

Technology & Modern Life

Pre-Intermediate (A2-B1)



WARM-UP DISCUSSION

Part 1. Discuss the questions.

1. What technology do you use most every day?
2. How would your life change if you had to live one week without your phone?

Part 2. Choose the option that's true for you: Always / Sometimes / Never.

- I scroll through TikTok or Reels while eating.
- I need music, a podcast, or a video playing in the background.
- I check messages during conversations.
- I use my phone before getting out of bed.
- I post pictures or stories when I go out.
- I keep my phone close, even when I'm supposed to relax.

Discuss:

- Which habits are healthy or unhealthy?
- Are there any habits you would like to change?



VOCABULARY & SPEAKING

Part 1. Read the short dialogues and guess the meaning of the bold words.

Emma: "I spend so much time on that new language app. I can't stop checking my **streak!**"

Luca: "I know! I get the same feeling with my fitness **app.**"

Sonia: "I've got too many **devices** at home. My phone, tablet, smartwatch, laptop..."

Ben: "Same! Half my life is charging."

Ava: "I love video calls. It's such a nice way to **connect** with my family back home."

Noah: "Yeah, but sometimes I just want a real conversation, not through a screen."

Leo: "I bought everything for my flat **online**, even my sofa!"

Maya: "Risky! I like to see things before I buy them."

Dani: "The best **invention** ever? Definitely wireless headphones."

Sam: "No way, for me it's Google Maps. I'd be lost without it!"

Holly: "My fridge sends me notifications when I'm low on milk. So **smart!**"

Tariq: "That's cool... and also slightly terrifying."

Part 2. Discuss the following questions.

1. Which **apps** do you use every single day?
2. What's one **device** you couldn't live without?
3. Who do you **connect** with most online?
4. What's the most useful **invention** in your life right now?
5. What **smart** tech would you love to have in your home?
6. What's something you often buy **online**, but probably shouldn't?

Part 3. Discuss the following questions.

1. What are the best things about modern technology?
2. What are the worst things?
3. Do you think people are too connected today?

Part 4. Look at the words below and discuss the questions.

Relaxed	Distracted	Connected	Motivated
Pressured	Entertained	Curious	Left out

1. How does technology make you feel on a normal day?
2. Which of these feelings do you experience most often?

Part 5. Discuss what you would do in each of the situations.

- You're watching a series and realise you've been saying "just one more episode" for three hours.
- You go out with friends and everyone is on their phone.
- You wake up in the middle of the night and check the time... then start scrolling.
- You see a "limited offer" online, and feel pressure to buy now.
- You get a work message on your day off.
- You're taking a walk but can't resist checking your notifications.



Part 6. Look at the phrasal verbs below and discuss the questions.

Log in/out	Turn on/off	Scroll down/up
Charge up	Plug in/unplug	Zoom in/out

1. Do you ever forget to **log out** on a public computer?
2. What's the first thing you **turn on** in the morning?
3. How long do you usually scroll down before realising you've wasted time?
4. How often do you forget to **charge up** your phone?
5. Do you ever really **unplug** and take a full tech break?
6. What's something you recently **zoomed in** on, and why?

Part 7. Look at the "tech pet peeves" and discuss the questions.

- Someone plays loud TikToks on the bus
- Your phone autocorrects your name again
- Slow Wi-Fi when you're in a hurry
- Endless password resets
- Friends replying "seen" but never answering
- Pop-ups asking for cookies every five minutes

Discuss:

- Which one annoys you most?
- What's your personal tech pet peeve?

REFLECTION

Complete the sentences with your own ideas.

- I could spend less time on...
- Technology helps me when...
- One small change I want to make is...