



Full name:

Date:

**Vocabulary**  
**Exercise 1**

Read and write the words from the list.

access	communicate	constant	digital
information	location	social media	technology

According to Amber Case, in today's world of \_\_\_\_\_, people have two selves. There's the real self, and then there is a second self - the \_\_\_\_\_ self. This is the person that you become when you go online. There are some risks to having a virtual identity. Through your virtual self, you create huge amounts of \_\_\_\_\_ about yourself that anyone can \_\_\_\_\_. Another problem is that you're never really alone. People still \_\_\_\_\_ with your virtual self when you're not there. Even when you're sleeping, your friends are using their smartphones to connect with you on \_\_\_\_\_. This \_\_\_\_\_ online interaction means it's very difficult to disconnect!

**Exercise 2**

**LEARN NEW WORDS** Listen to these words and match them to the definitions. Then listen and repeat. ▶ 030 031

extend	interfere	rely on	take over
_____	_____	_____	_____

1. take control of
2. make something larger
3. feel that you can't be without
4. get in the way of something

**Exercise 3**  
**Reading**

Should we be excited about calm technology?

Often it seems like technology is everywhere. Computers and smartphones are at the centre of almost everything we do. They're constantly demanding our attention. We text

our friends during the day, sleep with our devices by our beds and check our messages as soon as we wake up.

According to Amber Case, in the future, technology will no longer be interrupting us all of the time. **Instead**, we will use calm technology – a concept first **developed** by scientist Mark Weiser in the 1970s. In his vision, calm technology works quietly but constantly, at the edge of our attention. We know it is there, but we don't **focus** on it. According to Mark, the best technology should be invisible and let you live your life. We **already** use many different types of calm technology in our everyday lives. Do you have a smoke alarm in your house? That smoke alarm is always there, checking the air for smoke.

and quietly keeping you safe. It only reminds you it's there when you've **burnt** your toast! Or there may be lights in your home or school that are sensitive to movement. When somebody passes in front of their sensor, the lights turn on. You don't think about this type of technology until you see the light go on. Even a microwave oven is an example of calm technology. You're not standing at the **hob** heating your food: the microwave is doing it for you. You don't think about its work until you hear the beeping noise signalling that your food is ready.

In the future, Amber imagines that our houses will use calm technology to open the curtains for us in the morning, to turn down the **heat** when we leave, or even to choose the best music for our mood. The minute we walk through the door, our house will respond by turning on the lights and music, setting the radiators to a **comfortable** temperature and **perhaps** even starting to prepare our dinner!

**Exercise 4**

**LEARN NEW WORDS** Find these words in the reading. **What do you think they mean?** Use a thesaurus to find synonyms for each word.

demand	edge
focus	interrupt

**Exercise 5**

**AFTER YOU READ** Look at the sentences. Tick T for true or F for false.

1. Amber Case invented the idea of calm technology.  T  F
2. Calm technology demands our attention at all times.  T  F
3. A smoke alarm is an example of calm technology.  T  F
4. Cooking your food on the hob is an example of calm technology.  T  F
5. Amber believes that houses in the future will use calm technology.  T  F

**AFTER YOU READ:**

Look for unknown vocabulary and write a list on your notebook.

**LIVEWORKSHEETS**