Reading time!

1. Answer the following question:

After you post a photo, how many times do you check likes?

2. Read the text. What does the dopamine do?

When you post a photo and get likes, your brain releases dopamine – the same chemical that makes you feel happy. Every new like gives you a small pleasure. That's why you want to check your phone again and again. Scientists call this the "social media loop". It's not bad to enjoy likes, but too much checking can steal your time and focus.

dopamine

loop

3. Complete the following sentences.

1. When you post a photo and get likes, your brain releases _____.

2. Every new ____ gives you a small pleasure.

3. Scientists call this the "social media ____.

4. Discuss the following questions in pairs:

Do you feel like a hamster in a loop? Why or why not?

LIVEWORKSHEETS