

READING ANALYSIS

THE PSYCHOLOGY OF SOCIAL MEDIA

Read the article carefully and answer the questions that follow.

- [1] Why do people check their phones hundreds of times each day? It's not just boredom or habit. Social media platforms are designed to keep us coming back for more.
- [2] Every time we receive a like, comment or new notification, our brain releases a small hit of dopamine – a chemical linked to pleasure and reward. This creates a tiny rush that encourages us to return, just like a slot machine that pays out at random. The unpredictability is what makes it so addictive.
- [3] Social media also gives us something powerful: validation. When we post a photo or a thought and others respond positively, we feel seen and accepted. Over time, many of us start seeking that approval, shaping our online identity to get more likes and followers.
- [4] Another reason we scroll for so long is comparison. Seeing the highlight reels of other people's lives can make our own feel less exciting or not good enough. Research shows that this can harm self-esteem, especially in teenagers who are still figuring out who they are.
- [5] However, it's not all negative. Social media helps people stay in touch with friends and family, discover new interests and find communities where they belong. For many, it can be a source of support and inspiration.
- [6] The key is balance and awareness. Understanding how social media works gives us the power to use it, rather than letting it use us. Setting limits, turning off unnecessary notifications and taking breaks can all help protect our time, attention and mental health.
- [7] Social media isn't going away – but how we use it can shape the kind of impact it has on our lives.



1. RETRIEVAL & EVIDENCE

- 1. According to the text, why are notifications difficult to ignore?
.....
..... [1]
- 2. Give two positives of social media mentioned in paragraph 5.
 - a)
 - b) [2]

2. VOCABULARY IN CONTEXT

- 3. In paragraph 3, what does the word "validation" suggest?
..... [1]
- 4. Find a word in paragraph 4 that means "showing only the best or most exciting parts". [1]

3. LANGUAGE ANALYSIS

- 5. How does the writer make social media seem addictive? Give two techniques or examples from the text and explain their effect.
 - a) Technique/Example:
Effect:
 - b) Technique/Example:
Effect: [4]

4. TONE & PERSPECTIVE

- 6. What is the writer's attitude towards social media? Explain your answer using evidence from the text.
.....
..... [3]

5. CRITICAL THINKING

- 7. Do you think social media has more positive or negative effects on teenagers? Give reasons for your answer, using ideas from the text and your own thoughts.
.....
..... [3]



FINAL THOUGHT

If you could redesign social media to make it healthier for teenagers, what would you change? Explain your ideas.
.....
..... [2]

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Name: _____

Date: _____

The Daffodils

(I Wandered Lonely as a Cloud)

by William Wordsworth

1 I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

7 Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

13 The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

19 For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.



ABOUT THE POET

William Wordsworth (1770–1850) was an English poet and a key figure in the Romantic movement. He loved nature and believed in its power to inspire and bring peace to the human mind.

READ THE POEM CAREFULLY AND ANSWER THE QUESTIONS THAT FOLLOW.

- 1 First Impressions**
What is the overall mood of the poem?
..... [2]
- 2 Simile**
The poet writes: "I wandered lonely as a cloud"
What does this simile suggest about how the poet feels at the beginning of the poem?
..... [2]
- 3 Personification**
Find one example of personification in the poem.
What effect does it create?
..... [2]
- 4 Imagery**
How does the poet create a vivid image of the daffodils?
Use evidence from the poem in your answer.
..... [3]
- 5 Language Analysis**
What does the word "fluttering" suggest about the movement of the daffodils?
..... [2]
- 6 Comparison**
Why does the poet compare the daffodils to:
"the stars that shine / And twinkle on the milky way"?
..... [2]
- 7 Feelings and Emotions**
How do the poet's feelings change throughout the poem?
..... [2]
- 8 Structure and Effect**
Why do you think the poet repeats: "I gazed—and gazed"?
What effect does this have?
..... [3]
- 9 Personal Response**
Which line or image from the poem do you think is the most powerful? Explain your answer.
..... [3]



FINAL THOUGHT

Why do you think memories of nature are important to the poet?

..... [2]

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SHOW, DON'T TELL

BUILDING STRONGER DESCRIPTIVE WRITING



Strong writers reveal emotions and atmosphere through actions, body language and sensory details instead of directly telling the reader how a character feels.

1. SPOT THE DIFFERENCE

Read the example below. Which sentence creates a stronger image for the reader? Explain why.

TELLING

Kai was nervous outside the principal's office.

SHOWING

Kai kept rubbing his palms against his blazer as the clock ticked louder in the empty corridor.

Which is more effective? Why?

.....

.....

..... [2]

2. REWRITE THE SENTENCE

Rewrite each sentence to show what is happening. Do not say the emotion or state the obvious.

- a) Show that Amara is embarrassed after her phone rings during assembly.

..... [2]

- b) Show that Theo is exhausted after a long journey.

..... [2]

- c) Show that the underpass feels unsafe late at night.

..... [2]

3. BUILD THE ATMOSPHERE

Use your senses and powerful details!

Choose ONE of the openings below and rewrite it to create atmosphere. Use sensory details, figurative language and varied sentence structure.

- 1 The lift stopped between floors.

.....

.....

.....

- 2 The carnival closed for the night.

.....

.....

.....

- 3 The motorway was completely silent.

.....

.....

.....

- 4 The power suddenly went out.

