

Teacher's Guide



Digital Detox & Screen Time – Pre-Intermediate (A2-B1)

Canva Presentation Link: [@ Digital Detox & Screen Time](#)

Editable Presentation Link: [@ Digital Detox & Screen Time](#)

Editable Worksheet Link: [@ Student Worksheet: Digital Detox & Screen Time](#)

Video Link: [@ Digital Detox - What are the benefits of a digital detox?](#)

Warm-up

Part 1. Students look at the statements and say always, sometimes, or never for them. Encourage students to explain their answer.

Part 2. If comfortable for students, ask them to take out their phone and look at one of these:

- Screen time today or this week
- The app they use the most

Then, ask students to share one thing:

- Something that surprised them
- A time of day they use their phone a lot
- One app they use more than they want to

Video activity

Part 1. Tell students that they are going to watch a video about screen time. Before watching the video, students discuss the questions.

Part 2. Students watch the video and tick the problems that the video mentions.

Answer key:

- ✓ stress
- ✓ poor sleep
- ✓ comparing yourself to others
- ✓ problems with focus
- ✓ problems in relationships

Part 3. Students watch the video again.

Part 4. Students read the situations and discuss the questions.

Vocabulary & speaking

Part 1. Students match each expression to its correct definition.

1. Unwind
2. Unplug
3. Get out
4. Miss out
5. Get up

Part 2. Students choose the correct expression to complete each sentence.

1. Get up
2. Miss out
3. Unplug
4. Get out
5. Unwind

Part 3. Students read the situations and give advice using the expressions.

Examples:

"I check my phone in bed every night."

→ You could try to **unplug** earlier and put your phone in another room before you sleep.

"I feel stressed, but I always scroll to relax."

→ It might help to **unwind** without your phone, for example by listening to music or taking a short walk.

"I spend most of my free time at home on my phone."

→ Why don't you **get out** more, even just for a short walk or a coffee?

"I feel anxious when I'm not checking social media."

→ You could remind yourself that it's okay to **miss out** sometimes and focus on what you're doing now.

Part 4. Students choose one option and explain their choice.

Reflection

Students complete the sentences using their own ideas.