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Alma. Destino. Competencia

VIDEO COMPREHENSION WORKSHEET

Full name: _____

PROPÓSITO	Nos comunicamos oralmente en inglés con un video: <i>How cellphones change our bodies and brain?</i> recuperando, deduciendo la información en una ficha de trabajo autónomo mostrando disposición a elegir de manera voluntaria y responsable la propia forma de actuar dentro de una sociedad.
COMPETENCIAS Y CAPACIDADES	CRITERIOS DE EVALUACIÓN
SE COMUNICA ORALMENTE EN INGLÉS COMO LENGUA EXTRANJERA - Obtiene información de textos orales. - Infiere e interpreta información de textos orales.	- Recupera información explícita, relevante y complementaria seleccionando datos específicos del video: <i>How cellphones change our bodies and brain?</i> con vocabulario variado y pertinente, reconociendo el propósito comunicativo y apoyándose en el contexto. - Integra la información cuando es dicha en distintos momentos o por distintos interlocutores. - Deduce información señalando características de seres, objetos, lugares y hechos. - Deduce el significado de palabras, frases y expresiones complejas en contexto. - Deduce, también el significado de relaciones lógicas (adición, contraste, secuencia, semejanza-diferencia, causa y consecuencia) y jerárquicas (ideas principales y complementarias).

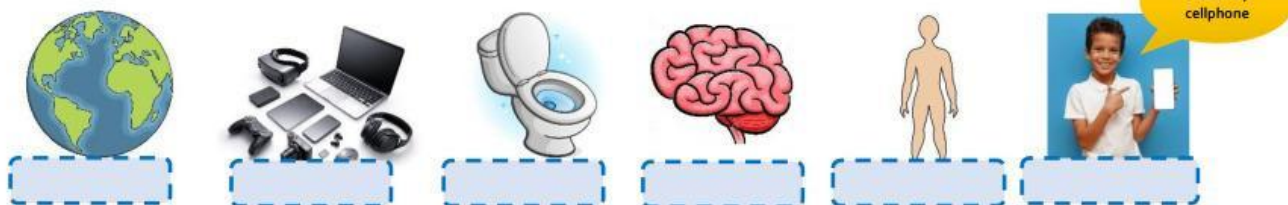
I. Watch these images of the video and answer, what do you think the video is about



II. Watch the video and answer the questions:

1. GET INFORMATION:

Use virtual dictionaries and Google images to look up for these words and match them to their images.



gadgets body own a cellphone Earth working toilet brain

Listen to the audio and complete the missing spaces with the words above.

Of the _____ billion people on _____, roughly _____ billion _____ which is pretty shocking given that only _____ and half billion have access to _____.
So, how are these popular _____ changing your _____ and _____?

Complete the spaces with the given options and then complete:

Look down ●

Spine ●

Neck ●



If you're _____ at your phone right now your _____ angle is equivalent to that of an _____ sitting on your _____, which is fairly significant considering people spend an average of _____ a day looking at their phone.

2. INTEGRATE INFORMATION:

Complete the chart according to the video information:

	MYOPIA	NEARSIGHTEDNESS
North America in 1970s		
Today in North America		
Asia		

Order using numbers from 1 to 9

And, it can be hard to put your phone down.

- ☐ and, eventually you're rewarded in the game with new content.
- ☐ Take for example the game Candy Crush.
- ☐ This novelty also gives little bursts of dopamine
- ☐ As you play the game you achieve small goals causing your brain to be rewarded with little bursts of dopamine
- ☐ which just happens to be the same Loop responsible for the behaviors associated with nicotine or cocaine.
- ☐ and together create what is known as compulsion Loop,
- ☐ and this is why apps on our phones are designed to constantly provide us with new content making them hard to put down.
- ☐ Our brains are hardwired to make us novelty seeking

3. DEDUCE INFORMATION:

According to this information.

As a result, _____% of _____ aged _____ to _____ report using their smartphone as a tool to avoid _____ as opposed to other activities like _____ or _____ around them

What are the activities that a young person most probably doesn't like to do?

- a) Use the smartphone to take pictures
- b) Go out with friends
- c) Go to buy books
- d) A and B
- e) B and C

4. DEDUCE THE MEANING:

What is the meaning of nomophobia?

- a) The fear or anxiety of being without your phone.
- b) The fear or anxiety of being with your cellphone.
- c) The fear or anxiety of buying a new cellphone.
- d) The fear or anxiety of having a new cellphone.

5. DEDUCE LOGICAL RELATIONSHIPS:

Complete the causes or consequences, according to the video:

- This can disrupt your sleep: _____
- Diminished deep sleep: _____
- Reading on the smartphone: _____