

## 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.