

The art of binge watching

(LEVEL B2/C1)

Part 1: WARM-UP

EX.1.a Look at the meme below. Have you ever watched an entire season of a TV series in one sitting? Which TV series was it? How often do you binge-watch? Discuss it with your partner.



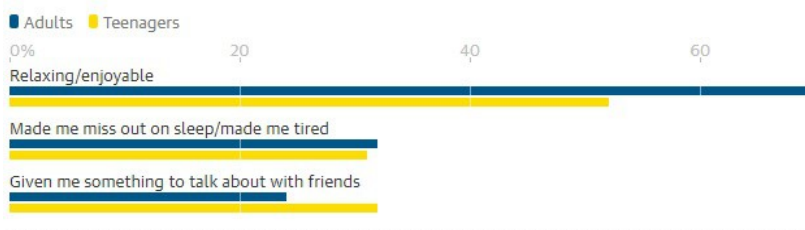
Source: <http://9gag.com>

EX.1.b Do you think people in your country watch too much TV? Can you list some potential negative aspects of watching TV too often?

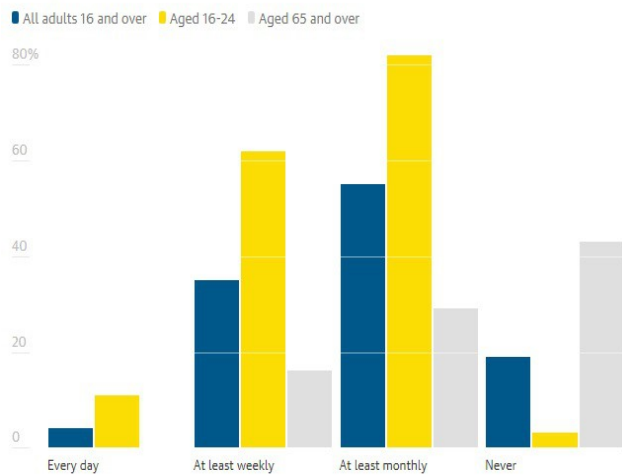
EX.1.c Look at the graphs below. They show recent findings about different viewers' preferences with regard to watching TV shows in the UK. Discuss the following points with your partner:

- **who watches more TV: teenagers or adults?**
- **where do people watch TV series the most often? What about you?**
- **do you agree with these findings? Would they look similar in your country?**

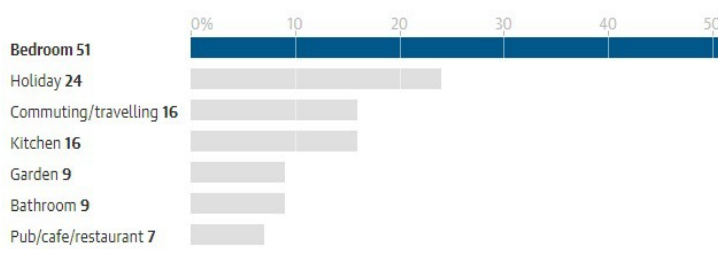
70% of adults say they find binge watching relaxing, while over a third say it has made them miss out on sleep or made them tired



62% of people aged 16 to 24 watch multiple episodes of a series in one sitting at least once a week



Location where adults in the UK watch programmes or films on any device or service



Source (all three graphs): guardian.co.uk

Part 2: WATCHING

Source: <https://www.youtube.com/watch?v=KJRzgl0FuMA>

EX.2.a You are going to see a video showing some negative aspects of frequent binge watching.

List at least 5 of them and later compare with your partner.

sore and tired eyes, myopia (eyes can't focus properly), obesity (due to sedentary lifestyle), chronic sleep debt, reduction in sperm, diabetes, heart disease, shorter lifespan

EX.2.b Now watch the video again and mark the statements TRUE or FALSE. Correct the false ones.

1. In 1967 an error in manufacturing led to producing radioactive TV sets. **T**
2. You blink more frequently when staring at a screen. **F**
3. Spending too much time indoors may cause inability to focus on faraway objects and landscapes. **T**
4. Playing chess or sweeping can burn more calories than watching TV. **T**
5. There is no correlation between TV viewing time and diabetes or your lifespan in general. **F**
6. You shouldn't watch TV longer than 2 hours per day. **T**
7. People who often watch TV are less likely to exercise. **T**

Part 3: VOCABULARY

EX.3.a Match the expressions used in the video with their definitions.

A. to cause strain on sth	f	a. the length of time for which we live
B. extended	h	b. a factor causing the occurrence of something
C. as opposed to	d	c. persisting for a long time or recurring
D. sedentary lifestyle	g	d. in contrast with
E. a contributor	b	e. within reasonable limits
F. chronic	c	f. to cause physical or mental tension
G. lifespan	a	g. spending too much time seated or inactive
H. in moderation	e	h. made longer or larger

EX.3.b Now use the expressions in an appropriate form to fill in the sentences below.

1. This time we're going to the seaside for our holiday,**as opposed to**..... the mountains like the previous year.
2. Stress is a major**contributor**..... to a lot of diseases.
3. He's been suffering from.....**chronic**..... back pain for almost a year now.
4. As a teenager he would play video games and stay indoors for**extended**..... periods of time.
5. The**lifespan**..... of a housefly ranges from 15 to 30 days.
6. Carbohydrates should be eaten**in moderation**.....
7. **Sedentary lifestyle**..... may contribute to both diabetes and obesity.
8. Reading in darkness will**cause strain**..... on your eyes and make them sore and tired quickly.

Part 4: SPEAKING

EX.4. To what extent do you agree or disagree with the following statements? Discuss them with your partner using as many expressions from the previous exercise as possible:

1. Children aged 5 or lower shouldn't be allowed to watch TV at all.
2. TV should be switched off during meals or family gatherings.
3. Watching TV shows helps in learning English.
4. It's more enjoyable to watch one episode per week rather than binge-watch all season.

Part 5: HOMEWORK

EX.5. Go to <http://brainfall.com/quizzes/what-should-you-be-watching-netflix-edition/> and find out which TV show you should binge-watch next:)