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**Level 3 – 18th June, 2019**

**Smartphone use could be changing shape of our skulls**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/1906/190618-skull-shape.html>

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**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

Scientists say that smartphones are changing the shape of people's skull. Some people are spending so long looking at smartphones that a small bony bump is appearing above their neck. Doctors say the bump is large enough to feel by pressing the bottom of the skull, just above the neck. Dr David Shahar, a health scientist at the University of The Sunshine Coast in Australia, spoke to the BBC about the discovery. He said: "I have been a clinician for 20 years, and only in the last decade, increasingly, I have been discovering that my patients have this growth on the skull." The bump is becoming more frequent among 18 to 30-year-olds who spend many hours a day hunched over their smartphone.

A study led by Dr Shahar looked at the smartphone use of 1,200 people aged 18 to 86. Shahar said 18 to 30-year-olds were more likely to have the skull bumps than older generations. He said the bumps will probably be more common as we spend longer bending our necks while looking at our phones. Doctors say the bump could come from constantly bending the neck at unnatural angles to look at digital devices. Our head weighs about 4.5 kilograms and bending our head at the same angle for a long time can strain the neck. Doctors are calling this strain "text neck". They say the skull bump rarely causes health issues. They advised people to change their posture if their neck becomes sore.

Sources: <https://www.livescience.com/65711-humans-growing-bony-skull-spikes.html>  
<https://www.insider.com/smartphone-use-could-be-changing-our-skull-shape-scientists-find-2019-6>  
<https://www.fudzilla.com/news/mobile/48880-humans-evolving-a-spike-on-the-back-of-the-head>

# WARM-UPS

**1. THE SKULL:** Students walk around the class and talk to other students about The skull. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

smartphones / shape / skull / neck / doctors / discovery / clinician / decade / patients study / generations / common / angle / digital device / strain / health issues / posture

Have a chat about the topics you liked. Change topics and partners frequently.

**3. LIMITS:** Students A **strongly** believe there should be limits on the number of hours of smartphone use; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

**4. SMARTPHONES:** How could smartphones change our body? How can we deal with this? Complete this table with your partner(s). Change partners often and share what you wrote.

	Body Change	How We Can Deal With This
Skull bones		
Eyesight		
Thumb		
Spine		
Brain		
Skeleton		

**5. BONE:** Spend one minute writing down all of the different words you associate with the word "bone". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. DANGERS:** Rank these with your partner. Put the biggest dangers of smartphones at the top. Change partners often and share your rankings.

- skull bones
- loss of friends
- weight gain
- lack of exercise
- neck strain
- poor eyesight
- radiation
- accidents while walking

# VOCABULARY MATCHING

## Paragraph 1

- |              |  |
|--------------|--|
| 1. spending  | a. A lump on the skin, especially one caused by illness or injury.       |
| 2. bump      | b. Happening or done on many occasions, in many cases.                   |
| 3. appearing | c. Coming into sight; becoming visible or noticeable.                    |
| 4. discovery | d. Using time to do something.   |
| 5. clinician | e. The action of finding out something new.                              |
| 6. decade    | f. A doctor who has direct contact with and responsibility for patients. |
| 7. frequent  | g. A period of ten years.  |

