

★ Revisão para a Prova · 3º ANO *Gramática Aplicada ao Texto*

Tempos do semestre: Past Perfect Simple · Past Perfect Continuous (e demais do ano)

Revisão final do 3º ano. Trabalhe com o texto real da sua prova para distinguir o Past Perfect Simple (had + particípio — ação concluída antes de outra no passado) do Past Perfect Continuous (had been + -ing — ação em andamento até um ponto no passado). As formas-alvo estão destacadas.

◆ **TEXTO 1 · Echoes in the Feed: “Brain Rot” e a Cultura Digital**

Tema: Cultura digital, atenção e pensamento crítico

Before you even heard the term “brain rot,” you **had probably been experiencing** its effects. This concept **had already become** a mainstream concern by 2024. It reflected a growing anxiety about how our digital habits **had been reshaping** our minds.

For generations, older adults **had always worried** about new forms of entertainment. Henry David Thoreau **had used** the term “brain-rot” back in 1854, long before TikTok existed. By the time you started high school, short-form video platforms **had already revolutionized** content consumption, and many of you **had been spending** hours daily scrolling through feeds.

Psychologically, the impact is tangible. Before they even realized it, many students **had reported** feeling “dizzy” after prolonged exposure to fast-paced clips. They also noticed that they **had found** it harder to concentrate. A study in China **had indicated** that habitual viewers **had developed** differences in brain structure, though it **had not scanned** their brains before and after.

Before these terms became mainstream, slang like “rizz” and “sus” **had often been used** in specific online communities. This shows how digital culture **had been shaping** not just our attention spans, but also our social interactions and values.

Adaptado de “Echoes in the Feed: How Digital Culture Has Been Reshaping Our Minds”. Internet.

✎ **Exercícios · Gramática Aplicada**

► **Localizar no texto**

1. Encontre no TEXTO 1 duas formas no Past Perfect Simple (had + particípio).

► **Localizar no texto**

2. Encontre no TEXTO 1 duas formas no Past Perfect Continuous (had been + -ing).

► **Classificar o tempo verbal**

3. Classifique: (a) had become, (b) had been spending, (c) had not scanned, (d) had been shaping.

► **Transformar a frase**

4. Reescreva na NEGATIVA: “Many students had reported feeling dizzy.”

► **Transformar a frase**

5. Passe para a INTERROGATIVA: “Digital habits had been reshaping our minds.”

§ **Gabarito comentado**

1. had already become / had used / had already revolutionized / had reported / had found / had indicated / had developed / had not scanned (quaisquer duas). São had + particípio.

2. had probably been experiencing / had been reshaping / had been spending / had been shaping (quaisquer duas). São had been + verbo-ing.

3. (a) had become = Past Perfect Simple; (b) had been spending = Past Perfect Continuous; (c) had not scanned = Past Perfect Simple (negativa); (d) had been shaping = Past Perfect Continuous.

4. Many students had not (hadn't) reported feeling dizzy. Negativa do Past Perfect: had + not + particípio.

5. Had digital habits been reshaping our minds? Pergunta no Past Perfect Continuous: inverte-se had com o sujeito (had + sujeito + been + -ing).