

# Life Without a Phone



Pre-intermediate (A2-B1)

**Part 1. Look at the activities below. How often do you use your phone for these things? Explain your answers.**

- Checking messages
- Using maps or navigation
- Taking photos
- Watching videos
- Scrolling on social media
- Looking up information

**Discuss:**

- Which activity do you do the most?
- Which activity could you easily live without?

**Part 2. Imagine this situation. Discuss the questions.**

**Your phone stops working for one week. You cannot use it at all.**

1. What would be the most difficult thing for you?
2. What things would become easier or more relaxing?
3. What would you do instead of using your phone?

**Part 3. You are going to watch a video where people talk about living without their phone. Discuss the questions.**

1. Why do people feel they need their phone?
2. What problems could people have without a phone?
3. Do you think some people would enjoy it? Why?

**Part 4. Watch the video. Were any of your ideas mentioned?**

**Part 5. Read the ideas from the video. Do you agree or disagree with them? Explain your answers.**

1. "It would be difficult not having a phone."
2. "People depend on phones now."
3. "I feel safer when I have my phone."
4. "Sometimes it's nice to have screen-free time."
5. "Phones are useful for things like navigation."
6. "Life might be better without phones."

**Part 6. Rank these situations from most difficult (1) to least difficult (6) without a phone. Then discuss any alternatives to using a phone.**

- Travelling in a new city
- Meeting friends somewhere
- Finding a restaurant
- Taking photos
- Contacting family
- Using maps or navigation



**Part 7. In which situations do you usually put your phone away? Explain your answers.**

- Watching a film
- Going for a walk
- Spending time with friends
- Going on holiday
- Reading a book
- Relaxing at a spa

**Part 8. Which description is closest to you? Explain your choice.**

**The Constant Checker**

You check your phone many times a day and often scroll when you are bored.

**The Practical User**

You mostly use your phone for useful things like maps, messages, or photos.

**The Social Communicator**

Your phone helps you stay in touch with friends and family.

**The Digital Minimalist**

You enjoy spending time away from your phone and try not to use it too much.

**REFLECTION**

**Complete the sentences in your own words.**

1. My phone is most useful when I...
2. One thing that would be difficult without my phone is...
3. Sometimes it is good to spend time without my phone because...