

THE INDOOR GENERATION

ENGLISH MAGAZINE FOR
STUDENTS

issued by the Children's Club 6

Year MMXVIII Number 1, October – November



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Rehearsals
“Spotlight”–
Children’s
Club 6
Comorova
Camp,
Iuly, 2018



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Hello everyone! This is the first issue of **The Indoor Generation!** I hope you've all had a good summer and are ready to start improving your English again! Why this name, The Indoor Generation?

Magazines can educate and help you explore new perspectives. They can also be your reliable companions in your English learning journey!

And we chose this name because this is YOUR generation, **The Indoors**, and we would like to show other perspectives, other than this technology that swallows us. You can see how talented these teenagers are, how bright they are, and not necessarily because of the internet! And this magazine is written in English because our aim is to make English learning pleasurable as well.

We would like to share with you interesting facts about this fabulous generation, so feel free to contact us if you have something to say!

This magazine is meant for upper intermediate students

Common European Framework Intermediate Level B 2- C1



With the famous actress Cezara Dafinescu at the National Theatre Contest "Radu Stanca" Sebes, April 2018

Prizes won at My Fest- English Theatre Festival organized by Kretzulescu High school Bucharest, May 2018



Rehearsals at the National Theatre, Bucharest with Marius Bodochi, the actor who helped SpotLight from Childrens' Club 6 to play "Barefoot in the Grass./Vreau roua pe picioare" a play that won many prizes

<https://www.youtube.com/watch?v=qKcS3TlJid0>



The indoor generation, Who are these kids?

by Celesta Popa, English teacher, Children's Club 6 Bucharest

They are smart. They are good with technology. Nowadays, much of play is indoors. Computer games. TV. PS5, etc

Teens and children spend long hours playing video games, texting and skyping. These are the kids we are talking about.

It's obvious children are growing up faster today. Studies have shown that puberty is occurring in children at a very early age and scientists have linked the trends in early puberty to several different factors: hormones from food exposure and technology. In fact, social networks and mobile phones cause children to mature more quickly. But nowadays we as a species spend almost our entire day under a roof and between four walls. On average, we spend a whopping 90% of our

time indoors, whether that be at home, work, shopping, cinema or gym. We breathe in unhealthy, sometimes toxic air. And this is unacceptable, especially with kids. When children spend most of their time indoors, they become disconnected from nature.

Here's an irony. This generation is the one most concerned with personal wellbeing than any before, yet our very pursuit to be fitter and more productive may be the cause for declining health. We already knew the link between limited fresh air and daylight, and the negative impact that can have on our mood, as well as the effect unhealthy

Lack of oxygen can cause a serious health problem if you prefer to stay indoor rather than spending your time going outside,

What's the point of snuggling up on the couch to watch TV in a beautiful spring morning?

When young people play outdoors, they are more likely to play with other kids and so their social skills improve as a result.

Children who stay indoors

most of the time, on the other hand, are more likely to engage in solitary activities that don't allow them to stretch their social muscles. Technology is a poor substitute for social interaction in the "real world."

Believe it or not, there are activities that do not involve a screen ! We'll try to show you how with this magazine!



Parkour. What is it?

Parkour (French: [paʁkuʁ]) is a training discipline using movement that developed from military obstacle course training. Practitioners aim to get from one point to another in a complex environment, in the fastest and most efficient way possible. Parkour includes running, climbing, swinging, vaulting, jumping, rolling, crawling and other movements. Parkour developed from military training and has some aspects of a non-combative martial art.

