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Activity 1 August 3rd Learning English with songs

Hello everyone, what's up? We hope you're all well.

We're very glad to see that most of you have accepted the challenge and left the comfort zone, and we are very proud of you! Here we are again ready to continue this journey to practice English. This month we're going to learn how we can learn English with songs.

1. Watch the video "Learn English with songs – 4 fun & easy steps":

<https://www.youtube.com/watch?v=nhtZ1R6huZo>

2. Listen to the song "Doom and Gloom" by Rolling Stones:

<https://www.youtube.com/watch?v=1DWiB7ZuLvl>

Watch the video clip, try to understand the context, then watch again with the lyrics, after understanding the context, look up for the underlined words in the dictionary, and try to follow the steps of the previous video:

Doom and Gloom by The Rolling Stones

I had a dream last night
That I was piloting a plane
And all the passengers were drunk and insane
I crash landed in a Louisiana swamp
Shot up a horde of zombies
But I come out on top
What's it all about?
Guess it just reflects my mood
Sitting in the dirt
Feeling kind of hurt
When all I hear is doom and gloom
And all is darkness in my room
Through the light your face I see
Baby take a chance
Baby won't you dance with me
Lost all that treasure in an overseas war
It just goes to show you, don't get what you paid for
Battle to the rich and you worry about the poor
Put my feet up on the couch
And lock all the doors
Hear a funky noise
That's the tightening of the screws

I'm feeling kind of hurt / Sitting in the dirt
All I hear is doom and gloom

But when those drums go boom...
Fracking deep for oil
But there's nothing in the sump
There's kids all picking

At the garbage dump
I'm running out of water
So I better prime the pump

I'm trying to stay sober
But I end up drunk
We'll be eating dirt
Living on the side of the road
There's some food for thought
Kinda makes your head explode
Feeling kind of hurt Yeah
But all I hear is doom and gloom
And all is darkness in my room
Through the night your face I see
Baby come on
Baby won't you dance with me Yeah Yeah
Baby won't you dance with me
I'm feeling kind of hurt
Baby won't you dance with me Yeah
Come on
Baby won't you dance with me
I'm sitting in the dirt
Baby won't you dance with me!

3. Now, let's practice reading and writing - Read the article "You're Doomscrolling Again. Here's How to Snap Out of It" and look up in the dictionary the phrasal verbs and expressions underlined in the text below:

You're Doomscrolling Again. Here's How to Snap Out of It.

In a pandemic that forces us to stay home, bingeing on doom-and-gloom news feels irresistible. These health experts offer ways to break the habit.

By Brian X. Chen July 15, 2020

Your phone alarm goes off at 6 in the morning. You check some news sites and Facebook. It's bad news after bad news. Coronavirus cases keep climbing, and so do deaths. Children can't go back to school. Your favorite restaurant and barbershop are still closed. People are losing their jobs.

Everything is awful. The world as we remember it has ended. Next thing you know, it's 9 a.m. You haven't climbed out of your pit of despair yet to even shower. You repeat this masochistic exercise during your lunch break — and again while getting ready for bed.

This experience of sinking into emotional quicksand while bingeing on doom-and-gloom news is so common that there's now internet lingo for it: "doomscrolling." Exacerbating this behavior, shelter-in-place orders leave us with little to do other than to look at our screens; by some measures, our screen time has jumped at least 50 percent.

We're not alone, exactly, with so many of us going through this. Yet doomscrolling, combined with screen addiction, could take a significant toll on our mental and physical well-being, according to health experts. The activity can make us angry, anxious, depressed, unproductive and less connected with our loved ones and ourselves.

"It's the path of least resistance to keep consuming passively through social media," said Dr. Vivek Murthy, the former surgeon general, who has written extensively about the impact of loneliness on personal health. "You have to pull yourself out of that. It's not just disengaging but also dealing with the impact that has on your mind-set, which can often last for hours."

Fret not: We aren't doomed just yet, and there are approaches to modifying our behavior. We can create structure in our lives, for one, and practice meditation techniques, for another. Here's what the health and wellness experts say.

Create a plan to control your time

People are, by nature, information consumers, and the news is like digital candy being dispensed 24 hours a day. To resist information bingeing, we can create a plan to control how much we consume, similar to how people can create a dieting plan to lose weight, said Adam Gazzaley, a neuroscientist and co-author of the book "The Distracted Mind: Ancient Brains in a High-Tech World."

Step 1 is to acknowledge the burden that doomscrolling creates for our health, Dr. Gazzaley said. "You have to realize you don't want to live your life in a hamster wheel of complete news consumption," he said. "It'll take a toll on you in the way that stops becoming valuable, and being an informed person is a diminishing return."

Step 2 is to create a realistic plan that you can stick with and repeat until it forms a habit.

Creating a schedule is an effective approach. Start by making calendar appointments for everything from mundane activities, like taking a walk outside, to business matters, like videoconferencing meetings.

Set aside certain times of the day to read the news, if you must — and if it helps, set a 10-minute timer to remind you to stop scrolling. Another trick is to wear a rubber band around your hand while you are reading the news, and when you believe you are succumbing to doomscrolling, snap the rubber band against your wrist, Dr. Murthy said.

It's also important to rethink breaks. Before the pandemic, one of our typical lunch breaks involved browsing Facebook. With nowhere to go out for lunch under shelter-in-place orders, browsing the web has become the default work break, an obvious trap that could lead to doomscrolling.

Instead of staying glued to a screen, take a stroll around the block, hop on the exercise bike, prepare your favorite snack. And, yes, set calendar appointments even for your breaks, Dr. Gazzaley said.

Practice meditation

Exercises in mindfulness can help us break the cycle of information bingeing or prevent us from sinking into a dark place altogether.

Sharon Salzberg, a meditation teacher and author of the book “Real Change: Mindfulness to Heal Ourselves and the World,” recommended this exercise to feel more connected with others in a time when we can’t see many people:

Take some breaths and think about the people who have helped you in the past. This could be your friends, colleagues and even the restaurant workers bagging your takeout food.

While imagining these people, give them positive wishes. For example: “May you be happy. May you be peaceful. May you be safe. May you be healthy.”

“You’re gift-giving,” Ms. Salzberg said. “It’s a different way of relating and not feeling isolation.”

Connect with others

Dr. Murthy’s book “Together: The Healing Power of Human Connection in a Sometimes Lonely World” underlined the importance of spending 15 minutes a day connecting with the people we care about most. That can help us feel less alone and resist doomscrolling.

But how can we connect with people when we can’t easily see them? In the beginning of the pandemic, many of us turned to videoconferencing apps to virtually connect with friends, colleagues and loved ones. Now, more than four months into the pandemic, many are experiencing “Zoom fatigue.”

Available at: <https://www.nytimes.com/2020/07/15/technology/personaltech/youre-doomscrolling-again-heres-how-to-snap-out-of-it.html>

4. After working on the vocabulary and context of both text and song, you’re going to click on the link below to leave your thoughts about both of them reflecting on the following:
 - Were you doomscrolling at the beginning of the pandemic? If so, how could you get rid of this habit? Did you do any of the tips mentioned in the article?
 - What is the relation between the article and the song?

<https://pt-br.padlet.com/opendoorsteachers/Bookmarks>

Let’s practice now sharing our thoughts writing using this tool (padlet), remember to do all your search only in English and try to think in English! You have the whole week to do that, take your time and enjoy it. See ya!