## Paragraph 2

- |                |  |
|----------------|--|
| 8. generation  | h. Hurt a body part by using it too much.                                      |
| 9. common      | i. The space between two joining lines (usually measured in degrees).          |
| 10. constantly | j. Making something straight into a curved shape.                              |
| 11. bending    | k. All of the people born and living at about the same time.                   |
| 12. angle      | l. The position and shape of someone's body when they are standing or sitting. |
| 13. strain     | m. Happening, found, or done often.  |
| 14. posture    | n. Continuously over a period of time; always.                                 |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- a. A small bony bump is appearing on the neck of smartphone users. **T / F**
- b. The bump is too small to be felt. **T / F**
- c. A clinician said he has had a skull bump for 20 years. **T / F**
- d. The skull bump is most common in people aged between 18-30. **T / F**
- e. Researchers looked at the smartphone use of those aged from 18 to 86. **T / F**
- f. The bumps could be caused by bending our heads at unnatural angles. **T / F**
- g. Our head weighs about 5.4 kilograms. **T / F**
- h. Doctors advised people to change their posture if they have a sore neck. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                       |                     |
|-----------------------|---------------------|
| <b>1. changing</b>    | a. doctor           |
| <b>2. appearing</b>   | b. always           |
| <b>3. clinician</b>   | c. bent             |
| <b>4. discovering</b> | d. painful          |
| <b>5. hunched</b>     | e. finding          |
| <b>6. likely</b>      | f. injure           |
| <b>7. common</b>      | g. altering         |
| <b>8. constantly</b>  | h. widespread       |
| <b>9. strain</b>      | i. becoming visible |
| <b>10. sore</b>       | j. probable         |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 1. a small bony bump is               | a. aged 18 to 86              |
| 2. just above                         | b. over their smartphone      |
| 3. in the last                        | c. their posture              |
| 4. The bump is becoming more frequent | d. appearing above their neck |
| 5. spend many hours a day hunched     | e. generations                |
| 6. the smartphone use of 1,200 people | f. decade                     |
| 7. older                              | g. becomes sore               |
| 8. constantly bending the neck at     | h. among 18 to 30-year-olds   |
| 9. They advised people to change      | i. unnatural angles           |
| 10. if their neck                     | j. the neck                   |

# GAP FILL

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

Scientists say that smartphones are changing the (1) \_\_\_\_\_ of people's skull. Some people are (2) \_\_\_\_\_ so long looking at smartphones that a small bony (3) \_\_\_\_\_ is appearing above their neck. Doctors say the bump is large enough to feel by pressing the bottom of the skull, (4) \_\_\_\_\_ above the neck. Dr David Shahar, a health scientist at the University of The Sunshine Coast in Australia, spoke to the BBC about the (5) \_\_\_\_\_. He said: "I have been a clinician for 20 years, and only in the last (6) \_\_\_\_\_, increasingly, I have been discovering that my patients have this (7) \_\_\_\_\_ on the skull." The bump is becoming more (8) \_\_\_\_\_ among 18 to 30-year-olds who spend many hours a day hunched over their smartphone.

*just*  
*decade*  
*shape*  
*frequent*  
*bump*  
*spending*  
*growth*  
*discovery*

A study led by Dr Shahar looked at the smartphone (9) \_\_\_\_\_ of 1,200 people aged 18 to 86. Shahar said 18 to 30-year-olds were more (10) \_\_\_\_\_ to have the skull bumps than older generations. He said the bumps will probably be more (11) \_\_\_\_\_ as we spend longer bending our necks while looking at our phones. Doctors say the bump could come from (12) \_\_\_\_\_ bending the neck at unnatural (13) \_\_\_\_\_ to look at digital devices. Our head weighs about 4.5 kilograms and (14) \_\_\_\_\_ our head at the same angle for a long time can strain the neck. Doctors are calling this (15) \_\_\_\_\_ "text neck". They say the skull bump rarely causes health issues. They advised people to change their (16) \_\_\_\_\_ if their neck becomes sore.

*constantly*  
*use*  
*strain*  
*angles*  
*common*  
*posture*  
*likely*  
*bending*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

- 1) spending so long looking at smartphones that a small bony \_\_\_\_\_
  - a. bump disappearing
  - b. bump is a peer ring
  - c. bumps appearing
  - d. bump is appearing
- 2) Doctors say the bump is large enough to feel by \_\_\_\_\_
  - a. pressing the button
  - b. pressing the baton
  - c. pressing the batting
  - d. pressing the bottom
- 3) the University of The Sunshine Coast in Australia spoke to the BBC \_\_\_\_\_
  - a. abut the discovery
  - b. about the discovery
  - c. abbot the discovery
  - d. abet the discovery
- 4) I have been a clinician for 20 years, and only in \_\_\_\_\_
  - a. the last decadence
  - b. the last deck cade
  - c. the last deck aid
  - d. the last decade
- 5) among 18 to 30-year-olds who spend many hours a day \_\_\_\_\_ smartphone
  - a. haunch over their
  - b. bunch over their
  - c. hunched over their
  - d. bunched over their
- 6) A study led by Dr Shahar looked at the smartphone use of 1,200 \_\_\_\_\_ 18 to 86
  - a. people age
  - b. people aged
  - c. people aid
  - d. people aided
- 7) 18 to 30-year-olds were more \_\_\_\_\_ the skull bumps
  - a. likely to have
  - b. liked to have
  - c. likelihood to have
  - d. like little have
- 8) He said the bumps will probably be more common as we spend longer \_\_\_\_\_ necks
  - a. bend in our
  - b. bend ding our
  - c. ben ding our
  - d. bending our
- 9) Doctors say the bump could come from constantly bending the neck \_\_\_\_\_
  - a. at unnatural wrangles
  - b. at unnatural angels
  - c. at unnatural angles
  - d. at unnatural anglers
- 10) They advised people to change their posture if their neck \_\_\_\_\_
  - a. become saw
  - b. become sore
  - c. becomes saw
  - d. becomes sore

