

## Worksheet

### Activity 1-'Look Up'

Watch the video and answer the questions



#### Part A: Pre-viewing

Look at the title “Look Up”. What do you think the video will be about?

#### Part B: While-viewing

1. Write down three key words or phrases you hear in the video.
  - .....
  - .....
  - .....
2. Tick (✓) the themes you can identify in the video:
  - ☐ Social media addiction
  - ☐ Loneliness
  - ☐ Real-life connections
  - ☐ Friendship
3. Complete the sentences with information from the video:
  - ☐ Nature
  - ☐ Family relationships
  - “We are a generation of \_\_\_\_\_.”
  - “We have friends we never meet and followers we never see, yet...”
  - “Look up from your phone, shut down the \_\_\_\_\_, and live life the real way.”

#### Part C: Vocabulary focus

Match the words from the video with their meanings:

- |               |  |
|---------------|--|
| 1. addiction  | a. feeling alone, separated from others                      |
| 2. isolation  | b. link or relationship between people                       |
| 3. connection | c. strong negative feeling about something you did/didn't do |
| 4. virtual    | d. a strong and harmful need to regularly do something       |
| 5. regret     | e. existing only on the internet or on a screen              |

#### Part D: Critical Thinking

1. Do you agree with Gary Turk's message? Why/Why not?  
.....
2. How does the combination of images, music, and spoken word make the message stronger?  
.....
3. The video plays a poem in rhyme. Has that played a role in the popularity of the video?  
.....
4. Imagine one day without your phone. What would change in your daily routine?  
.....
5. Why do you think this person urges people to look up?  
.....
6. What do you think this video is trying to raise awareness of?  
.....
7. What would have happened If the boy hadn't stopped the girl in the street?  
.....

## Activity 2- Kahoot: Mobile Phone Addiction & Social Media Security

### Instructions

1. Work in teams — each team will use 1 tablet to play the Kahoot.
2. Join the Kahoot using the **PIN or URL** provided.
3. Play along on your mobile device or computer.
4. Use this worksheet to reflect on the questions, take notes, and record what you learned.



### Join the Kahoot!

- **Kahoot URL:** [https://kahoot.it/challenge/02324000?challenge-id=1023edc3-368f-4a31-a6be-827a0d8cf324\\_1759497896523](https://kahoot.it/challenge/02324000?challenge-id=1023edc3-368f-4a31-a6be-827a0d8cf324_1759497896523)
  - **Game PIN:** 02324000
  - **Deadline to Join:** Oct 15, 2025, 10:00 AM
- Invite friends, classmates, or colleagues to participate!

### Reflection Questions

#### Mobile Phone Addiction

1. How many hours per day do you spend on your phone?  
☐ 1–2 hrs ☐ 3–4 hrs ☐ 5–6 hrs ☐ 7+ hrs
2. Which activities take up most of your screen time?  
☐ Social Media ☐ Gaming ☐ Messaging ☐ Streaming/YouTube ☐ Other: \_\_\_\_\_
3. Write down **one negative impact** of phone addiction:  
\_\_\_\_\_
4. Write down **one positive strategy** to reduce screen time:  
\_\_\_\_\_

#### Social Media Security

1. Do you use **two-factor authentication (2FA)**?  
☐ Yes ☐ No ☐ Not Sure
2. What kind of passwords do you use?  
☐ Same for all accounts ☐ Different but simple ☐ Strong & unique
3. Write down **two risks** of oversharing online:  
1. \_\_\_\_\_  
2. \_\_\_\_\_
4. Write down **one step you can take today** to improve your social media security:  
\_\_\_\_\_

