

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## BLENDING LEARNING LESSON

# Selfies May be Good for You!

### Vocabulary Preview

- Match the words on the left with the meanings on the right.

- |                       |          |   |
|-----------------------|----------|---|
| 1. in a time          | <u>E</u> | A. to say something may be true or good               |
| 2. smart phone        | _____    | B. a person who studies something                     |
| 3. people of all ages | _____    | C. a feeling of trust in your own ability             |
| 4. recently           | _____    | D. not a long time ago                                |
| 5. researcher         | _____    | E. in a different time (in the future or the past)    |
| 6. suggest            | _____    | F. a cell phone that can take pictures, and go online |
| 7. improve            | _____    | G. people of many different ages (both young and old) |
| 8. self-confidence    | _____    | H. to make something become better                    |

- Use the above words to complete the sentences. Use plural forms and past tense when necessary.

1. I want to improve my English grammar. I want to make it better.
2. My grandfather lived \_\_\_\_\_ before the internet.
3. John \_\_\_\_\_ travelled to Mexico. He returned just last week.
4. Last week, my teacher \_\_\_\_\_ that I should study harder.
5. I don't think I can find a new job. I don't have any \_\_\_\_\_.
6. A family TV show is good for \_\_\_\_\_.
7. I need more money to buy a new \_\_\_\_\_. I lost my old one.
8. When I finish college, I want to get a job as a \_\_\_\_\_.

- Choose any two of the above words and write your own sentences.

1. \_\_\_\_\_
2. \_\_\_\_\_

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## BLENDED LEARNING LESSON

# Selfies May Be Good For You!

TOPICS: Emotions / Telephone



I never take selfies (pictures of myself). I don't know why. Maybe it's because I grew up **in a time**<sup>1</sup> before there were **smart phones**<sup>2</sup>. Many people, however, love to take selfies. Last week, for example, my seven-year-old son asked to use my phone to take his first selfie. Of course, many **people of all ages**<sup>3</sup> like to take selfies, not just kids, and maybe this is a good thing. **Recently**<sup>4</sup>, **researchers**<sup>5</sup> from the University of California **suggested**<sup>6</sup> that selfies may be a good way to make yourself feel good. They say that selfies can **improve**<sup>7</sup> your happiness and your **self-confidence**<sup>8</sup>. There is a problem with the study, however: it was a study of only 41 college students. Researchers should study many more people (maybe hundreds more) so they can really be sure that selfies are good for you. But, you know what? Maybe, just maybe, I'll try taking some selfies because, after all, who doesn't want to feel good?

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## BLENDING LEARNING LESSON

# Selfies May be Good for You!

### Grammar Practice

I never (1)\_\_\_\_\_ selfies (pictures of myself). I (2)\_\_\_\_\_ know why. Maybe it's because I (3)\_\_\_\_\_ up in a time before there were smart phones. Many people, however, (4)\_\_\_\_\_ take selfies. Last week, for example, my seven-year-old son asked to use my phone to take his first selfie. Of course, (5)\_\_\_\_\_ people of all ages like to take selfies, not just kids, and maybe (6)\_\_\_\_\_ is a good thing. Recently, researchers from the University of California suggested that selfies may be a good way to make (7)\_\_\_\_\_ feel good. (8)\_\_\_\_\_ say that selfies can improve your happiness (9)\_\_\_\_\_ your self-confidence. There (10)\_\_\_\_\_ a problem with the study, however: it (11)\_\_\_\_\_ study of only 41 college students. Researchers should study many more people (maybe hundreds more) so they can (12)\_\_\_\_\_ be sure that selfies are good for you. But, you know what? Maybe, just maybe, I'll try taking selfies. After all, who doesn't want to feel good?

1.

- (A) take
- (B) takes
- (C) taking

2.

- (A) not
- (B) don't
- (C) am not

3.

- (A) grew
- (B) grow
- (C) growing

4.

- (A) are loving
- (B) love
- (C) love to

5.

- (A) must
- (B) much
- (C) many

6.

- (A) this
- (B) there
- (C) them

7.

- (A) yours
- (B) yourself
- (C) your

8.

- (A) Their
- (B) They
- (C) There

9.

- (A) and
- (B) so
- (C) but

10.

- (A) are
- (B) be
- (C) is

11.

- (A) were a
- (B) was a
- (C) a

12.

- (A) unreal
- (B) real
- (C) really

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## BLENDING LEARNING LESSON

# Selfies May be Good for You!

### How Much Do You Understand?

● *Complete the statements.*

- |                                      |  |
|--------------------------------------|--|
| 1. The author says that he never     | A. like to take selfies.                                   |
| 2. There were no smart phones        | B. taking selfies can make you feel good.                  |
| 3. Both kids and adults              | C. selfies to make himself feel good.                      |
| 4. University researchers think that | D. when the man was a boy.                                 |
| 5. Researchers may have to study     | E. takes selfies.  |
| 6. The author says he might take     | F. many more people so that they can be sure this is true. |

### Discuss

● *Discuss the following questions with your classmates.*

1. Do you believe that selfies can make you happier and more self-confident?  
Why? / Why not?
2. When was the last time that you took a selfie?
3. What are some bad things about taking selfies?

### Write

- *Choose one of the above discussion questions. Write a short paragraph to answer it.*

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**Title "Selfies May be Good for You!"**

**Grammar Focus** Mixed: Present Simple / Past Simple

**Vocabulary** 160 words

**A1** words-78% / **A2** words-12% / **B1** words-4% / **B2** words-1% / **C1** words-1% / **C2** words-0% / **Off List**-7%

**AWL** Words in this text: *researchers*

Vocabulary Analysis by: *vocabkitchen.com*

**Level** Elementary to Intermediate (CEFR A2 to B1)

**ANSWER KEY Page 1**

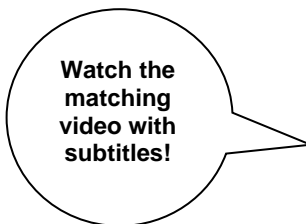
• **Vocabulary**

- |      |                       |
|------|-----------------------|
| 1. E | 1. improve            |
| 2. F | 2. in a time          |
| 3. G | 3. recently           |
| 4. D | 4. suggested          |
| 5. B | 5. self-confidence    |
| 6. A | 6. people of all ages |
| 7. H | 7. smart phone        |
| 8. C | 8. researcher         |

**ANSWER KEY Page 3**

• **Grammar**

- |      |       |
|------|-------|
| 1. A | 7. B  |
| 2. B | 8. B  |
| 3. A | 9. A  |
| 4. C | 10. C |
| 5. C | 11. B |
| 6. A | 12. C |



**ANSWER KEY Page 4**

● **How Much Do You Understand?**

1. The author says that he never (E) takes selfies.
2. There were no smart phones (D) when the man was a boy.
3. Both kids and adults (A) like to take selfies.
4. University researchers think that (B) taking selfies can make you feel good.
5. Researchers may have to study (F) many more people so that they can be sure this is true.
6. The author says he might take (C) selfies to make himself feel good.

**Article Sources**

- *Promoting Positive Affect Through Smart Phone Photography*  
[Psychology of Well-Being | Full Text \(springeropen.com\)](#)
- *Sneaky Ways Technology is Messing with Your Body and Mind*  
[Sneaky Ways Technology Is Messing With Your Body And Mind | HuffPost Life](#)
- *Science Says Selfies Can Make You Happier and More Confident*  
[Science Says Selfies Can Make You Happier And More Confident | HuffPost Life](#)

A special thank you to **Tyanne Debrouwere** for proofreading this lesson!