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

Scientists say that smartphones are (1) \_\_\_\_\_ of people's skull. Some people are spending (2) \_\_\_\_\_ at smartphones that a small bony bump is appearing above their neck. Doctors say the bump is large enough to (3) \_\_\_\_\_ the bottom of the skull, just above the neck. Dr David Shahar, a health scientist at the University of The Sunshine Coast in Australia, spoke to the BBC (4) \_\_\_\_\_. He said: "I have been a clinician for 20 years, and only in the last decade, increasingly, I have been discovering that my patients have (5) \_\_\_\_\_ the skull." The bump is becoming more frequent among 18 to 30-year-olds who spend many hours a day (6) \_\_\_\_\_ smartphone.

A (7) \_\_\_\_\_ Dr Shahar looked at the smartphone use of 1,200 people aged 18 to 86. Shahar said 18 to 30-year-olds (8) \_\_\_\_\_ to have the skull bumps than older generations. He said the bumps will probably (9) \_\_\_\_\_ as we spend longer bending our necks while looking at our phones. Doctors say the bump could come from constantly bending the neck (10) \_\_\_\_\_ to look at digital devices. Our head weighs about 4.5 kilograms and bending our head at the same angle for (11) \_\_\_\_\_ can strain the neck. Doctors are calling this strain "text neck". They say the skull bump rarely causes health issues. They advised people to change (12) \_\_\_\_\_ their neck becomes sore.

# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

1. Who said smartphones are changing the shape of people's skulls?
2. What did doctors say the bump is large enough to do?
3. What news agency did a clinician talk to about the discovery?
4. How long has the clinician been doing his job?
5. Who is the bump most common with?
6. How many smartphone users did researchers look at in their study?
7. Who are 18-30-year-olds more likely to have a skull bump than?
8. How much does the human skull weigh?
9. What did doctors call the strain caused by bending the neck too long?
10. What did doctors advise changing if their neck becomes sore?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

- 1) Who said smartphones are changing the shape of people's skulls?
  - a) doctors
  - b) scientists
  - c) smartphone makers
  - d) call-phone workers
- 2) What did doctors say the bump is large enough to do?
  - a) examine
  - b) see
  - c) massage
  - d) feel
- 3) What news agency did a clinician talk to about the discovery?
  - a) Reuters
  - b) CNN
  - c) the BBC
  - d) Al Jazeera
- 4) How long has the clinician been doing his job?
  - a) 20 years
  - b) 15 years
  - c) 25 years
  - d) 30 years
- 5) Who is the bump most common with?
  - a) 18 to 86-year-olds
  - b) 18 to 30-year-olds
  - c) 16 to 80-year-olds
  - d) 16 to 30-year-olds
- 6) How many smartphone users did researchers look at in their study?
  - a) 1,200
  - b) 1,300
  - c) 1,800
  - d) 2,100
- 7) Who are 18-30-year-olds more likely to have a skull bump than?
  - a) pensioners
  - b) people in their 30s
  - c) older generations
  - d) the middle aged
- 8) How much does the human skull weigh?
  - a) about 4.5 kilograms
  - b) about 5.4 kilograms
  - c) about 3.5 kilograms
  - d) about 4 kilograms
- 9) What did doctors call the strain caused by bending the neck too long?
  - a) smartphone sore
  - b) phone ache
  - c) call bump
  - d) text neck
- 10) What did doctors advise changing if their neck becomes sore?
  - a) their lifestyle
  - b) their smartphone
  - c) their posture
  - d) their doctor

# ROLE PLAY

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

## **Role A – Neck Strain**

You think neck strain is the biggest danger of smartphones. Tell the others three reasons why. Tell them why their dangers aren't as bad. Also, tell the others which is the least dangerous of these (and why): a lack of exercise, poor eyesight or a loss of friends.