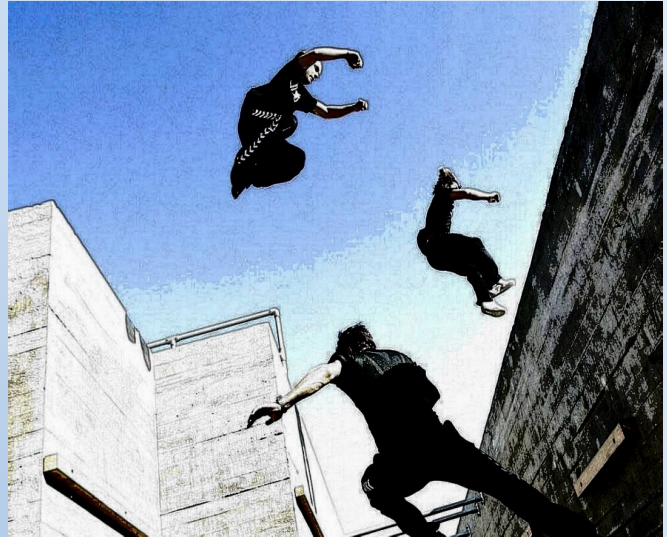
Parkour is an activity that can be practiced alone or with others and is usually carried out in urban spaces.

Parkour was developed in France, primarily by Raymond Belle, and further by his son David and the latter's group of friends, the self-styled Yamakasi, during the late 1980s. The discipline was popularized in the late 1990s and 2000s through films, documentaries.

The word *parkour* derives from *parcours du combattant* (obstacle course), the classic obstacle course method of military training proposed by Georges Hébert. Raymond Belle used the term "*les parcours*" to encompass all of his training including climbing, jumping,

running, balancing, and the other methods he undertook in his personal athletic advancement.

Source: Wikipedia



Mihai Popa, 7th grade

Hi, my name is Popa Mihai. I am 12 years old.

I am a student of secondary school 150. My favorite subject is Maths but I'm not even the best at it. But instead I love parkour! I have been doing parkour for 1 years and I know a few moves. With time I noticed that parkour is a pretty dangerous thing. my biggest injury was that I broke my right leg by falling from a fairly high height. but I do not leave my passion because I love it!



Phone addiction



How many times have you tired out your own eyes just scrolling through your phone screens in one day? Countless...

If you ask anyone nowadays to name one thing they can't live without, their cell phone would probably be the top of the list. That's because, thanks to the new technology, most of us have become completely addicted to our phones. Psychologists say that so many people are addicted to their phones because they provide us with instant feedback and instant gratification. It's probably true...and this leads to the conclusion people become more and more alienated.

But what really happens if we use phones too much?

Firstly, if you spend hours upon hours every day staring at screens you will be exposed to radiations which can cause eye strain, blurry vision, trouble focusing on one thing and headaches. Overuse can cause your eye to fatigue.

Another problem is neck strain, leaning forward or holding your head in awkward positions for extended periods of time. In order

to correct that, you have to straighten up, arch back and look forward. of time, If texting is your favorite means of communication, you might want to reconsider as carpal tunnel and wrist sprains are often a result of cell phone overuse.

Insomnia. A lot of people check Facebook or Instagram before bedtime. While staying up past your bed time is OK every once in a blue moon, but habitually using your cell phone before bed can have several adverse affects. This keeps your brain up but actually affects and suppresses your melatonin levels. Also, the glare from the phone light keeps the brain active not allowing you to calm the body for bed.

In addition to all these, constantly looking at our phones can impact our mental health, too. The anxiety comes from spending too much time in the cyber world and not enough time in the real world. As we constantly pump our minds with scary news every single day we can alienate ourselves and our minds need silence, not a constant bombardment. We can become distracted, introverted, and this can have an on self-esteem.

If you've found yourself too dependent on your smartphone, it may be a sign that it's time to create some distance. Separation anxiety can actually have some negative side effects. We have to try to be in control of our phone instead of it being in control of us. . If totally disconnecting from technology sounds like too big of a challenge, we suggest you to off all notifications so you aren't getting alerts when new items are posted. Detox from social media for a month and you will see the difference!

Could she be the one?

by Iulia Maria Dobre, 10th grade

He looks into her eyes
Trying to see her ocean blue soul...
The wind seems to play with her long blonde curls.
She's wearing that red lipstick
And her pretty smile is making him dream
And ask himself
Could she be the one?
He reaches out,
His hand is trembling,
His heart is beating faster than a drum,
And with a last thought
He presses LIKE.