.....

.....

..... [4]

4. CHARACTER REACTIONS

Show the emotion without naming it. Use actions, body language and thought to reveal what the character feels.

- a) Show a character trying not to panic.

..... [2]

- b) Show a character who is suspicious of someone.

..... [2]

- c) Show a character who is overwhelmed.

..... [2]

- d) Show a character who is pretending to be confident.

..... [2]

WRITING CHALLENGE

"Nobody was meant to open that door."

Write the opening of a scene inspired by this line. Remember to:

- use sensory details
- show emotions indirectly
- create atmosphere
- vary your sentence lengths and openings

.....

.....

.....

..... [6]

TOP TIP

Good writing doesn't just tell the reader what happened. It makes them feel like they are there.

"Details make the ordinary unforgettable."
- Gary Provost

WRITERS SHOW THE WORLD.
READERS FEEL IT.

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ANSWERS

WORKSHEET 1: THE PSYCHOLOGY OF SOCIAL MEDIA

1. RETRIEVAL & EVIDENCE

- Notifications are difficult to ignore because social media platforms are designed to keep users coming back.
- Social media helps people stay in touch with friends and family.
 - It helps people discover new interests and communities.

2. VOCABULARY IN CONTEXT

- The word **validation** suggests approval, acceptance, and feeling valued by others.
- highlight

3. LANGUAGE ANALYSIS

- Technique/Example:** “a small hit of dopamine”
Effect: This compares social media to a reward system and shows how addictive it can become.
 - Technique/Example:** “like a slot machine”
Effect: The simile suggests social media is unpredictable and designed to keep people hooked.

[4]

4. TONE & PERSPECTIVE

- The writer’s attitude is balanced and thoughtful. The article warns about the dangers of social media but also recognises its positive uses, such as support and connection.

[3]

5. CRITICAL THINKING

- Social media can have negative effects on teenagers because it can damage self-esteem and become addictive. However, it can also help people connect and feel supported.

[3]

FINAL THOUGHT

If you could redesign social media to make it healthier for teenagers, what would you change? Explain your ideas.

I would reduce notifications and add screen-time reminders to help teenagers spend less time online.

[2]

WORKSHEET 2: THE DAFFODILS

1. FIRST IMPRESSIONS

The overall mood of the poem is joyful, peaceful, and uplifting.

[2]

2. SIMILE

The simile suggests the poet feels lonely and isolated at the beginning of the poem.

[2]

3. PERSONIFICATION

Example: “dancing in the breeze”

Effect: The daffodils seem lively and full of energy.

[2]

4. IMAGERY

Wordsworth creates vivid imagery by describing the daffodils as “golden,” “fluttering,” and stretching in a “never-ending line.”

[3]

5. LANGUAGE ANALYSIS

“Fluttering” suggests gentle, light, and graceful movement.

[2]

6. COMPARISON

The poet compares the daffodils to stars to show how countless, bright, and beautiful they appear.

[2]

7. FEELINGS AND EMOTIONS

The poet changes from feeling lonely to feeling joyful and inspired.

[2]

8. STRUCTURE AND EFFECT

The repetition of “I gazed—and gazed—” shows that the poet was deeply absorbed by the beauty of the daffodils.

[3]

9. PERSONAL RESPONSE

“And dances with the daffodils” is powerful because it shows how the memory continues to bring happiness.

[3]

FINAL THOUGHT

Why do you think memories of nature are important to the poet?

The memories of nature are important because they bring comfort, peace, and joy to the poet even later in life.

[2]



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ANSWERS

WORKSHEET 3: SHOW, DON'T TELL – BUILDING STRONGER DESCRIPTIVE WRITING

1. SPOT THE DIFFERENCE

The “showing” example is more effective because it creates a clearer image and helps the reader understand Kai’s feelings through actions and details.

2. REWRITE THE SENTENCE

- Amara’s face burned as every head in the hall turned towards her ringing phone.
- Theo dragged his suitcase behind him, his eyes heavy and his shoulders slumped.
- The underpass echoed with distant footsteps while shadows stretched across the walls.

3. BUILD THE ATMOSPHERE

(Any suitable answers. Example responses.)

- The lift jolted suddenly before the lights flickered overhead.
- The carnival gates creaked in the cold wind beneath a silent sky.
- The motorway stretched endlessly through the darkness without a single sound.
- The room fell silent as the television screen faded to black.

[4]

4. CHARACTER REACTIONS

(Any suitable answers.)

- She kept glancing over her shoulder and gripping her bag tightly.
- He narrowed his eyes and watched every movement carefully.
- Her hands shook as voices and noises crowded around her.
- He forced a smile even though his hands trembled slightly.

[4]

WRITING CHALLENGE ☆

“Nobody was meant to open that door.”

Write the opening of a scene inspired by this line.

(Remember to use showing, not telling.)

(Any suitable answer. Example response.)

The key rattled softly in Jake’s hand as he stared at the faded wooden door. Dust drifted through the narrow hallway, and somewhere behind the wall, something moved.

He swallowed hard. No one had used this room in years, yet the air was thick with the feeling of being watched.

Ignoring the warning he’d been given, Jake reached for the handle.

[6]



TOP TIP

Good writing doesn’t just tell the reader what happens – it makes them feel like they are there. Use your senses, actions, body language and small details to bring your writing to life.



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