## **Role B – Lack of Exercise**

You think a lack of exercise is the biggest danger of smartphones. Tell the others three reasons why. Tell them why their dangers aren't as bad. Also, tell the others which is the least dangerous of these (and why): neck strain, poor eyesight or a loss of friends.

## **Role C – Poor Eyesight**

You think poor eyesight is the biggest danger of smartphones. Tell the others three reasons why. Tell them why their dangers aren't as bad. Also, tell the others which is the least dangerous of these (and why): a lack of exercise, neck strain or a loss of friends.

## **Role D – Loss of Friends**

You think a loss of friends is the biggest danger of smartphones. Tell the others three reasons why. Tell them why their dangers aren't as bad. Also, tell the others which is the least dangerous of these (and why): a lack of exercise, poor eyesight or neck strain.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'skull' and 'shape'.

skull	shape

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• so</li><li>• enough</li><li>• scientist</li><li>• 20</li><li>• frequent</li><li>• hours</li></ul>	<ul style="list-style-type: none"><li>• 1,200</li><li>• older</li><li>• constantly</li><li>• 4.5</li><li>• text</li><li>• sore</li></ul>
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# THE SKULL SURVEY

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

Write five GOOD questions about The skull in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# THE SKULL DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'skull'?
3. What do you think of this story?
4. Do you think it's possible for smartphone use to change the skull?
5. Would you use your smartphone less because of this story?
6. How important is your smartphone to you?
7. Is this smartphone skull bump a worry?
8. What other health problems do smartphones cause?
9. Could there be another reason for the skull bump?
10. Why do younger people use smartphones more often than older people?

*Smartphone use could be changing shape of our skulls – 18th June, 2019*  
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# THE SKULL DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'smartphone'?
13. What do you think about what you read?
14. How have smartphones changed our lives?
15. Should smartphones come with health warnings?
16. How can we take care of our skull?
17. Will you change how you use your smartphone?
18. Do you have good posture?
19. What kinds of things give you a sore neck?
20. What questions would you like to ask the scientists?

## DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

Scientists say that smartphones are changing the (1) \_\_\_\_\_ of people's skull. Some people are spending so long looking at smartphones that a small bony bump is (2) \_\_\_\_\_ above their neck. Doctors say the bump is large enough to feel (3) \_\_\_\_\_ pressing the bottom of the skull, just above the neck. Dr David Shahar, a health scientist at the University of The Sunshine Coast in Australia, spoke to the BBC about the (4) \_\_\_\_\_. He said: "I have been a clinician for 20 years, and only in the last decade, increasingly, I have been discovering that my (5) \_\_\_\_\_ have this growth on the skull." The bump is becoming more frequent among 18 to 30-year-olds who spend many hours a day (6) \_\_\_\_\_ over their smartphone.

A study led by Dr Shahar looked at the smartphone use of 1,200 people aged 18 to 86. Shahar said 18 to 30-year-olds were more (7) \_\_\_\_\_ to have the skull bumps than older generations. He said the bumps will probably be more common (8) \_\_\_\_\_ we spend longer bending our necks while looking at our phones. Doctors say the bump could come from constantly bending the neck at unnatural (9) \_\_\_\_\_ to look at digital devices. Our head weighs about 4.5 kilograms and (10) \_\_\_\_\_ our head at the same angle for a long time can strain the neck. Doctors are calling this strain "text neck". They say the skull bump rarely (11) \_\_\_\_\_ health issues. They advised people to change their posture if their neck becomes (12) \_\_\_\_\_.

## Put the correct words from the table below in the above article.

- |     |                |              |                |               |
|-----|----------------|--------------|----------------|---------------|
| 1.  | (a) shape      | (b) shaped   | (c) shaper     | (d) shapely   |
| 2.  | (a) appearance | (b) appear   | (c) appearing  | (d) appears   |
| 3.  | (a) on         | (b) at       | (c) by         | (d) as        |
| 4.  | (a) discoverer | (b) discover | (c) discovers  | (d) discovery |
| 5.  | (a) parents    | (b) parent   | (c) patients   | (d) patently  |
| 6.  | (a) bunched    | (b) hunched  | (c) munched    | (d) punched   |
| 7.  | (a) likes      | (b) likely   | (c) likelihood | (d) liken     |
| 8.  | (a) was        | (b) as       | (c) 'twas      | (d) has       |
| 9.  | (a) angels     | (b) dangles  | (c) angles     | (d) wrangles  |
| 10. | (a) bendy      | (b) bends    | (c) bent       | (d) bending   |
| 11. | (a) ceases     | (b) casts    | (c) cases      | (d) causes    |
| 12. | (a) soar       | (b) sour     | (c) saw        | (d) sore      |

