

Данная разработка урока размещается в виде скриншотов на доску и Miro, где учащиеся могут работать с материалом в интерактивной форме.

1. Какие программы или приложения необходимо установить на компьютер или смартфон для реализации предложенных вами технологий?
- Необходимо установить приложение Miro на компьютер или ноутбук.
2. Могут ли дети использовать предложенные вами технологии дома, например, при выполнении домашних заданий?
- Да, обучающиеся могут использовать доску Miro при выполнении домашней работы.
3. Для учащихся какого возраста предложенные вами технологии являются наиболее эффективными и почему?
- Для подростков и выше.

1. SPARK

Look at the quotes below. Choose one or two of them to talk about. Have a well-organised monologue.

We are all now connected by the Internet, like neurons in a giant brain.

- Stephen Hawking

The only way to get rid of a temptation is to yield to it.

- Oscar Wilde

The time we spend on our devices is not real. It is a simulation of reality.

- Simon Sinek

The more connected we become, the more disconnected we are.

- George Levinger

2. NEW VOCABULARY

A. Have a look at the words. Give them a translation.

phone
addiction
social media
screen time
to scroll through
to check notifications
constant use
smartphone dependency
digital detox
to disconnect
unhealthy habit
to be hooked on
virtual world
notifications overload
to have withdrawal symptoms
to be glued to the screen



B. Time to read. Read the text.

Phone Addiction

Smartphones have changed our lives, but they can also become a major distraction and addiction. Excessive use of social media, constant screen time, scrolling through news feeds, and checking notifications are all signs of smartphone dependency. If you feel like you're spending too much time on your phone, it may be time for a digital detox. Disconnecting from the virtual world can help break unhealthy habits and reduce notifications overload. It might be difficult at first, but with time, you'll realise that there's more to life than being glued to the screen.

C. Complete the gaps using the words from the list.

smartphone dependency, virtual reality, to scroll through, check, unhealthy habit, withdrawal symptoms, notifications, hooked on, social media, digital detox, to be glued to the screen, constant use, phone, addiction, screen time, to disconnect

1. I need a new _____(1) because my old one is broken.
2. He is struggling with his _____(2) to cigarettes.
3. She spends too much time on _____(3) instead of studying.
4. My doctor told me I should reduce my _____(4) for better eye health.
5. It is relaxing _____(5) the photos on my phone gallery.
6. Don't forget to _____(6) your notifications after you finish your work.
7. The _____(7) of technology can have negative effects on our health.
8. His _____(8) is affecting his relationships with others.
9. She decided to go on a _____(9) and stay away from screens for a week.
10. Sometimes it's necessary _____(10) from technology and enjoy nature.
11. Biting your nails can be an _____(11) that damages your teeth and nails.
12. He is _____(12) playing video games and spends hours every day doing so.
13. _____(13) allow us to explore a whole new world without leaving our homes.
14. I receive so many _____(14) that it becomes overwhelming and distracting.
15. After quitting her coffee addiction, she experienced _____(15) such as headaches and fatigue.
16. It's not healthy _____(16) all day; take breaks and rest your eyes.

3. WARM-UP DISCUSSION (BEFORE WATCHING)

Let's discuss these interesting questions.

How often do you check your phone in a day?

What are some activities that you enjoy doing on your phone?

Would you consider yourself addicted to your phone?
Why or why not?

Do you think people rely too much on their phones for entertainment and communication? Why or why not?

Can you think of any negative consequences that can arise from excessive phone use and addiction?

Have you ever tried to reduce the amount of time you spend on your phone?
If so, how did it go?



4. WHILE WATCHING

Watch the video and answer the questions.
Make notes to answer the questions.



- a. How often do children check their phones?
- b. What is the term used to describe the panic people feel when they don't have their phones?
- c. In which countries are detox centres for technology addiction already present?
- d. Why do people become addicted to their phones, according to the speaker?
- e. How do social media affect our behaviour and mindset?
- f. How does the speaker describe the behaviour of people on a date at a restaurant?
- g. What is the term used to describe paying more attention to your device than the people in front of you?
- h. How does the speaker describe the impact of not having a phone at school?
- i. How do devices affect people's sleep habits?
- j. How does the blue light from phones affect our sleep?
- k. How does using cell phones while driving contribute to car accidents?

- l. How do summer camps without devices help create real human connections?
- m. What advice does the speaker give regarding technology and human connection?

5. WRITING - home assignment

Look at the topics below and choose one of them to write.



Word limit: 100-120 words.

NB! Do not forget to check your piece of writing for mistakes in grammar, spelling, punctuation and register.

Writing tasks:

- 1** Write a social media post describing your phone addiction and how it affects your daily life. Use at least 5 target vocabulary words.
- 2** Imagine you are writing an email to a friend who is constantly on their phone. Express your concerns about their smartphone dependency and suggest some ways they can have a digital detox. Use at least 7 target vocabulary words.
- 3** Write a review of a new smartphone app that helps people reduce their screen time. Explain how it works and share your experience using it. Use at least 6 target vocabulary words.

Target Vocabulary:

phone, addiction, social media, screen time, to scroll through, check, constant use, smartphone dependency, digital detox, to disconnect, unhealthy habit, is, hooked, on, virtual, reality, notifications, withdrawal, symptoms, to be glued to the screen

CORRECT ANSWERS:

Vocabulary

1. phone
2. addiction
3. social media
4. screen time
5. to scroll through
6. check
7. constant use
8. smartphone dependency
9. digital detox
10. to disconnect
11. unhealthy habit
12. hooked on
13. virtual reality
14. notifications
15. withdrawal symptoms
16. to be glued to the screen

Watching

- 1 80% of children check their phones every five minutes.
- 2 The term is "nomophobia" or "no no phone obeh."
- 3 Detox centers for technology addiction are present in Britain, Spain, and several other countries.
- 4 People become addicted to their phones due to factors like social media validation and constant connectivity.
- 5 Social media affects our behavior by creating a desire for more likes and validation.
- 6 The speaker describes people on a date at a restaurant as being too busy on their devices to interact with each other.
- 7 Families texting each other in the same house signifies a lack of communication and reliance on technology.
- 8 The term used to describe paying more attention to your device than the people in front of you is "phubbing."
- 9 Not having a phone at school drastically changes the speaker's day and highlights the absence of human connection.
- 10 People often sleep with their devices next to them, using them as alarm clocks or sleep apps.

The blue light from phones affects our sleep by affecting the release of melatonin in our brain, which is needed to tell our brain to rest.

Using cell phones while driving contributes to car accidents because people are too busy worried about what someone has to say on their phone rather than paying attention to the road.

Summer camp without devices helps create real human connections because it eliminates the distractions and allows for meaningful interactions.

The speaker advises us to pay attention to the little things that make us happy, enjoy the present moments, and not waste our time living someone else's life.