Drawing by Dumitru Cristian Valentin,
10th grade



Pictures taken by Vasiloiu Ioana
Maria 10th grade



Benefits from Playing Soccer

- Helps kids stay fit and healthy: playing soccer is great exercise that improves health, increases coordination, improves flexibility.
- Involves teamwork: Soccer players have to work together as a team in order to be successful. Teamwork is a skill needed to be successful in school, work and family!
- Improves motor skills: This is especially important for kids that are weak in this area. It helps strengthen core muscles
- Boosts self-confidence and self-esteem: Playing a sport, such as soccer, helps kids gain confidence in themselves. They become more comfortable learning new things and performing in front of a crowd. Of course scoring a goal helps too!
- Increases social interactions: Soccer is a team sport, it requires players to communicate through a variety of ways. Players also have to learn how to work together and communicate effectively in order to be successful.
- Increases concentration and focus: Playing soccer involves a great deal of focus and attention in order to be successful. Players need to always be aware and alert throughout the game or they will miss important plays and opportunities.
- Competition creates motivation and drive! When kids are motivated and driven, they become more successful students and adults.
- Involves work ethic and responsibility: Being an athlete requires a certain level of responsibility to your team, your coaches and yourself. Playing sports also requires a good work ethic or success will not be within reach.
- Promotes cognitive development: Playing soccer helps kids enhance their visual-spatial awareness as well as problem solving skills. This makes kids think quickly and respond. This improves cognitive flexibility.
- It's fun! It is so important for kids to LOVE the sport they play. Soccer is fun

Fabrizio Enache, 9

I like to play football because it's a nice sport to play, I've played it for a month now, and I enjoy it. I spend time with my friends and this is fun!

Eric Stephan Iancu, 12

I like to play soccer at school, just because I can play it with my friend and can simply feel the team spirit. In my free time, at home, I like to either play videogames or programs on computer, I like to go outside and run until I reach my limits. When there is anything running related, I'll definitely join in.

Football

by Andrei Roman, 6th gradee

Football is my favourite sport. It is played by boys and, more recently, by girls, as well.

Football is the world' most popular sport. A football team is made up of 11 players. Basically, you have to score as many goals as you can in 90 minutes' time, but you can't touch the ball with your hand.

My favourite football player is Cristiano Ronaldo. He plays for the Juventus Turin team, which is very strong and has won a lot of football championships so far.

As for myself, I go to the park with my friends and play football for 2 hours every weekend. We form two teams which play against one another. It isn't important who actually wins the match, what counts mostly is to exercise and have fun.

I love this sport because it is a team sport.

Volleyball

by Alexia Bugheanu, 6th grade

Volleyball is a sport in which two teams, separated by a net, must pass the ball over, using only their hands, in order to make the ball reach the opponent' s court. Each team has at its disposal only three strokes so that the ball should ground the opponent' s court.

A volleyball team is made up of 6 players. There are 3 winning sets out of 5, each set of 25 points. If the teams are on a 24-24 tie, the set continues until one of the two teams gets a two- point difference.

Volleyball is a sport that contributes a great deal to a child's physical and mental development. It is an exciting and beautiful sport,



both for boys and for girls, which leads to the harmonious development of the players' bodies. By practicing this sport, children grow more serious and responsible, as well as learn to prioritize their needs in life.

I practice volleyball with my P.E. teacher and my friends after school every day.

I love playing volleyball with my friends because it is good fun and it relaxes me !

Why I love practicing Kickboxing

by Giulia Alexandra Irimia, 8

My name is Giulia and I'm a fighter. I practice Kickboxing at Ciprian Sora Fighting Club and I really love it. Do you want to know why?

Because kickboxing is energy. Kickboxing is fun. Kickboxing is freedom.

I had many competitions. Sometimes I win, sometimes I lose, but I have always great time.

I usually fight boys, because there are few girls of my age practicing Kickboxing. I don't mind to put them down ;)



Graffiti- the urban challenge

Any passerby in an urban cityscape has noticed the colorful, provocative, spray-painted graffiti. Some say it is a form of art, some on the contrary... We discussed with two teenagers, Gabi and Robert, what is their opinion...they have recently started to express themselves through this art, and the picture below is the result of their work...

Gabi : “ Graffiti is a form of art, It is cool and it is not an act of vandalism”!

