

Week Four: April 13-17
Haller/Richardson ELA

Reading Please keep your Scope Magazines to complete assignments for week 4.

Monday

- From the *Scope Magazine*, read “The Truth About Binge Watching.” pages 22-23.
- Review Vocabulary words

Tuesday

- Reread “The Truth About Binge Watching” pages 22-23.
- Complete Vocabulary practice 1-8

Wednesday

- Complete Constructing a Response steps 1-3. You don’t have to complete the boxed information at the bottom of the worksheet.

Thursday

- Complete the “The Truth About Binge Watching” Quiz questions 1-6.

Friday

- Complete the Summarizing questions 1-6, and write your own objective summary in the space provided on the worksheet.

***All of the above assignments are in the packet**

Writing

Directions: Each day, write a paragraph of at least 8 sentences.

Monday

- Write about a day in the life of a squirrel...from the squirrel's point of view.
- Put a box around each of your capital letters at the beginning of your sentences and circle your end punctuation.

Tuesday

- Story starter: “AHHHHHHH!” Allison pushed open the door to find the most gruesome sight she’s ever seen...
- Add at least five descriptive adjectives in your writing. Underline those adjectives.

Wednesday

- Write about the day outside right now.
- Describe the setting of this moment.

→

Thursday

- Binge watching: Is it good or bad?
- Give at least two arguments. Underline your claim and your two argumentative statements.

Friday

- Story Starter: "Ducking beneath the counter in the school office, I could not believe what I overheard the teachers saying..."



SHORT READ
bite-sized
nonfiction

prime
video

hulu

Disney+

The Truth About

BINGE-WATCHING

Why we love it. Why we must stop.
By Mackenzie Carro

It's 9 p.m. and you're planning to go to sleep soon. You have to be up at dawn for a basketball game. But you want to relax a bit before bed. So you pull up your favorite YouTube channel and press play. When the video ends, another one starts immediately. One more can't hurt, right? But then you watch a third video. Then a fourth . . . and a fifth . . .

Before you know it, it's 1 a.m. and you haven't even brushed your teeth.

If this scenario sounds familiar, you're not alone. In fact, most Americans admit to binge-watching—that is, watching multiple episodes of a TV show or devoting hour after hour to platforms like YouTube and TikTok in one sitting.

The occasional binge-watch is fun and harmless. But as binge-watching has become **ingrained** in our culture, experts are sounding the alarm. They're saying that all this screen time is making us tired and depressed.

So why do we do it? And how can we stop?

Your Bingeing Brain

When your parents were kids, there was basically one way to watch shows: on a television. Back then, most series released one episode per week. If a show ended on a cliff-hanger, you had to wait an entire week (in agony!) to find out what happened. Binge-watching was possible only if you rented or bought VHS tapes or DVDs of the show after it aired.

Today, we have streaming services, such as Netflix, Hulu, and Disney Plus, that provide access to entire seasons of a show. Thanks to these platforms, we don't have to wait a week—or even a minute—to find out what happens to Eleven in *Stranger Things*. We just click "Next Episode."

We don't binge-watch simply because we can't stop. We binge-watch because our brains make it physically difficult to pull ourselves away. Here's the deal: When you feel pleasure—like when you bite into a gooey brownie or listen to your favorite song—you



brain releases a chemical called dopamine. That chemical is also released when you watch a video you enjoy. Your brain *really* likes this rush of dopamine, so it eggs you on: “One more! One more!”

Our brains are not entirely to blame however. Streaming platforms are designed in a way that keeps us watching. Autoplay, where the next video starts automatically, and commercial-free viewing options mean our eyes stay glued to the screen.

Bingeing All the Time

Binge-watching isn't all bad. Zoning out with a good show can help you relax and take your mind off your worries for a while. And if you turn it into a special event—such as having friends over for a *Supergirl* marathon—it can be a fun way to socialize.

The problem arises when we binge all the time. A 2017 study found that people who binge regularly are more likely to be **chronically** tired because they stay up later. They are also more **sedentary**. Numerous studies have shown that sitting for long periods of time isn't good for our physical health. Then there is the fact that we often binge-watch by ourselves. Too much time alone in front of a screen has been linked to loneliness and depression.

SHORT
WRITE

What attitude toward binge-watching does the author express?