# SPELLING

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

## Paragraph 1

1. apearipng above their neck
2. a health cinsitest
3. spoke to the BBC about the icdvosery
4. my aeitnpts have this growth
5. more requefnt among 18 to 30-year-olds
6. ucnhhed over their smartphone

## Paragraph 2

7. older egtranioens
8. probably be more omcomn
9. oscnattnly bending the neck
10. digital ivecdes
11. bending our head at the same gnale
12. change their otspure if their neck becomes sore

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

**Number these lines in the correct order.**

- ( **1** ) Scientists say that smartphones are changing the shape of people's skulls. Some people are spending so
- ( ) angles to look at digital devices. Our head weighs about 4.5 kilograms and bending our head at the same angle for a long
- ( ) enough to feel by pressing the bottom of the skull, just above the neck. Dr David Shahar, a health
- ( ) at our phones. Doctors say the bump could come from constantly bending the neck at unnatural
- ( ) clinician for 20 years, and only in the last decade, increasingly, I have been discovering that my
- ( ) generations. He said the bumps will probably be more common as we spend longer bending our necks while looking
- ( ) patients have this growth on the skull." The bump is becoming more frequent
- ( ) to 86. Shahar said 18 to 30-year-olds were more likely to have the skull bumps than older
- ( ) among 18 to 30-year-olds who spend many hours a day hunched over their smartphone.
- ( ) A study led by Dr Shahar looked at the smartphone use of 1,200 people aged 18
- ( ) causes health issues. They advised people to change their posture if their neck becomes sore.
- ( ) long looking at smartphones that a small bony bump is appearing above their neck. Doctors say the bump is large
- ( ) scientist at the University of The Sunshine Coast in Australia, spoke to the BBC about the discovery. He said: "I have been a
- ( ) time can strain the neck. Doctors are calling this strain "text neck". They say the skull bump rarely

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

1. people's are of changing shape Smartphones the skulls .
2. their appearing neck . bump above A bony small
3. enough Large to pressing by feel the bottom .
4. growth My on the patients this skull . have
5. over hunched their smartphone . day a Hours
6. bumps will common . The probably be more
7. at neck angles . Constantly bending the unnatural
8. angle . same head the Bending at our
9. health skull causes issues . The bump rarely
10. posture . advised They people their change to

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

Scientists say that smartphones are changing the *shapely* / *shape* of people's skull. Some people are *spending* / *spent* so long looking at smartphones that a small bony bump is *appearance* / *appearing* above their neck. Doctors say the bump is large *enough* / *sufficient* to feel by pressing the bottom of the skull, *just* / *justly* above the neck. Dr David Shahar, a health *science* / *scientist* at the University of The Sunshine Coast in Australia, spoke to the BBC about the discovery. He said: "I have been a *clinic* / *clinician* for 20 years, and only in the last decade, increasingly, I have been discovering that my *patience* / *patients* have this growth on the skull." The bump is becoming more *frequent* / *frequency* among 18 to 30-year-olds who spend many hours a day *hunched* / *hunch* over their smartphone.

A study led by Dr Shahar looked *on* / *at* the smartphone use of 1,200 people aged 18 to 86. Shahar said 18 to 30-year-olds were more *likelihood* / *likely* to have the skull bumps than *older* / *olden* generations. He said the bumps will probably be *many* / *more* common as we spend longer bending our necks *which* / *while* looking at our phones. Doctors say the bump could come from *constantly* / *creating* bending the neck at unnatural angles to look at digital devices. Our head *weighs* / *weights* about 4.5 kilograms and bending our head at the same angle for a *length* / *long* time can strain the neck. Doctors are calling this strain "text neck". They say the skull bump rarely *because* / *causes* health issues. They advised people to change their posture if their neck becomes *sore* / *soar*.