Robert: “ I fully agree with my friend, It is something that expresses who you are, You can feel free and alive!”



An adventure park is a place which can contain a wide variety of elements, such as rope climbing exercises, obstacle courses and zip-lines. They are usually intended for recreation. (Wikipedia)

Adventure courses and zip lines are great tools to challenge kids to take risks and build confidence, We all know kids love the challenge of climbing trees. This is what Maya, 8, and Gabi, 14 say about it:

Maya, 8

It is fun, I enjoyed it a lot! I enjoyed crossing a walkway suspended from platforms mounted in the treetops. Once, I wanted to try the orange course but I found myself blocked so I asked my mom to come and get me! I also rode a zip-line which was great !!!!!



Gabi, 14

It's absolutely awesome. I can't add anything else!

TENNIS

When it comes to playing tennis, competition is natural, healthy – and fun! Children simply love taking part. A competition gives them something to work towards. It's an opportunity to show what they can do

on court. But also it teaches them valuable life skills that they can take with them off court, things like fair play and mutual respect and is a great way for your pupils to test their skills and grow in confidence. Here's a beautiful teen named Thea who wants to share that with you.

Maria Theodora Ursu

6th grade

My favorite sport is tennis. I have played tennis for four years. This is what I like to do mostly in my free time. I have taken part in a competition this year, and hopefully I'll take part in December, too. When I first took part in a tennis competition I lost, but then I started to win to the end and I obtained the 4th place, which is really wonderful!

My idol is Simona Halep, the world's number one player, a person I find very strong and talented. I read that she practiced a lot when she was younger, so that she worked a lot to obtain this success. I trained four times a week for two.! My dream is to become a professional tennis player!



Drama for teenagers

by Mariana Sinca, Drama teacher

Like all arts, Drama allows teenagers to communicate and understand others in many ways. Perhaps more than any other art form, Drama also provides training in the practical aspects of communication so necessary nowadays in today's increasingly information-centered world. In fact, performing arts improve verbal and nonverbal communication, tone of speech and expression as well as developing listening and observation skills.

Students who have participated in dramatic activities are less likely to have difficulty speaking in public, will be more persuasive in their communications and will have a more positive self image. In fact, participation in dramatic activity requires self control and discipline that will serve the student in all aspects of life. Students in Drama will learn to work together, cooperate and find the best way for each member of a group to contribute and accept the viewpoints and contributions of others.



Sighisoara—Medieval Festival, July 2018

Drama also helps them develop tolerance and empathy. In order to play a role an actor must be able to really understand how the world looks through another person's eyes. This does not mean he must agree with every character. Understanding characters and roles allows students to relate better to different situations. It encourages them to show compassion and tolerance for others. Drama can be used to promote active learning in any subject give students a kinesthetic understanding as well as an intellectual understanding of a topic. In fact, the link between dramatic arts and subjects such as Romanian, English, History, Social Studies, and related areas is obvious.

Being creative and learning to make creative choices helps students to be better at thinking. As Einstein said, *“Imagination is more important than knowledge.”*

And last, but no least, Drama brings elements of play, humour, and laughter to those taking part – improves motivation and reduces stress.

In a nutshell, we can say that in today's increasingly intolerant culture, the ability to understand others' motives and choices is critical. And drama can help in this respect.

English through Drama

by Celesta Popa, English teacher

Since our childhood, we have probably experienced drama as the ability to put together fantasy and reality. But drama never stops helping us to explore life. Whether we want to work on our self-confidence, skills in public speaking or to brush up a foreign language, drama is one of the best ways to achieve results. Why? Because playing a role enables us to overcome our rational and emotional boundaries. This is the **magic of drama** and the reason why drama boosts the learning process. Drama can transform a traditional lesson into an exciting learning experience.

Through the arts we share an emotion and that sharing connects us with each other and we realize we all feel the same emotions. We therefore find our identity and make it easier and more pleasurable to live. Using drama is communication involving ideas, emotions, feelings; in short, it is an opportunity to use spoken language, which is usually absent in a conventional language class.

