

Digital Wellbeing & Screen Time

Intermediate (B1-B2)



DISCUSSION

Part 1. Discuss the following questions.

1. How many hours a day do you spend on screens?
2. What do you use screens for the most?
3. How do you feel after long periods of screen use?

VOCABULARY

Part 1. Match each word to its correct definition. Can you guess any before looking at the options?

Notification

Binge-watching

Digital detox

Blue light

Social media detox

Multitasking

Screen fatigue

Digital footprint

1. _____ The trail of data you leave online.
2. _____ A period with no use of electronic devices.
3. _____ Watching many episodes of a show in one sitting.
4. _____ Simultaneously doing several tasks.
5. _____ Feeling tired or strained after looking at a screen too long.
6. _____ Light emitted by screens that can affect sleep.
7. _____ Alerts from apps or devices.
8. _____ A break from social networking platforms.

Part 2. Complete the sentences with the correct word.

Notification

Binge-watching

Digital detox

Blue light

Social media detox

Multitasking

Screen fatigue

Digital footprint

1. After three hours of scrolling, I experienced serious _____.
2. I decided to go on a weekend _____ to recharge.
3. All those email _____ make it hard to focus.
4. Teenagers often get headaches from exposure to _____.
5. Last night, I spent six hours _____ my favourite crime series.
6. My _____ includes every post, comment, and photo I've shared.
7. During a _____, I avoid Facebook and Instagram.
8. _____ can be tempting, but it reduces productivity.

Part 3. For each of the words, discuss the following questions.

1. How does this concept affect your daily life?
2. What strategies do you use to manage or avoid it?



PHRASAL VERBS

Part 1. Match each phrasal verb to its correct definition.

Log off

Scroll through

Tune out

Plug in

Zone out

Catch up on

1. _____ To read quickly through content on a screen.
2. _____ To become disconnected from the present moment.
3. _____ To connect a device from power or network.
4. _____ To ignore background noise or distractions.
5. _____ To update oneself on missed information.
6. _____ To sign out of an online account.

Part 2. Complete the sentences with the correct phrasal verb.

1. I always _____ of work apps after 6 PM.
2. Before bed, try not to _____ social media—it keeps you awake.
3. When I'm bored in class, I tend to _____ YouTube videos.
4. After a long day, I _____ in front of the TV without thinking.
5. Don't forget to _____ your phone before it dies.
6. I try to _____ background noise when I need to concentrate.

Part 3. Role-play activity.

Pair up or work with your teacher and role-play a conversation: one person suggests healthy digital habits using at least two phrasal verbs, and the other responds with personal experiences or concerns.



IDIOMS

Part 1. Match each idiom to its correct definition.

Pull the plug

Go cold turkey

Off the grid

Keep someone in the loop

Out of touch

Glued to the screen

1. _____ To quit a habit completely and immediately.
2. _____ To ensure someone stays informed.
3. _____ Not having the latest information or contact.
4. _____ Unable to stop looking at a device.
5. _____ To be completely disconnected from electronic communication.
6. _____ To suddenly stop or end something.

Part 2. Complete the sentences with the correct idiom.

1. After feeling overwhelmed by notifications, I decided to _____ and disable all apps for a week.
2. My friend _____ on social media last month; she said it was a refreshing change.
3. I was so busy with work that I was completely _____ with my family over the holidays.
4. On weekends, my kids are often _____, playing video games nonstop.
5. When I go camping, I like to be _____, without phone or internet signal.
6. Could you _____ about any updates on the project?

Part 3. Discuss the following questions.

1. When was the last time you **pulled the plug** on your devices? How did it feel?
2. Have you ever **gone cold turkey** on social media or notifications? What happened?
3. Would you like to go **off the grid** for a weekend? Describe what you'd do instead.
4. How do you **keep friends or family in the loop** when life gets busy?
5. Have you ever felt **out of touch** with someone due to screen time? How did you reconnect?
6. What makes you or people you know get **glued to the screen**, and how can you avoid it?

DISCUSSION

Part 1. Discuss the following questions.

1. Which new strategies will you adopt to improve digital wellbeing?
2. How can schools or workplaces support healthier screen habits?
3. Do you foresee any challenges in reducing screen time? How will you overcome them?

