



Teacher's guide

Collocations: Digital Wellbeing – Upper-Intermediate (B2–C1)

Canva Presentation Link: [🌐 Collocations: Digital Wellbeing](#)

Editable Presentation Link: [🌐 Collocations: Digital Wellbeing](#)

Editable Worksheet Link: [🌐 Student Worksheet: Collocations: Digital Wellbeing](#)

Warm-up

Part 1. Students discuss the questions.

Collocation matching

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

Answer key:

1. Set boundaries
2. Limit screen time
3. Manage digital distractions
4. Take a digital detox
5. Control your usage
6. Switch off notifications
7. Improve sleep quality
8. Maintain a healthy balance

Sentence gap-fill

Part 1. Students complete the sentences using the correct collocations.

Answer key:

1. manage digital distractions
2. limit screen time
3. maintain a healthy balance
4. take a digital detox
5. set boundaries
6. improve sleep quality
7. control your usage
8. switch off notifications

Sentence transformation

Part 1. Students rewrite the sentences using the target collocations so that the meaning stays the same.

Suggested answers:

1. He decided to **switch off notifications**.
2. She tried to **control her usage**.
3. Staff were told to **maintain a healthy balance**.
4. She chose to **take a digital detox**.
5. Removing his phone from the bedroom **improved his sleep quality**.
6. I needed to **manage digital distractions**.
7. He decided to **limit screen time**.

8. She wanted to **set boundaries**.

Tense challenge

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

Answer key:

1. will have taken a digital detox
2. switched off notifications
3. set boundaries
4. has been limiting screen time
5. controlled his usage
6. managed digital distractions
7. improved sleep quality
8. have maintained a healthy balance

Speaking

Part 1. Students answer the questions using the target collocations.