english class vii

PET

**Início: Término: DPO:**

1. What do you use your phone/tablet/computer for most?   
Put the activities in order.

Answering emails \_\_\_\_\_

Studying \_\_\_\_\_

Working \_\_\_\_\_

Checking/Updating social media \_\_\_\_\_

Fitness \_\_\_\_\_

Games \_\_\_\_\_

2. Sort these situations under the categories so that they are true for you.

Chek my phone when talking to friends

Use my phone when I’m eating

Use my phone when I’m walking down the street

Use my phone as soon as I wake up

|  |  |  |
| --- | --- | --- |
| **Normally** | **Sometimes** | **Not very often** |
|  |  |  |

3. Watch the following TED Talk about how screens make us feel.

<https://www.ted.com/talks/adam_alter_why_our_screens_make_us_less_happy>

4. Complete the paragraph with the correct words.

screens personal rules devices temptation meaningful

Adam talks about how much time we spend looking at our electronic \_\_\_\_\_\_\_\_\_\_\_\_\_\_, especially things like our laptop or mobile \_\_\_\_\_\_\_\_\_\_\_\_\_\_. He talks about how they have become a hard \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to resist. Being addicted to our phones can have an effect on our \_\_\_\_\_\_\_\_\_\_\_\_\_\_ lives and make it hard for us to have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in-person experience because we pay attention to our phones rather than the world around us. He also argues that companies should have strict \_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that their workers go home and don’t spend too long looking at their screens.

5. GRAMMAR 3

Put the words into the correct order to form sentences.

1. few / electronic / I / have / a / devices

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. we / work / time / much / hurry / up, / don’t / have / before

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. lot / for work / a / people / of / screens / use

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. let’s / have / coffee / when / little / go / time / you / a / for

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. using screens / after / people / get / don’t / much / sleep / many

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. much / they / realize / few / use / their / people / how / very / phones

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_