Part 1. Answer these quick questions about your phone. Don't think too long.

How old is your phone?	What colour is your phone case?
What's on your lock screen?	How much battery have you got right now?
Where's your phone right now?	When did you last check it?

Part 2. When do you use your phone during a normal day, and what for? Make a few notes, then talk through your day.

When	***What I use it for***
As soon as I wake up	
On the way to work or school	
At lunchtime	
In the evening	
In bed	

Part 3. Look at the apps. Choose three you use every day, one you could delete tomorrow and one you'd never delete. Explain why.

Messaging	Maps
Social media	Music
Photos and camera	Banking
Games	Online shopping
Food delivery	Weather
Translation	Fitness and health

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Part 4. Which of these are true for you? Choose two and say more.

- I check my phone as soon as I wake up.
- I've walked into something because I was looking at my phone.
- I feel nervous when my battery is low.
- I've dropped my phone and cracked the screen.
- I sometimes pick up my phone and forget why.
- I've got thousands of photos I never look at.

Part 5. Which do you prefer? Choose one in each pair and explain why.

Calling someone	*or*	sending a message
Typing a message	*or*	sending a voice message
Phone on silent	*or*	sound on
Photos on your phone	*or*	printed photos
A new phone every two years	*or*	the same phone until it breaks
A day without your phone	*or*	a day without your wallet

Part 6. Discuss the questions.

- How many hours a day do you think you spend on your phone? Have you ever checked your screen time?
- What did people do on the bus or train before smartphones?
- Are there any places where people shouldn't use their phones?
- Do you have any phone rules at home, like no phones at the dinner table?
- What's the most useful thing your phone has ever done for you?

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Part 7. What would you do? Choose an option or think of your own idea.

Your battery is at 2%. You're lost in a new city and you need to find your hotel.

1. *Ask someone in the street for directions.*
2. *Find a café and ask if you can charge your phone.*
3. *Take a quick screenshot of the map.*
4. *Turn on low power mode and hope for the best.*

You're having dinner with a friend, and they keep checking their phone.

1. *Say nothing.*
2. *Ask, "Is everything OK?"*
3. *Ask them to put it away.*
4. *Start checking your phone too.*

You leave your phone at home by mistake, and you're going to be out all day.

1. *Go back and get it, even if you're late.*
2. *Enjoy a phone-free day.*
3. *Borrow someone's phone to send a quick message.*
4. *Worry about it all day.*

Part 8. Could you live without your phone for 24 hours? Choose three things you'd miss most, and explain how you'd manage without them.

For example: maps, the time, messages, music, photos, your bank card, the news.

Useful phrases

I'd really miss… · I'd have to… · I could use a… instead. · It would be difficult because… · Honestly, I'd be fine.

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Part 9. Do you agree or disagree? Explain why.

- Children under 12 shouldn't have a smartphone.
- Phones bring people closer together.
- It's rude to use your phone at the dinner table.
- Life was better before smartphones.
- You should turn your phone off an hour before bed.
- People take too many photos and enjoy the moment less.

Part 10. Tell a story about your phone: a time you lost it, broke it, or it saved the day.

Think about:

- Where you were and what you were doing
- What happened
- How you felt
- How it ended

Useful phrases

One day… · Suddenly… · I couldn't believe it. · Luckily… · In the end…

Reflection

Complete the sentences in your own words.

1. My phone is really useful for…
2. The app I use too much is…
3. One thing I'd like to change about how I use my phone is…

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