

Task 1. Watch the video <https://www.youtube.com/watch?v=hsUJRjLLp54> and do the following activities:

- Listen to Dr. John's Podcast and take notes about the caller's problem. Fill in the **Problem column**.
- Listen again and take notes about Dr. John's advice. Fill in the **Advice column**.
- Talk to your partner and come up with a piece of advice. Write it in the **Your advice column**.

Caller	Problem	Advice	Your advice
1. Christian			
2. Tracy			
3. Cassie			
4. Lando			

Task 2. Board game.

You should think by yourself. You shouldn't blindly trust Chat Gpt.

I waste too much time on social networks.	I don't have time to exercise.	I often eat fast food, because I'm too tired to cook.	When I feel exhausted, I just slump on the sofa and zap.	I'm a workaholic.	My children want a pet puppy, but I know they won't take care of it.	FINISH
I failed the listening test and I don't know what to do.	GIVING ADVICE Teacher Del, EOI Sant Vicent If I were you, I would + V If I were you, I would join a gym. If I were you, I'd sign up for yoga classes.					
Someone stole my bag.	I think my friends are ghosting me.	I can't sleep at night because of stress.	I hate doing chores around the house, My house is a mess!	I'm hooked on my mobile phone.	Someone hacked my account on Facebook.	I lost my best friend and I feel devastated.
What about + V-ing? What about going for a walk instead of watching TV?						How about + V-ing? How about cycling to work?
START	I'm addicted to video games.	I'm a shopaholic.	I often get into arguments with my workmates.	I'd really like to quit smoking and get fitter.	I wish I could go abroad on holiday but I don't have enough money.	I need to learn English faster.
I advise you to + V: I advise you to hang out with your friends more often. I recommend that you spend less time on gadgets. I recommend spending less time on gadgets.						

Why don't you read a book before going to bed?

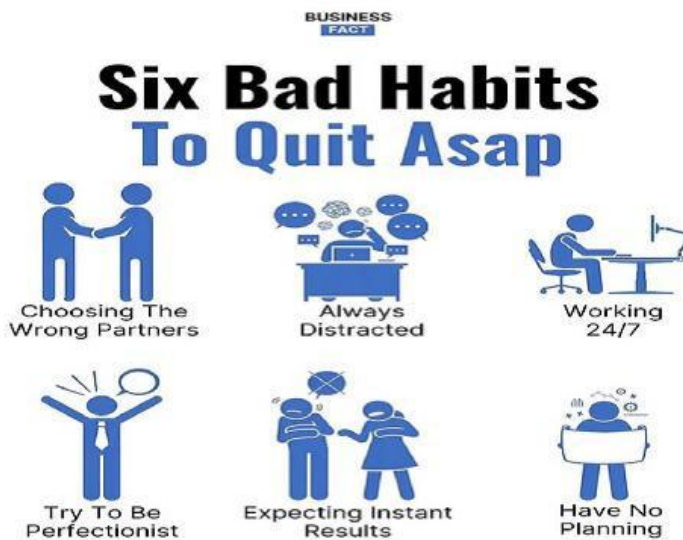
Task 3. Mediation (Teacher Delia Prodan, EOI Sant Vicent).

BREAKING BAD HABITS

TASK: Your friend Annie has been reflecting on her terrible work habits and wants to make positive changes to improve her professional life. She's asked for your advice. You've seen the infographic below and decided to send her an audio message with some tips (1'30'')

Instructions:

- Look at the infographic carefully.
- Summarize the key information using simple and natural English.
- Aim to speak for about **90 seconds**.
- Focus on the six bad habits mentioned in the infographic.



(Source: <https://www.instagram.com/business.basicss/p/DAGt7O7TVN-/>)

Task 4. Dialogue (4-5 minutes) – Giving advice to a friend (Teacher Delia Prodan, EOI Sant Vicent)

Candidate A: Your best friend Paul has two children who spend way too much time on their screens. He's worried not only about their poor performance at school lately, but also about their health. You have decided to discuss what can be done to help your friend fix this situation. Use the ideas in the box and your own ideas. You are Candidate A and you start the conversation.

Candidate B: Your best friend Paul has two children who spend way too much time on their screens. He's worried not only about their poor performance at school lately, but also about their health. You have decided to discuss what can be done to help your friend fix this situation. Use the ideas in the box and your own ideas. Candidate A starts the conversation. You should wrap up the suggestions.

SCREEN TIME	
 Unstructured	 Structured
<ul style="list-style-type: none"> 3+ hours a day Unsupervised use Used as a babysitter Passive watching Used during meals No child lock 	<ul style="list-style-type: none"> Up to 1 hour a day Rules and limits are set Parents are involved Talking and engaging No screens at the table Educational content

Install parental control

Organise one-day trips at the weekend

Encourage the children to hang out with friends

Talk to the children about their favourite hobbies and check out clubs in the area

Walk the talk! What can Paul do to reduce his own screen time?