



General Vocabulary Revision Exercise – Social Media

Exercise 1: Match the words to their definitions

Column A – Definitions

1. The state of being extremely worried or nervous
2. The act of paying close attention to something
3. A repeating cycle of events that is difficult to stop
4. The lack or shortage of something necessary
5. A highly attractive or tempting quality
6. The process of becoming larger or more developed over time
7. A sudden or sharp rise in size, amount, or degree

- A. anxiety
- B. engagement
- C. allure
- D. increase
- E. deprivation
- F. growth
- G. merry-go-round

Column B – Words

Exercise 2: Gap-fill

Complete the sentences using the correct word from the box.

Word Box: isolation, exposure, indicator, inhibited, exacerbate, crucial, trends

1. Excessive screen time can lead to social _____.
2. Stressful online interactions can _____ anxiety.
3. Checking your phone right before sleeping is a strong _____ of poor sleep quality.
4. Bright screen light can _____ the body's natural sleep signals.
5. It is _____ to have some tech-free time before bed.
6. New usage _____ show that social media is becoming more popular.
7. Spending too much time online can increase feelings of social _____