



Attitudes to TV

Before watching

1 Decide how active and creative the things are. Write a number from 1 to 5 (5 = very active or creative, 1 = not active or creative).

	Active?	Creative?
watching TV
reading
doing sport
painting and drawing
playing computer games
playing the piano
studying
listening to music

While watching

VIDEO SKILLS: Understanding negatives

Not + verb/adjective
 I do not (don't) watch ...
 I'm not happy.

No + noun
 I have no free time.

Without
 I can't imagine life without (= with no) TV.

Opposites
 Bad = not good
 Forget = not remember

2a 31 VIDEO SKILLS Read the video skills box. Then watch Megan's video. Answer the questions.



Megan

- 1 What's special about this week?
.....
- 2 When does she normally watch TV?
.....
- 3 How does she feel?
.....

2b 31 Watch again. Complete Megan's diary. Write one word in each space.

No TV for (1) days now. Normally I watch (3) and (3) programmes. I just forget to turn (4) the TV. But when I watch TV I don't (5) anything. I don't feel (6) or (7) I'm like a zombie! Without TV, I have hours of free time. So what next? No TV week is now no TV (8)!

3a 31 Watch again. Answer the questions.

- 1 What does Megan do now she doesn't watch TV? Write four things.
.....
.....
.....
.....
- 2 How does she feel?
.....
- 3 What advice does she give at the end of the video?
.....

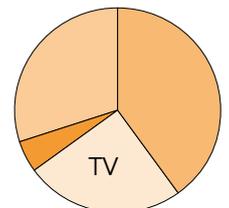
3b Do you think Megan's advice is good? Do you want to have a No TV week? Why/Why not?
.....

After watching

4a How many hours of TV do you watch a day? Do you watch more or less TV than your friends? Do you watch more or less TV than your parents? Ask your friends and parents to find out.

4b SKILLS 4 LIFE The TV is just ONE screen. How much time do you spend in front of screens in general? Follow these steps to find out.

- 1 Make a list of all the different screens you use – the TV in your house or room, but also tablets, mobile phones, etc.
- 2 Think about the last three days. Make a list of how much you used each screen. Then add up the total time on each screen.
- 3 Make a 'pie' chart like the one below to show how you spend your 'screen time'. Which screen do you spend most time on? What are the positive and negative effects of each one?



REFLECT ON IT



Parents often worry about the time their children spend watching TV or in front of other screens. Do you understand them, or do you think they worry unnecessarily?