

What's happening in the news this week?



Let's have a look at this week's poster!

17th - 23rd November 2025



**Can technology
ever help us too
much?**



This week's story looks at events related to ...



Can technology ever help us too much?



Nike has revealed a new type of powered shoe, called Project Amplify, which uses small motors to boost a person's walking and running movement. The shoes are designed to reduce tiredness and make everyday movement easier, especially for those who need extra support. Nike says the aim is to help people stay active, independent and mobile in their daily lives.

Learn more about this week's story [here](#).
Watch this week's useful video [here](#).



Do you have an emotional response you would like to share?



sad

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

embarrassed

ashamed
awkward
chagrined
demeaned
discomposed
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted



Questions

How does technology help you personally?

What are some of the biggest benefits technology has given us? Why?





- Should technology play a part in every aspect of our lives? Are there activities that are better without technology?
- How do we decide when to use technology to help us, and when it's best not to use it, to protect a skill or experience?
- Can you think of examples of when technology is not helpful, or distracts from the experience?
- Are there any dangers in relying too heavily on technology? If so, how?





Vital statistics

A survey of 2,000 adults found that 90% of British people have relied on technology before making up their minds about everyday decisions. These include travel plans, health concerns, and financial matters.



The type of entertainment we get from technology today is known as 'passive' entertainment. This could be anything from binge-watching a show on Netflix, to listening to a podcast. It does not require much effort. Passive entertainment, or passive leisure, is different from active entertainment or active leisure, which involves the exertion of physical or mental energy.



Two toothbrushes are visible on the left side of the slide. The top one is white with blue bristles, and the bottom one is blue with white bristles. They are partially obscured by the blue text box.

What others think

Read through and share your responses to the two quotes below.

“The number one benefit of information technology is that it empowers people to do what they want to do. It lets people be creative. It lets people be productive. It lets people learn things they didn't think they could learn before, and so in a sense it is all about potential.” Steve Ballmer, American businessman and former CEO of Microsoft.

“Technological society has succeeded in multiplying the opportunities for pleasure, but it has great difficulty in generating joy.” Pope John Paul VI.

Further questions for discussion



- Do you feel you have a choice in deciding which technology to use in your day-to-day life? Does this matter?
- Are we in control of technology, or is technology in control of us? How so?
- Are we truly making technological progress, or have we reached a point where we are just making things faster?





**Can technology
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Nike Media

Reflection



Technology can support us, include us, and help us reach our goals. But sometimes, too much help can change what a challenge means.





Democracy

New technology, such as Nike's Project Amplify, can lead people to voice many different opinions. Democracy reminds us to share our views respectfully and listen to the voices of others.

Protected Characteristics



Project Amplify is designed to help more people stay active and independent. Everyone should have equal chances, and no one should ever be treated unfairly because of a disability.



Sex



Sexual
Orientation



Age



Disability



Gender
Reassignment



Marriage and
Civil Partnership



Pregnancy
and Maternity



Race



Religion
or Belief



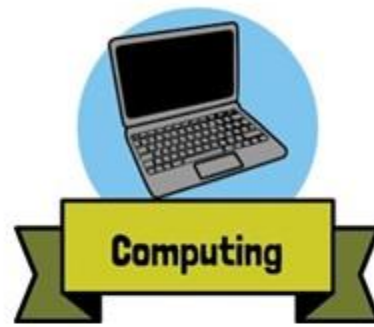
UN Rights of the Child



Technology can help children and adults be more independent and take part in everyday life. Children with disabilities have the right to the support they need to live with dignity and be fully included in their communities.



Cross Curricular Links



The story this week focuses on the use of technology in our lives.



Who Does This Work?



Job of the Week

Software Developer

Developers build and test the software that lets people complete tasks, run services, and use digital devices.

Did you know?

The global software engineering job market is projected to grow by 17% between 2023 and 2033, which is a faster rate than the average for all occupations.



Pathways Into This Career

- Foundation degree, higher national diploma or a degree in Computer Science, IT, Software Development, Financial Technology, Software Engineering or Maths.
- College course in computing subjects.
- Apprenticeship relating to computing.



Skills Needed

- Technical proficiency in computing.
- Analytical and problem-solving skills.
- Innovative.
- Attention to detail.



Discussion Prompt

Should software developers be morally obliged to design technology that actively improves the mental, physical, or social well-being of its users?

LET'S DISCUSS

17th - 23rd
November



This week's news story

<https://uk.news.yahoo.com/nike-wants-us-ready-age-210200410.html>

This week's useful video

<https://www.youtube.com/watch?v=gI0YVPTYqHk>

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Notes



Nike Media

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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 **Listen**

 **Think**

 **Share**

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Additional Activities



Activity 1

Our Technological Day

This activity prompts students to examine their daily use of technology and assess its value and benefit.

- Ask pupils to map out a typical school day (from waking up to going to sleep). They should write down their main activities and the general time they occur (e.g., 7:30 AM: breakfast, 4:00 PM: homework, 7:00 PM: free time).
- Next, instruct them to go through their map and highlight, circle, or mark every instance where they use technology (phone, computer, console, TV, etc.).
- For each highlighted instance, they should briefly note what the technology was used for and how long (an estimate is fine).
- Pupils should then analyse each logged technology use and categorise it as either essential or non-essential. For every non-essential use, they should write down why they chose to use technology instead of an alternative.
- Where pupils have noted a non-essential use of technology, they should find a realistic alternative to using technology.
- Ask the class: Which category (essential or non-essential) took up more of their time? How easy or difficult was it to find non-tech alternatives? What value or benefit might a non-tech alternative bring compared to the usual tech use? Based on your day, at what point does your own technology use become too much?



Activity 2

The Weakened Skills Audit

This activity helps identify key human skills (thinking, social, and physical) that are potentially being weakened by convenient technology and propose strategies to rebuild those skills.

- Explain that when we do not use parts of our body, they weaken, e.g., a muscle weakens if you don't use it.
- Challenge pupils to apply this concept to the brain and human behaviour: If technology constantly performs a task for us, do the brain pathways responsible for that task weaken?
- Introduce three main categories of human skills:
 1. Thinking skills e.g., memory, critical thinking, sustained attention.
 2. Social skills e.g., empathy, nonverbal communication, conflict resolution.
 3. Navigational/physical skills e.g., spatial awareness, handwriting.
- Under each of the three categories, pupils should identify a specific technology that performs that skill and the negative consequence.
- For each of the weakened skills, they should write down a tech-free exercise, designed to use and rebuild that specific skill.
- Ask the class: If instant access to information is the benefit, what is the cost of relying on that instant access? Is knowing how to find the answer more important than knowing the answer? Many technologies eliminate boredom. Is boredom necessary for developing creativity, deep thought, or problem-solving skills? How so?



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