1. Write your answer to the question above:

2. One piece of text evidence that supports your answer is:

3. This evidence supports your answer because:

Here's another reason not to binge too often: You may not have as much fun. When a show releases one episode per week—as *The Mandalorian* did—it builds excitement and gives people a chance to talk and analyze between episodes. Research suggests that we may actually enjoy shows more when we watch them more slowly.*

So how do you know when binge-watching goes too far? Skipping out on time with friends and family, missing meals, and skimping on sleep are all signs that it's time to scale back.

How to Beat the Binge

The good news is that you can beat the binge—with a little practice. Dr. Danesh Alam from Northwestern Medicine Central DuPage Hospital recommends deciding at the start of the week how much time to dedicate to shows and videos. You can use Apple's Screen Time tools to track your time on apps. You can also **disable** autoplay on many platforms, including YouTube and Netflix.

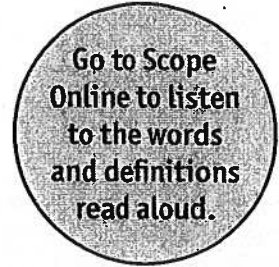
If you're still having trouble, **enlist** a friend to help. Plan a screen-free hangout on Saturday afternoons, for example. And when you do binge-watch, take breaks. Walk the dog. Kick a ball around. Have a dance-off between *Mandalorian* episodes (because yes, the entire first season is now available).

And most important? Turn off the screen one hour before bed. This will help you get a good night's sleep. We promise Baby Yoda will still be there tomorrow. ●

Go online for the Short Write Kit. It will help you turn what you just wrote into a great short answer.

*Research from the University of Melbourne found that viewers enjoyed shows more when they watched one episode per day than when they watched an entire season in one sitting.

Name: _____ Date: _____



Vocabulary

"The Truth About Binge-Watching"

- 1. chronically (KRON-ih-kah-lee)** *adverb*; The adjective *chronic* (KRON-ik) means "constant" or "occurring again and again for a long time." A chronic illness or condition is one that lasts for a long time or for a lifetime, like asthma. A chronic nailbiter is someone who constantly bites his or her nails and has done so for years.

Something that is done chronically is done in a way that continues or has continued for a long time. Someone who is chronically absent from class is absent very often. Someone who is chronically tired is tired all the time. (Usually, *chronically* is used to talk about something negative.)

- 2. disable (dis-AY-buhl)** *verb*; To disable something is to make it unable to function. If your mom loses her smartphone, she might disable it so that no one else can use it. Before breaking into a museum, thieves might disable the museum's alarm system.

Disable can also mean "to seriously harm someone in a way that affects his or her ability to do certain things." If Jon is in a car accident that leaves him unable to walk, you could say that the accident disabled Jon.

- 3. enlist (en-LIST)** *verb*; If you enlist someone's help, you get that person to help you do something. If you're planning a surprise birthday party for your friend, you might enlist your other friends to help.

Enlist can also mean "to join the armed services," as in, "My grandfather enlisted in the Navy when he was 20 years old."

- 4. ingrained (in-GRAYND)** *adjective*; Something that is ingrained (such as a habit, an idea, or a belief) has existed for a long time, is firmly in place, and is difficult to change or remove. Parents remind their children over and over to say "please" and "thank you." Why? They want good manners to eventually become ingrained in their children.

- 5. sedentary (SED-n-ter-ee)** *adjective*; *Sedentary* means "involving a lot of sitting; inactive." A sedentary job is a job that requires you to sit down most of the time. Someone who leads a sedentary lifestyle doesn't get much exercise.

Vocabulary Practice

"The Truth About Binge-Watching"

Directions: Below are descriptions of three imaginary characters. Read each description. Then write one sentence about the character that uses one of the words from the box.

WORD CHOICES

chronically	ingrained
enlist	sedentary

1. Alex has decided to start a campaign to ban the use of plastic bags in his neighborhood, but he needs help. At school, Alex passes out flyers about what he hopes to accomplish. On the flyers, he asks any other students who want to help him to reach out to him.

Sentence about Alex: _____

2. After a skiing accident, Julie finds herself in a cast. She is confined to her couch for three months. She is *not* happy.

