

Collocations: Digital Wellbeing

upper-Intermediate (B2-C1)



WARM UP

Part 1. Discuss the following questions.

1. How many hours per day do you spend on screens? Do you think it's too much?
2. Have you ever tried a digital detox? How did it go?
3. What are the most common digital distractions in your life?
4. How do you try to keep a healthy balance between online and offline activities?

COLLOCATION MATCHING

Part 1. Match the verbs with the correct nouns to form a collocation.

Sleep quality

Notifications

Digital distractions

A digital detox

Boundaries

Screen time

Your usage

A healthy balance

1. Set _____
2. Limit _____
3. Manage _____
4. Take _____
5. Control _____
6. Switch off _____
7. Improve _____
8. Maintain _____

SENTENCE GAP-FILL

Part 1. Complete the sentences using the correct collocations.

Improve sleep quality	Switch off notifications	Manage digital distractions	Take a digital detox
Set boundaries	Limit screen time	Control your usage	Maintain a healthy balance

- 1.It's important to _____ if you want to stay focused.
- 2.To reduce late-night scrolling, many people try to _____ after dinner.
- 3.Teachers encourage students to _____ by combining study with leisure time.
- 4.She decided to _____ for a weekend to spend more time outdoors.
- 5.Parents often try to help children _____ by setting daily limits on devices.
- 6.Turning off your phone before bed can help _____.
- 7.When you feel addicted to apps, it's essential to _____ and use them mindfully.
- 8.Some professionals _____ by not answering emails after working hours.



SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target collocations so that the meaning stays the same.

Improve sleep quality	Switch off notifications	Manage digital distractions	Take a digital detox
Set boundaries	Limit screen time	Control your usage	Maintain a healthy balance

1. He stopped all notifications on his phone during meetings.
2. She wanted to be more productive, so she reduced her daily use of apps.
3. The company encouraged staff to balance online and offline life.
4. By switching off her phone for three days, she spent more time with her family.
5. After removing his phone from the bedroom, he slept much better.
6. To stay focused, I started reducing interruptions from apps and alerts.
7. He told himself not to go beyond two hours on social media each day.
8. She decided to create clear rules about when she would reply to messages.

TENSE CHALLENGE

Part 1. Use the correct form of the collocation in brackets to complete each sentence.

1. By next month, I _____ (take a digital detox) for at least one weekend.
2. He _____ (switch off notifications) before yesterday's exam.
3. We usually _____ (set boundaries) with colleagues about when to answer emails.
4. She _____ (limit screen time) successfully since last summer.
5. He _____ (control your usage) more carefully during the lockdown.
6. He _____ (manage digital distractions) well during his project, which helped him concentrate fully on the task at hand.
7. I _____ (improve sleep quality) by putting my phone away earlier.
8. They _____ (maintain a healthy balance) between work and social media by setting clear rules about when to be online and when to switch off.

SPEAKING

Part 1. Answer the questions using the target collocations.

1. What's one way you **set boundaries** with technology?
2. How do you **limit screen time** in your daily routine?
3. What are some strategies you use to **manage digital distractions**?
4. Have you ever **taken a digital detox**? How did it affect you?
5. In what ways can people **control their usage** of social media?
6. Do you ever **switch off notifications**? When and why?
7. What's one habit that helps you **improve sleep quality**?
8. How do you **maintain a healthy balance** between online and offline life?

