

Wristband lets others know your mood

20th January, 2021



A new wearable device can let other people know your mood. The device is a wristband. It is called a Moodbeam and is made by a UK company with the same name. The wristband was designed by the company and a healthcare provider. The company

wanted to make a self-reporting device to help doctors and medical staff. The healthcare provider wanted its workers to be able to monitor their mood. Wearers of the device can check their mood by logging in to their Moodbeam account. Information on their mood will be stored in the cloud. Employers and managers can also see the data stored in the cloud on a dashboard. This can let them know how workers and teams are feeling and coping at work.

The original idea for the Moodbeam wristband came from a worried mother. She wanted to know how her daughter was feeling when she wasn't with her. The company website says: "Moodbeam is built on the unfortunate truth that whilst how we feel is so important to our wellbeing, it's hard to capture, tough to talk about and often invisible....Moodbeam was created with the ambition to transform the way the world sees mood, by making it easier to understand and talk about how we feel." It added the device: "Allows for better understanding of how we feel, creates more meaningful conversations with those we care about and helps us lead happier lives."

Sources: moodbeam.com / bbc.com / mobilehealthnews.com

Writing

It is important for those around us to know our mood. Discuss.

Chat

Talk about these words from the article.

wearable / device / wristband / company / healthcare / monitor / mood / the cloud / original / idea / website / truth / wellbeing / invisible / conversations / happier lives

True / False

- a) The Moodbeam was designed and made by an American company. T / F
- b) A healthcare provider helped make the wristband. T / F
- c) The wristband was designed to help medical staff and doctors. T / F
- d) Information on a wearer's mood will be stored in the cloud. T / F
- e) The idea came from a woman worried about her daughter's feelings. T / F
- f) The company said capturing how we feel is easy. T / F
- g) The company wants to change how the world sees wristbands. T / F
- h) The company says we probably won't lead happier lives. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|--------------------------|-----------------|
| 1. device | a. change |
| 2. made | b. monitor |
| 3. staff | c. first |
| 4. check | d. gadget |
| 5. coping | e. difficult |
| 6. original | f. workers |
| 7. unfortunate | g. chats |
| 8. tough | h. manufactured |
| 9. transform | i. unlucky |
| 10. conversations | j. managing |

Discussion – Student A

- a) What do you think about what you read?
- b) How useful do you think this device is?
- c) How important is it to know other people's moods?
- d) How does our mood affect our health?
- e) Is it easy for you to talk about your moods?
- f) How could this device make the world better?
- g) What would make your world better?
- h) What questions would you like to ask the company?

Phrase Match

- | | |
|--------------------------------------|-------------------------|
| 1. A new wearable | a. for the Moodbeam |
| 2. a self- | b. and coping at work |
| 3. check their mood by | c. about how we feel |
| 4. see the data stored in the | d. reporting device |
| 5. how workers and teams are feeling | e. happier lives |
| 6. The original idea | f. device |
| 7. how we feel is so important | g. logging in |
| 8. easier to understand and talk | h. to our wellbeing |
| 9. creates more meaningful | i. cloud on a dashboard |
| 10. helps us lead | j. conversations |

Discussion – Student B

- What do you know about moods?
- What kind of mood are you in right now?
- What affects your mood?
- What are you like when you are in a bad mood?
- What things put you in a good mood?
- What do you think of a device that tells you your mood?
- How do you think the device works?
- Would you like your boss to have information on your moods?

Spelling

- A new wearable cvdeei
- a healthcare riedrvpo
- be able to oiomtnr their mood
- sdrteo in the cloud
- in the cloud on a oasdbhard
- nicpgo at work
- The ngriolia idea
- how her daturehg was feeling
- built on the fnraounutte truth
- it's hard to teucarp
- tough to talk about and often libsiivne
- more ungefnmlia conversations

Answers – Synonym Match

1. d	2. h	3. f	4. b	5. j
6. c	7. i	8. e	9. a	10. g

Role Play

Role A – Sleep

You think sleep is the biggest mood changer. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least likely of these to change mood of these (and why): chatting with friends, rain or TV news.

Role B – Chatting With Friends

You think chatting with friends is the biggest mood changer. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least likely of these to change mood of these (and why): sleep, rain or TV news.

Role C – Rain

You think rain is the biggest mood changer. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least likely of these to change mood of these (and why): chatting with friends, sleep or TV news.

Role D – TV News

You think TV news is the biggest mood changer. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least likely of these to change mood of these (and why): chatting with friends, rain or sleep.

Speaking – Mood Changers

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|----------------------|-----------|
| • Sleep | • Bills |
| • Chocolate | • Rain |
| • Chats with friends | • TV news |
| • Watching movies | • A walk |

Answers – True False

a	F	b	T	c	T	d	T	e	T	f	F	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.