



Teacher Resource

# Comfort Viewing

## Focus Questions

Discuss the BTN High story as a class and record the main points of discussion. Students will then respond to the following:

1. How does rewatching old shows or movies make you feel?
2. How does watching something new make you feel?
3. What is nostalgia?
4. What does dopamine do to the brain?
5. What is 'decision fatigue'?
6. Do you think comfort viewing is more common in young people? Explain.

## Activities

- Record your viewing habits over a period of a week or a month. Categorise your data into shows/movies you have watched before versus shows/movies you have watched for the first time. Compare and analyse your information, and write a report.
- Research the effects of dopamine on the brain, including how it influences motivation and focus. Present your information as either a short video, slideshow or poster.
- Choose your most-watched favourite show/movie. Write an article about what it is about, and how it makes you feel when you re-watch it.

### EPISODE 49

3<sup>rd</sup> September 2025

#### KEY LEARNING

Students will discuss why comfort viewing is common practice.

#### CURRICULUM

[Health and PE – Years 7 and 8 \(v8.4\) - 1](#)

[Health and PE – Years 7 and 8 \(v8.4\) - 2](#)

[Health and PE – Years 8 and 8 \(v9.0\) - 1](#)

[Health and PE – Years 7 and 8 \(v9.0\) - 2](#)