Are you a BINGE WATCHER?

THE SIGNS OF A BINGE WATCHER

It's 1 a.m. and you've been on the couch for hours. The area around the couch is covered in plates and cups, but you still can't go to bed. Why not? Because you have to finish another episode of your favorite series. You're a binge watcher!

WHAT IS BINGE WATCHING?

Binge watching means watching episode after episode of a TV series. In the past, people used to group together around the TV at a special time every week to watch the latest episode of a series. A good episode always used to end on a cliffhanger, and it was everyone's topic of conversation the next day. These days, we can stream what we like, when we like, and we don't have to watch lots of ads in between like we used to. We can watch an entire season of a series in one day!

ARE THERE BENEFITS OF BINGE WATCHING?

Some recent research has shown that binge watching might be good for us—if we don't do it too often or too late at night. TV dramas didn't use to be long and sophisticated, but most of today's binge watchers enjoy series with complex plots and lots of characters. People can look down on* binge watching, but did anyone use to complain if you read a long book when you were a kid? When we watch a complicated drama, our brain gets good exercise because it's following complicated stories and ideas and making connections. Binge watching also relaxes us, and it provides an escape from stress. There's nothing wrong with getting lost in a good series for a few hours.



***look down on** = think you are better than someone or something

Match the sentences halves.

We can binge today because	your brain gets a lot of exercise.
Don't feel bad if you like to binge sometimes because	we can stream lots of episodes whenever we want.
Watching a complicated story is good for you because	it helps you to forget your problems.
Getting lost in a good story is relaxing because	it isn't necessarily bad for you.

Complete the chart with the highlighted words in the text

used to			
+ Affirmative			
I/You/He/She/ It/We/You/They	1 _____		**be** on TV.
– Negative			
I/You/He/She/ It/We/You/They	2 _____		**be** on TV.
? Interrogative			
3 _____	I/You/He/She/ It/We/You/They	_____	**be** on TV?
Short answers			
Yes, I/you/he/she/ it/we/you/they **did.**		**No,** I/you/he/she/ it/we/you/they **didn't.**	

LIVEWORKSHEETS