my pocket, my bag)
2. I check my phone ..... (e.g. every five minutes, once a day)
3. I spend..... (an hour a day, three hours a day) on social media
4. When I don't have my phone I feel..... (free, nervous, anxious)

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### Task 2: Vocabulary check

**Match** the vocabulary on the left (1-8) with the definitions on the right (A-H).

- |                        |   |
|------------------------|---|
| 1. creativity          | A. having a good effect   |
| 2. well-being          | B. the state of feeling good and healthy                          |
| 3. be dependent on     | C. the ability to produce or use original or unusual ideas        |
| 4. be addicted to      | D. unable to stop looking at something                            |
| 5. transfixed          | E. needing someone or something to continue existing or operating |
| 6. beneficial to       | F. unable to stop doing something                                 |
| 7. scroll mindlessly   | G. take your attention away from something/someone                |
| 8. to be distracted by | H. look through pages of social media with no particular aim      |

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### Task 3A: Advantages and Disadvantages

Watch the video once and write the advantages and disadvantages of using a mobile phone/social media.

ADVANTAGES	DISADVANTAGES



### Task 3B: Complete the sentences

Watch the video again and fill in the gaps.

1. Our phones are a useful tool, a \_\_\_\_\_ and \_\_\_\_\_.
2. I've always got my phone in my hand and I'm scrolling through \_\_\_\_\_.
3. People need to protect themselves so, be very careful with \_\_\_\_\_  
use these \_\_\_\_\_.
4. Would you say having a creative hobby like photography is really \_\_\_\_\_  
\_\_\_\_\_ health.
5. You're looking at the world around you rather than being \_\_\_\_\_ in your  
phone.

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### Task 4A: Order the sentences

Watch the second part of the video and order the sentences.

- ☐ We talk about social media being bad for our mental health
- ☐ Art on prescription is available on the NHS already
- ☐ It's opened up so many new activities we didn't have a few decades ago
- ☐ We see lots of links through to our physical health.
- ☐ We have to actually allow time for our creative endeavours
- ☐ Creativity can actually be good for our health



### Task 4B: Vocabulary Spot

Which creative activities does Dr Daisy Fancourt mention in the video?

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### Task 5: Inter Class Discussion

1. How do you feel when you don't have your phone?
2. What are some positives and negatives of not having your phone with you 24/7?
3. **Share some tips with classes across the globe about how to deal with the anxiety of being without your phone and social media.**

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### ***Tips to ease anxiety:***

- *Set a time to turn off your phone at night*
- 
- 
- 
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### **Useful Language:**

<b>Making suggestions</b>	<b>Responding to suggestions</b>
How/What about... (+ -ing)	Great idea!
We could... (+ inf)	Yes, ok.
Shall we... ( + inf)	I see your point but...
Let's... (+ inf)	I'm not sure about that
If I were you... (+ would + inf)	I don't think so

## **Video challenge**

Choose one of the tasks. Make a video and then upload it to the Pearson and BBC Live Classes Facebook group.

### **Option 1:**

In small groups create video showing some tips on how to use social media responsibly. Encouraging creativity and reducing anxiety.

### **Things to include:**

- Positive and negative aspects of social media.
- How to increase creativity
- How to reduce anxiety

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### Guidelines:

- Film the video on your mobile phone
- If possible, edit your video to make it more attractive to the audience

### Option 2:

Individually prepare a 60 second video (Tik Tok or Reel style video) showing some tips on how to use social media to help your creativity

### Things to include:

- Some top websites, apps podcasts, influencers
- How to increase your productivity
- A video of you doing something creative. (Dancing, Painting making a funny video)

### Guidelines:

- Film the video on your mobile phone
- Try and keep it to 1 minute max
- If possible, edit your video to make it more attractive to the audience

**Good luck and I look forward to watching them! 😊**