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

Sc\_\_ntsts sy th\_t sm\_rtp\_h\_n\_s \_r\_ ch\_n\_g\_n  
g th\_ sh\_p\_ \_f p\_\_pl\_'s sk\_ll. S\_m\_ p\_\_pl\_  
\_r\_ sp\_n\_d\_n\_g s\_ l\_n\_g l\_\_k\_n\_g \_t sm\_rtp\_h\_n\_s  
th\_t \_sm\_ll b\_ny b\_m\_p \_s \_pp\_\_r\_n\_g \_b\_v\_ t  
h\_\_r n\_ck. D\_c\_t\_r\_s sy th\_ b\_m\_p \_s l\_r\_g\_  
\_n\_\_gh t\_ f\_\_l by pr\_s\_s\_n\_g th\_ b\_t\_t\_m \_f t  
h\_ sk\_ll, j\_s\_t \_b\_v\_ th\_ n\_ck. Dr D\_v\_d S  
h\_h\_r, \_h\_\_lth sc\_\_ntst \_t th\_ Un\_v\_r\_s\_t\_y  
\_f Th\_ S\_nsh\_n\_ C\_\_st\_n A\_str\_l\_\_, sp\_k\_ t\_  
th\_ B\_B\_C \_b\_\_t th\_ d\_s\_c\_v\_r\_y. H\_ s\_\_d: "I  
h\_v\_ b\_\_n \_c\_l\_n\_c\_\_n f\_r 20 y\_\_rs, \_nd \_n\_l  
y \_n th\_ l\_s\_t d\_c\_d\_, \_n\_c\_r\_\_s\_n\_g\_l\_y, I h\_v\_  
b\_\_n d\_s\_c\_v\_r\_n\_g th\_t m\_y p\_t\_\_nts h\_v\_ th\_s  
g\_r\_w\_th \_n th\_ sk\_ll." Th\_ b\_m\_p \_s b\_c\_m\_n\_g  
m\_r\_ fr\_q\_\_nt \_m\_n\_g 18 t\_ 30 - y\_\_r -l\_d\_s w  
h\_ sp\_n\_d m\_ny h\_\_rs \_d\_y h\_n\_ch\_d \_v\_r t  
h\_\_r sm\_rtp\_h\_n\_.

A s\_t\_d\_y l\_d by Dr Sh\_h\_r l\_\_k\_d \_t th\_ s  
m\_rtp\_h\_n\_ \_s\_ \_f 1, 200 p\_\_pl\_ \_g\_d 18 t\_ 86  
. Sh\_h\_r s\_\_d 18 t\_ 30 - y\_\_r -l\_d\_s w\_r\_ m\_r\_  
l\_k\_l\_y t\_ h\_v\_ th\_ sk\_ll b\_m\_p\_s th\_n \_l\_d\_r  
g\_n\_r\_t\_\_ns. H\_ s\_\_d th\_ b\_m\_p\_s w\_ll pr\_b\_b\_l  
y b\_ m\_r\_ c\_m\_m\_n \_s w\_ sp\_n\_d l\_n\_g\_r b\_n\_d\_n\_g  
\_\_r n\_ck\_s wh\_l\_ l\_\_k\_n\_g \_t \_\_r p\_h\_n\_s. D\_c  
t\_r\_s sy th\_ b\_m\_p c\_\_ld c\_m\_ fr\_m c\_nst\_n\_t  
l\_y b\_n\_d\_n\_g th\_ n\_ck \_t \_n\_n\_t\_r\_l \_n\_g\_l\_s t\_ l\_\_  
k \_t d\_g\_t\_l d\_v\_c\_s. O\_r h\_\_d w\_\_gh\_s \_b\_\_t  
4.5 k\_l\_g\_r\_m\_s \_nd b\_n\_d\_n\_g \_\_r h\_\_d \_t th\_  
s\_m\_ \_n\_g\_l\_ f\_r \_l\_n\_g t\_m\_ c\_n str\_\_n th\_ n\_c  
k. D\_c\_t\_r\_s \_r\_ c\_l\_l\_n\_g th\_s str\_\_n "t\_x\_t  
n\_ck". Th\_y sy th\_ sk\_ll b\_m\_p r\_r\_l\_y c\_\_  
s\_s h\_\_lth \_s\_s\_\_s. Th\_y \_d\_v\_s\_d p\_\_pl\_ t\_ c  
h\_n\_g\_ th\_\_r p\_s\_t\_r\_ \_f th\_\_r n\_ck b\_c\_m\_s  
s\_r\_.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

