

Match the different uses of the verb miss with their explanations



- a) to fail to understand, notice or hear something
- b) to feel sad a person or a thing isn't present
- c) to notice that something is lost or absent
- d) to be too late for an event/activity or not be present at it
- e) to fail to hit or reach something

Let's take some minutes to compare ideas

1. Fear of Missing Out (FOMO)
2. Joy of Missing Out (JOMO)
3. Social Media
4. Anxiety
5. Mindfulness
6. Authenticity
7. Overwhelmed

- a. A feeling of anxiety about missing out on social events or opportunities.
- b. A sense of happiness from staying away from social events or distractions.
- c. Using online platforms to stay connected with others.
- d. A state of being fully present and aware in the moment.
- e. A feeling of being stressed or overloaded by demands.
- f. Genuine and true to oneself, without pretense.
- g. The experience of being disconnected from others and feeling isolated.



Watch the video and get complements to these ideas

F

The definitions of FOMO and JOMO.

O

The negative effects of FOMO.

M

The benefits of practicing JOMO

Watch the video and check what FOMO and JOMO mean.

a) What are 2 factors that make us feel FOMO?

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b) What should we do to experience JOMO?

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c) What does 'moderate life' mean according to Aristotle?

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d) What does it mean to be human according to the speaker?

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e) How does the example of Nero show that limitless life is life of despair?



Let's take some minutes to dicuss with the class
Ways to reduce FOMO and embrace JOMO

- a. get out
- b. point out
- c. stand out
- d. bring out
- e. miss out
- f. hang out
- g. figure out
- h. sort out