The use of drama undoubtedly represents one of the methods of work used by teachers to provoke



it help to build a good teacher-students relationship, but it also actively engages all the students and all the time. There are countless advantages of using drama: it helps us present ourselves well and be confident in our body language, it develops spatial awareness but above all, it offers strong motivation. And then it is *fun* – a word that is often incompatible with traditional education !

By using drama in the class, especially by listening to recordings of dialogues and plays, the students learn how to pronounce and how to use intonation to make themselves understood by the listeners. The recordings should be adapted to the age of students as well, because the young ones have a short span of concentration and a longer dialogue might make them bored.

A major advantage of using drama is the fact that it develops students' skills of working in pairs/teams, skills that lead to personal growth and social development.

Due to immediate response of the other classmates, the students will get immediate feed-back to their work.

I noticed how drama could help students of all ages unlock their linguistic skills. A focus on movement, expression allows many learners to forget that they are learning English, and simply relax and enjoy. For many students, playing a character decreases their anxiety about speaking English: they feel as though it is not the learner speaking, but their



character. If during the rehearsals they had an important contribution in understanding the play and in the way the play is acted, they are fully motivated to spend hours after hours working on a scene. And thus they work on their English, maybe without realizing in a pleasant way.

(continue reading next page):



“Let’s Theatre”

The purpose of this project is to harness the power of the dramatic arts of students from the primary school, middle school and high school, assessing their English language skills in drama. It aims to encourage children and teenagers to master drama, speech arts such as poems and monologues. This unique experience will empower them for a lifetime of success in their personal and professional lives. The participants will have the occasion to show their talents and competitions offer students a chance to meet new people and make friends from other schools.

The competition is produced under the general administration and management of the Ministry of education, Children’s Club 6 and it is hosted by the National College Mihai Eminescu from Bucharest.

The first edition took place in May, 2017 and the second in the month of June, 2018.

<https://teatruinlimbaengleza.wordpress.com/>

Festivals and contests are important events where the end product of the work is sensed by everybody involved. Competitions offer a chance for participants to gain substantial experience, showcase skills, analyze and evaluate outcomes. Competitions also encourage students to adopt innovative techniques and develop their ideas and skills. This is how “Let’s Theatre” was born.



Spending one's free time

by Ana Maria Morarescu, 8th grade

The first alternative for spending time is creating a hobby. This is both an indoor and an outdoor activity. Another alternative for spending time would be going out with friends. Instead of playing on the computer, it is much funnier to hang out with friends, make jokes and enjoy the time spent together.

The third alternative for spending time would be listening to music, or creating a diary. For example, you could buy a plain diary and customize it with colored paper, paint it or put stickers on it and write in it every day.

You could also start doing a sport you enjoy

to pass time. Playing basketball, football or cycling are great ways to spend time outdoors, keep your body healthy and also stay away from the screens.

You can also try writing stories or creating fictional characters, maybe talk to some friends and have a 'Who writes the best stories' contest.

Reading a book is also a good alternative when going outside isn't an option.

My favourite alternative for spending time is drawing. I like it very much because it requires a lot of attention and creativity. One's drawing style is unique, which makes it very interesting. For your drawing to look realistic, you need to both practice a lot and see different kinds of drawing styles to figure out how to draw certain things.

On Sports

by Marius Tepurlui, 8th grade

When you have a lot of free time but you don't know how to spend it, you should consider a highly recommended and healthy activity: sports.

Doing sports not only keeps you in shape, but it can also be quite fun to exercise certain activities that require a lot of effort overall. It might seem challenging at first, however, this will change as soon as you get used to it being a daily activity. Some people like doing sports daily, some weekly and some can be a bit lazy and won't do it at first, but you can change their mind, as almost everyone does sports and they might want to do it as well.

In my opinion, sport is a must for everyone's health and fun since you do not require any prerequisites to practice it.

To be honest, my favourite sport is baseball, first of all because you have to pay attention and be precise about all the actions you perform and second, because it helps you develop faster reflexes. I started enjoying this sport by the time I turned into a teenager and I still like baseball matches.

Everyone likes different things, so it is only natural that they should prefer different sports. It does not matter what kind of sports you practice, the only thing that counts is that you have fun exercising or benefiting from it.

