



Julia and Sof are talking about the use of the cellphone.

Instructions: Choose the correct option to complete the conversation.



Julia: Are you ok, Sof? You look **(happier / more tired than)** yesterday.

Sof: I'm sleepy, Julia. I spend a lot of time on my phone at night.

Julia: I know, sometimes I scroll for hours. **(The best / The worst)** is that you don't notice the time. And if you do it at night, you can't sleep well.

Sof: Exactly! Do you know why?

Julia: My mom says that the blue light of the cell phone activates your brain. So, **(the least / the most)** ideal thing to do is not to use the cell phone before going to bed.

Sof: Do you use it at night?

Julia: Not really, just in the evening.

Sof: Don't you get bored?

Julia: Never, I am **(more interested / more interesting)** in reading or coloring than in using my phone.

Sof: I want to try, but what is **(friendlier / the most friendly)**, reading or coloring? Because I'm a cell phone addict!

Julia: Hahaha! Relax, I think you can start with something that calls your attention.

Sof: Coloring, I guess!

Julia: Great!