How is your phone changing you?

Listen to the video and answer:

How is phone usage changing our bodies?

Use the following verbs and illnesses to create true sentences in the present progressive.

Create	Contribute	myopia	sleep cycle
Increase	Cause	back	brain patterns
Change	Disrupt	addiction	development of serious diseases

1. Phones are contributing to the development of serious diseases.

2.

3.

4.

5.

6.

LIVEWORKSHEETS

Listening for details: True or false?

More people have access to a toilet than to a cell phone.

Your spine angle is equal to a 6-year-old child sitting on your neck.

People spend an average of 4.7 hours a day looking at their phones.

Today, ¼ of the US population has myopia.

Games like candy crush make the brain release dopamine.

Young people are not reading books or engaging with people around them.

Your phone can make you lose focus.

Phones makes your brain produce more melatonin.

Less than 10% of Americans entirely depend on their phones.

Reflection:

Are phones completely bad? What are some benefits of technology?

LIVEWORKSHEETS