Finally, I would like to think of sports as something that must be practiced everyday by everyone. No matter who you are, it is a fun way of helping yourself and your body develop and making it grow in a harmonious way.

On reading

by Irina Lazar, 8th grade

People have secured a lifelong source of pleasure, instruction and inspiration by acquiring the habit of reading books. Poor is the man who does not read, and empty is his life.

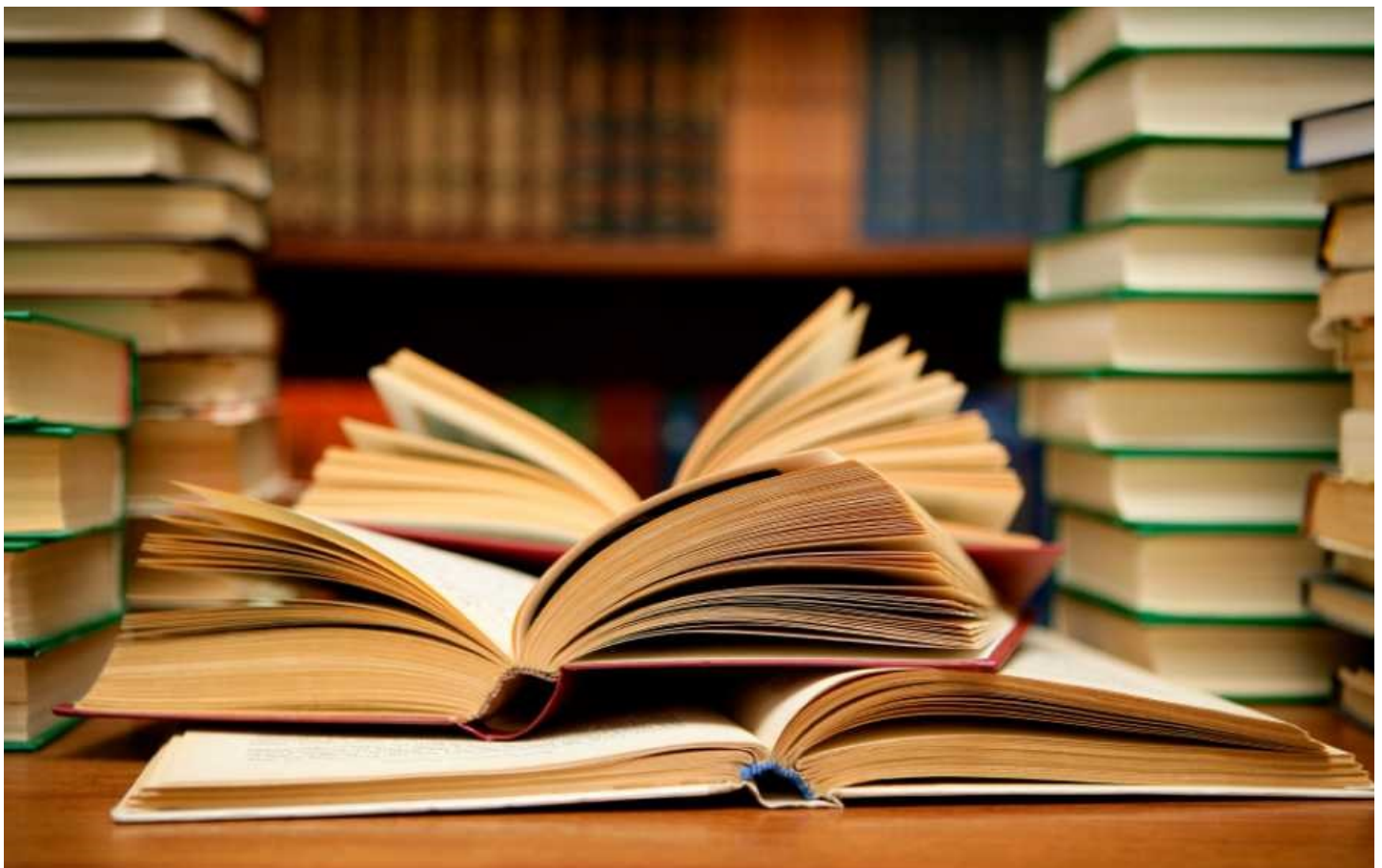
In my opinion, reading is a blessing since it fills us up with the highest kind of joy. Therefore, we should choose the right kind of books. When we are tired or stressed about something, it is healthy to lose ourselves in some absorbing story written by a master hand.