Sentence about Julie: _____

3. Toby complains about everything. Whether it's the food in the cafeteria, his new haircut, or the movie he just saw, Toby can be counted on to say something negative.

Sentence about Toby: _____

Directions: Underline the boldfaced word that best completes each sentence.

4. After running a marathon, Bella was very sore. She needed to remain **ingrained/sedentary** for a week to recover.

5. The belief that hard work pays off is deeply **disabled/ingrained** in our culture. It's a value that is held by many people.

6. To ensure that the fundraiser was a success, Eric **enlisted/disabled** the help of everyone he knew.

Directions: Complete each unfinished sentence in a way that makes the meaning of the boldfaced word clear. We've done the first one for you.

7. Our family's golden retriever has become **sedentary** in his old age. He lays on the couch a lot and doesn't like to play as much.

8. Jayden **chronically** forgets his gym shorts. Last week, _____

Name: _____ Date: _____

Constructing a Response

Directions: Read "The Truth About Binge-Watching" and complete the activity on page 23. Then follow the steps below to write a response to the question on page 23.

→ See Scope's "How to Answer a Constructed-Response Question" for tips and information about how to complete this activity.

Question from page 23:

What attitude toward binge-watching does the author express?

Step 1: Write your claim.

Complete the sentences below to write your claim in response to the question.

The author expresses a(n) _____

Step 2: Provide text evidence with commentary.

Write two details from the article that support your claim. You can write them in the form of direct quotations or paraphrases. Include a citation for each detail. Explain how each detail supports your claim.

Detail 1: _____

Sentence explaining how this detail supports my claim: _____

Detail 2: _____

Sentence explaining how this detail supports my claim: _____

Step 3: Write a conclusion.

Wrap it all up. End your paragraph with a strong sentence that will give your readers something to think about. One option is to refer to your central claim. Or come up with an idea of your own!

Now it's time to put it all together. And guess what? You've already done the hardest part! All that's left is to take what you just wrote and put it together into one flowing paragraph. Write your final response on a separate sheet of paper.

Remember to:

- Use transitions between sentences.
- Read your paragraph to make sure your ideas are clear. Revise as needed.
- When you are satisfied with your paragraph, read it again to make sure there are no spelling or punctuation mistakes.

Name: _____ Date: _____

"The Truth About Binge-Watching" Quiz

Directions: Read "The Truth About Binge-Watching." Then answer the questions below.

- A study that shows that people who binge-watch often are lonelier than those who never binge-watch would **BEST** fit into the section
 - "Your Bingeing Brain."
 - the introduction
 - "How to Beat the Binge."
 - "Bingeing All the Time."
- In the section "How to Beat the Binge," the author's tone, or attitude toward the subject she is writing about, could be best described as
 - reflective and uncertain.
 - frustrated and serious.
 - suspicious and worried.
 - funny and encouraging.
- Which lines best support the answer you chose in question 2? Choose two answers.
 - "The good news is that you can beat the binge—with a little practice." (p. 23)
 - "We promise Baby Yoda will still be there tomorrow." (p. 23)
 - "Dr. Danesh Alam . . . recommends deciding at the start of the week how much time to dedicate to shows and videos." (p. 23)
 - "Turn off the screen one hour before bed." (p. 23)
- The author writes, "But as binge-watching has become ingrained in our culture, experts are sounding the alarm." The expression "Sounding the alarm" means
 - supporting something.
 - being uncertain about something.
 - being excited about something
 - speaking out about something concerning.
- Which line supports the idea that binge-watching occasionally is not harmful?
 - "Our brains are not entirely to blame . . ." (p. 23)
 - "They are also more sedentary." (p. 23)
 - "And if you turn it into a special event—such as having friends over for a *Supergirl* marathon—it can be a fun way to socialize." (p. 23)
 - "And how can we stop?" (p. 22)
- Based on the article, which statement would the author likely agree with? Choose two answers.
 - There are both benefits and drawbacks to binge-watching.
 - People should never binge-watch.
 - Binge-watching is not worrisome when done infrequently.
 - Binge-watching makes shows more enjoyable.

Constructed-Response Question

Directions: Write your answers in a well-organized response.

- Describe two ways author Mackenzie Carro supports the idea that binge-watching all the time is problematic. Use text evidence to support your answer.