scientists say that smartphones are changing the shape of peoples skull  
some people are spending so long looking at smartphones that a small bony  
bump is appearing above their neck doctors say the bump is large enough to  
feel by pressing the bottom of the skull just above the neck dr david shahar  
a health scientist at the university of the sunshine coast in australia spoke to  
the bbc about the discovery he said i have been a clinician for 20 years and  
only in the last decade increasingly i have been discovering that my patients  
have this growth on the skull the bump is becoming more frequent among  
18 to 30yearolds who spend many hours a day hunched over their  
smartphone

a study led by dr shahar looked at the smartphone use of 1200 people aged  
18 to 86 shahar said 18 to 30yearolds were more likely to have the skull  
bumps than older generations he said the bumps will probably be more  
common as we spend longer bending our necks while looking at our phones  
doctors say the bump could come from constantly bending the neck at  
unnatural angles to look at digital devices our head weighs about 45  
kilograms and bending our head at the same angle for a long time can strain  
the neck doctors are calling this strain text neck they say the skull bump  
rarely causes health issues they advised people to change their posture if  
their neck becomes sore

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1906/190618-skull-shape.html>

Scientists say that smart phones are changing the shape of people's skulls. Some people are spending so long looking at smart phones that a small bony bump is appearing above their neck. Doctors say the bump is large enough to feel by pressing the bottom of the skull, just above the neck. Dr David Shahar, a health scientist at the University of The Sunshine Coast in Australia, spoke to the BBC about the discovery. He said: "I have been a clinician for 20 years, and only in the last decade, increasingly, I have been discovering that my patients have this growth on the skull." The bump is becoming more frequent among 18 to 30-year-olds who spend many hours a day hunched over their smart phone. A study led by Dr Shahar looked at the smart phone use of 1,200 people aged 18 to 86. Shahar said 18 to 30-year-olds were more likely to have the skull bump than older generations. He said the bumps will probably be more common as we spend longer bending our necks while looking at our phones. Doctors say the bump could come from constantly bending the neck at an unnatural angle to look at digital devices. Our head weighs about 4.5 kilograms and bending our head at the same angle for a long time can strain the neck. Doctors are calling this strain "text neck". They say the skull bump rarely causes health issues. They advised people to change their posture if their neck becomes sore.





# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. OUR SKULL:** Make a poster about the skull. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. SMARTPHONES:** Write a magazine article about the having a limit on smartphone use to protect our body and brain. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on the skull. Ask him/her three questions about it. Give him/her three of your opinions of how smartphone use could change our body. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. d    2. a    3. c    4. e    5. f    6. g    7. b  
8. k    9. m    10. n    11. j    12. i    13. h    14. l

## TRUE / FALSE (p.5)

- a F    b F    c F    d T    e T    f T    g F    h T

## SYNONYM MATCH (p.5)

- |                |                     |
|----------------|---------------------|
| 1. changing    | a. altering         |
| 2. appearing   | b. becoming visible |
| 3. clinician   | c. doctor           |
| 4. discovering | d. finding          |
| 5. hunched     | e. bent             |
| 6. likely      | f. probable         |
| 7. common      | g. widespread       |
| 8. constantly  | h. always           |
| 9. strain      | i. injure           |
| 10. sore       | j. painful          |

## COMPREHENSION QUESTIONS (p.9)

1. Scientists
2. Feel
3. The BBC
4. Twenty years
5. 18 to 30-year-olds
6. 1,200
7. Older generations
8. About 4.5 kilograms
9. "Text neck"
10. Their posture

## WORDS IN THE RIGHT ORDER (p.20)

1. Smartphones are changing the shape of people's skulls.
2. A small bony bump appearing above their neck.
3. Large enough to feel by pressing the bottom.
4. My patients have this growth on the skull.
5. Hours a day hunched over their smartphone.
6. The bumps will probably be more common.
7. Constantly bending the neck at unnatural angles.
8. Bending our head at the same angle.
9. The skull bump rarely causes health issues.
10. They advised people to change their posture.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. d    3. c    4. a    5. b    6. a    7. c    8. a    9. d    10. c

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)