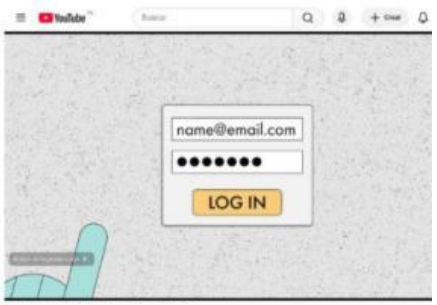
LISTENING: FOMO OUR RELATIONSHIP WITH SOCIAL MEDIA

FULL NAME: _____ GRADE: 4 A, B y C

Se comunica oralmente en inglés como lengua extranjera • *Obtiene información de textos orales.* • *Infiere e interpreta información de textos orales.* • *Reflexiona y evalúa la forma, el contenido y el contexto del texto oral*	**PROPÓSITO:** Nos comunicamos oralmente en inglés obteniendo, infiriendo y reflexionando información del video FOMO sobre rutinas y uso de tecnología proponiendo alternativas de solución. **CRITERIOS DE EVALUACIÓN** • **Recupera** información del video FOMO sobre rutinas y uso de tecnología en un cuestionario de comprensión de textos orales. • **Deduce** información del video FOMO sobre rutinas y uso de tecnología en un cuestionario de comprensión de textos orales. • **Opina** sobre la información del video FOMO sobre rutinas y uso de tecnología en un cuestionario de comprensión de textos orales.

BEFORE YOU WATCH THE VIDEO: Vocabulary. Match the words and its meaning.

English	Spanish
1. Anxiety	(___) Comparar
2. Exciting	(___) Limitar
3. Compare	(___) Ansiedad
4. Friends	(___) Emocionante
5. Limit	(___) Amigos
6. Missing out	(___) Perderse algo
7. Log into	(___) Iniciar sesión
8. Scroll down	(___) Desplazarse hacia abajo
9. Talk about	(___) Hablar sobre
10. Trigger	(___) Fragmento / pequeña parte
11. Lead	(___) Conducir / llevar a
12. Second-guessing	(___) Comillas
13. Loom	(___) Inminente / amenazante
14. Quit (quitting)	(___) Dejar / abandonar
15. Quotation marks	(___) Dudar de las propias decisiones
16. Day-to-day	(___) Cotidiano / del día a día
17. Snippet	(___) Desencadenar / provocar



FOMO: Our Relationship with Social Media

LIVEWORKSHEETS

With the words, tittle and images of frames. What do you think the video is about?

_____

What is FOMO – Fear of Missing Out?

_____

I. GET INFORMATION:

1. Complete these phrases from the video

Picture this: You _____ social media and you see this picture of some friends at a party. _____, and here's a video of a friend cliff diving in Cancun. A number of friends are _____ Garden Cop, and you haven't seen it yet.

It's been around for a long time, but these days it's _____ mostly by posts on social media.

But it also makes it all too easy for us to compare our lives to theirs. This can _____ us to _____ our decisions and feeling insecure in general.
It can even get to the point when there's a _____ sense of FOMO, even when we're not online.

Instead of _____, you can try limiting your time on it or even just taking a few days off. This can give you a chance to focus on what's important in your life and enjoy the things that you are doing without comparing them to others.
The lives of our friends do sometimes look pretty exciting online, but let's put some _____ around the word "lives" there.

It's easy to see these highlights and think, "My life just isn't as exciting as theirs."
But what we're usually not seeing is what's going on behind the scenes: the negative things or the boring routine of their _____ lives.

LIVEWORKSHEETS

They may post something awesome, but in the grand scheme of things, it's just a short _____ of their day.

2. Listen to the audio and write TRUE (T) or FALSE (F).

- FOMO means Fear of Missing Out. (____)
- Social media gives us access to our friends' activities. (____)
- FOMO only happens when people are online. (____)
- The video recommends quitting social media completely. (____)
- People usually share all the negative things about their lives on social media. (____)

INFER AND DEDUCE INFORMATION

3. Why can social media make people feel insecure?

a) Because they don't have friends online.

b) Because they don't have access to internet.

c) Because they compare their lives with others.

4. What is the solution to “kick FOMO”?

a) To quit social media

b) To take a few days off

c) To focus on our friend’s lives

5. What does the expression "highlight reel" mean in the video?

a) A complete picture of someone's life.

b) A collection of the most exciting moments people share.

c) A list of daily problems.

6. Why do people think their lives aren’t as exciting as other’s lives? You can select more than 1 answer.

a) Because they don’t see their lives behind social media

b) Because they don’t see the negative things behind social media

c) Because they don’t see the boring routines of their lives

7. Why does the speaker say that other people can also experience FOMO?

a) Because everyone has a perfect life.

b) Because social media doesn't show their entire lives.

c) Because everyone wants more followers.

LIVEWORKSHEETS

III. REFLECT

Do you think prohibiting students from using cellphones at school is the best solution to prevent FOMO and reduce social media addiction? Why or why not?

Do you compare tyo life to other's? How? What can you do to avoid it?

LIVEWORKSHEETS