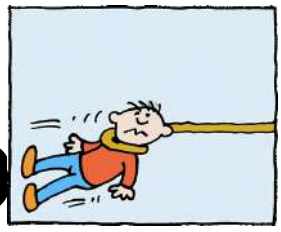
HOOKED



Prepositions of Time, Addictions, Idioms, Comprehension activities…

Activity One - Answer the questions with your partner or teacher..

- What are you hooked on?
- What can't you get enough of
- Have you ever bee addicted to anything?
- Are you a '*workaholic*'?
- Are you a '*chocaholic*'?
- Can you think of another '*aholic*' word which would describe you?

Activity Two - Expressions Race.
Match the idiom to its meaning (*see the example with the arrow)*. Work in teams against the clock (or with your teacher). Your teacher will sound the buzzer when time's up!

IDIOM	Meaning
To let your guard down	To pay attention to the dangers ahead
To look where you are going	To relax and stop looking for danger
To know what hits you - " I didn't know what had hit me"	"I would not survive in that situation or place".
To be hooked on something	To go crazy
To be out of control ⟷	To no longer be under management or regulation
"I wouldn't last a day"	To understand what has happened.
To go insane	To be reliant, or addicted to something

Activity Three - *Comprehension*.
Listen to the song and number the images in the order which you hear the corresponding words in in this song:

http://www.youtube.com/watch?v=Qc9c12q3mrc&feature=kp

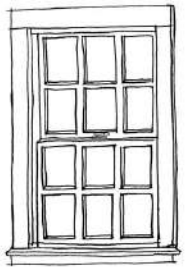












What are you hooked on?

Activity Four - *Prepositions of Time - Read the information and examples.*

For and **since** are both used to say how long something was. However, we use them with different time words.

FOR
We use for when we say the number of hours, days, months, etc. We also use it in expressions like "for ages" and "for a long time".
I'm going to live in France for 2 years because I am addicted to French Cuisine!
I sat down for 5 minutes to look at my i.phone, because I'm hooked on Facebook!
I've worked here for 3 months and I'm already a workaholic!

SINCE
We use since when we say when something started (e.g. since Tuesday, since the 10th May since 1968, since midnight). We only use since with perfect tenses.
I've lived here since October and I have never seen any drug addicts in the area.
I'd known Sam since 1999 and I never knew he was an alcoholic.

DURING
We use during with nouns (e.g. the holiday, my party, the night). Sometimes it means for all the time, and sometimes it means for just a part of the time.
My grandmother worked in the USA during the war and that's when she got hooked on Jazz music.
I heard a strange noise during the night and I discovered it was my husband eating chocolate, he can't get enough of it!

AGO
"Ago," just refers to some time in the past. "Ago" uses the simple past tense. You can think of "ago" = "before now."

I had my last cigarette four days ago. (= four days before now.")

Activity Five - **Fill the gaps** in the text below with SINCE DURING FOR or AGO.

I started going to the gym when I was 16. Ever ……. then I have been going regularly. So I've been working out ……. ten years now. ……. the holidays I go every day and on a normal working week I go four times at least. Then a year ago I hurt my back and I had to stop ……. a few weeks. ……. the days I was feeling terrible. I stopped eating in case I put on weight and I had no energy and felt depressed. ……. then I have realised that I am actually addicted to the gym. ……. a long time I have tried to be less obsessed by it nothing has changed. A long time ……. I should have done something about this. Now it's too late.

Activity Six - Walk around the class and ask and answer questions (or with your teacher).

1. During the day how often do you look at your telephone?
2. For how long have you had a Facebook account?
3. How long ago did you last check your text messages?
4. Since when have you had a mobile phone?
5. Do you ever check your e mails during the night?
6. How long ago did you last look at Facebook?
7. Have you ever not looked at your telephone for a whole day?
8. Do you check your messages during meals?
9. How long ago did you interrupt a conversation because your phone rang?
10. How many times a day do you check your e mails?



Activity Seven - **Read** the article.

Why Checking Your Smart Phone Can Become Compulsive

Are you always checking your phone while you're waiting in line at the supermarket, or stopped at a traffic light? Do you search for it in your bag and put it on the restaurant table as soon as you sit down? Well, you may be addicted to your phone. According to a new study smart phone users can develop what they call "checking habits," and like most habits it's not so easy to break.

Habitual checking for messages lasts less than 30 seconds and is usually done at intervals of ten minutes. Most people with this habit end up compulsively checking their device an average of 34 times a day, and often don't even realise they're doing it.

Neuroscientists say each time we get an email or text message our brains receive positive reinforcement. It feels so good we want to do it again – and again. Once our brains get used to this feedback, checking the phone becomes automatic.

But as is the case with many habits, there are problems. When we habitually check our phones we're avoiding interacting with people or getting our work done. And if we're not paying full attention while we're in our car there can be serious or even fatal consequences.

How to Break the Habit

- Before checking, ask yourself whether it's absolutely necessary. This way it becomes a conscious, not reflexive, decision.

- Remind yourself that it's rude and annoying if you're around other people.

- Create times during the day when you do not let yourself check.

- Make certain places phone-free, such as your bedroom, the bathroom, in restaurants, or the doctor's waiting room.

(Source rd.com)

- QUESTIONS -

What signs show that you are addicted to your phone,

Why are people addicted to their phones?

What advice does the article give?

Did this article remind you of yourself or other people you know?



Activity Eight - **Rôle Plays.**

Act out the following situations:

A. You are on a romantic date and your partner keeps on checking their phone.

B. You lose your phone, how do you react.. you look for it everywhere and blame everyone else.

C. You get caught checking your phone in an important meeting/lesson.

D. You receive an inappropriate message from the wrong person and your wife/ husband intercepts it…

learning objectives
How far have you got?
easy access english
Fill in the bars to show your progress