

Digital Detox & Screen Time

Pre-Intermediate (A2-B1)



WARM-UP

Part 1. Look at the statements. Say always, sometimes, or never for you, and explain your answer.

- I check my phone as soon as I wake up.
- I use my phone when I feel bored.
- I look at my phone before I go to sleep.
- I feel relaxed after spending time online.
- I feel stressed after spending too much time online.

Part 2. If you feel comfortable, take out your phone.

Look at one of these:

- Your screen time today or this week
- The app you use the most

Choose one thing to share:

- Something that surprised you
- A time of day you use your phone a lot
- One app you use more than you want to



VIDEO ACTIVITY

Part 1. You're going to watch a video about screen time. Before watching, discuss the following questions.

1. What problems do you think the video will talk about?
2. What do you think is the biggest problem with screen time?

Part 2. Watch the video and tick the problems that the video mentions.

- ☐ Stress
- ☐ Poor sleep
- ☐ Eye strain
- ☐ Comparing yourself to others
- ☐ Problems with focus
- ☐ Less physical activity
- ☐ Problems in relationships

Part 3. Watch the video again.

Part 4. Read the situations below. They are all ideas from the video.

1. "I check my phone late at night, then I can't sleep."
2. "I scroll when I feel bored, but I don't feel better after."
3. "I compare myself to people online and feel worse."
4. "I use my phone when I should be spending time with others."

Discuss:

- Which situation feels most familiar to you?
- Which one feels hardest to change?
- Which one feels most unhealthy?

VOCABULARY & SPEAKING

Part 1. Look at the words and phrasal verbs below, which appeared in the video. Match each one to its correct definition.



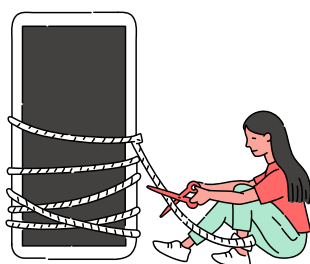
1. _____ relax after a busy day
2. _____ stop using your phone or screens
3. _____ leave the house
4. _____ to lose the chance or opportunity to do or experience something
5. _____ leave your bed and start the day

Part 2. Choose the correct expression from the boxes to complete each sentence.

1. I stay in bed scrolling, so I don't want to _____ in the morning.
2. If I don't check my phone, I feel like I _____.
3. I want to _____ before bed, so I put my phone away.
4. At the weekend, I try to _____ more and spend less time at home.
5. After work, I like to _____ without looking at a screen.

Part 3. Read the situations and give advice using the expressions from the boxes.

1. "I check my phone in bed every night."
2. "I feel stressed, but I always scroll to relax."
3. "I spend most of my free time at home on my phone."
4. "I feel anxious when I'm not checking social media."



Part 4. Choose one option and explain your choice.

Scroll in bed	or	Unplug before sleep?
Relax online	or	Unwind offline?
Stay connected	or	Miss out sometimes?
Get up with an alarm	or	Without an alarm?
Message people online	or	Get out and meet someone in person?

REFLECTION

Complete the sentences using your own ideas.

1. One thing I realised about my screen time is _____.
2. One moment when I use my phone too much is _____.
3. One habit I want to change is _____.