Rather than using our phones for hours and hours, literally wasting our time on social media, which has become one of the biggest problems nowadays, we can go to our local library, run our fingers through those dusty,

mysterious shelves, waiting for that special book to fall to our feet and read it with excitement.

In the same way that we need food for our body, we must seriously feed our mind by reading. We can choose books according to our taste. There are many noble books on history, biography, philosophy, religion, travel and science that bring us so many feelings, dreams and hopes. Besides bringing us joy, the reading of books will also provide us with an education.

All in all, books are the most faithful of friends. Our friends may change or die, but our books will always be waiting patiently on the table to talk to us. No wonder people who read a lot of books are the most interesting to talk to and also the wisest.



A story

by Octavian, 6th grade

Hello! My name is Octavian, I am a student in the 6th grade and my hobby is writing stories such as the one below:

Do you think you have been in a creepy situation before? I'll tell you what happened when my friends and I went to the woods at night.

This is by far the most horrifying experience I have ever had. It all started when I was a teenager and I decided it would be a cool idea to go camping with my friends at night alone.

We lived in a very small town next to the woods, so we were very familiar to the forest since we had visited it a thousand times when we were younger.

So, after a couple of hours of walking in the woods, we found a great spot to camp. The four of us, two boys and two girls, set our tents, ate something and then we chatted around the fire until the day turned into night. To make things scary, one of the guys told us about a group of people who went to the woods over night and then found out they were being stalked by a creepy man.

"Wait... isn't that from a movie? It isn't that scary, dude, I said." Everybody laughed and we went to bed.

I woke up because of the strange sounds coming from outside. I poked out my head out of the tent and was surprised that everybody did that too, even the girls. I looked at the time and it was 3 a.m. Right at that moment someone was uttering something over and over again. It came from the woods:

"Boogieman's coming for you, Boogieman's coming...."

The weird thing was that it wasn't coming towards us. It was at the point where you couldn't hear it anymore. We all gathered around in one tent and stayed together. I thought that it might be a prank because a lot of people knew we were going there, but what ordinary human being would come at 3 a.m. to the woods just to play a trick on somebody?

We didn't get any sleep until dawn. At sunrise we decided to leave. As we were packing up, one of the guys said: "Look at this tree! Jesus!"

There was a text carved into the tree that said "Boogieman".

We got very scared, so we decided to get out of there as fast as we could.

After walking for a whole hour on the path, one of the girls said:

"Guys...I think we are lost".

She was right but how did we get lost on the path that we had known for years? It was very strange. We walked until we saw another tree with the same text carved on it.

We all started running. We did not care about the path and the fact that we realised we were lost was even scarier.

After some time we calmed down and we decided to go west. We were walking and walking and walking. The forest didn't seem to have an end. We were supposed to come back home by that time, so our parents tried to find us.

We split so we could find another place to camp but one of the guys told us to follow him.

(continue reading next page):

He showed us a place where people had already camped because the fire was still lit and all of the trees in that area had the word Boogieman carved on them. We started running with one thing in mind: GO AWAY FROM THAT PLACE! While we were running, we knew that we should stick together. Nearly one hour later we heard a familiar cry. It was my dad that had come for us. He was confused regarding how we had got lost since that was one of the smallest forests in the area. When we got home, we explained to him what had happened. We now prefer not to talk about that camping experience ever again. My friends and I are NEVER going back to that forest!

Horse Riding

by Sara Tomse, 6th grade

Horse riding is a cool activity and I really like practicing it.

I cannot really explain the full dimension of this activity. For me, it's a dream, it makes me feel brave. Riding teaches you how

to understand a horse, how to keep it calm.

However, riding a horse can be pretty dangerous, as well. If dancers might hurt their feet, or gymnasts break their bones, equestrians often risk their lives. In spite of this tremendous disadvantage, this is my favourite sport in the world!

