



Teacher's guide

Digital Wellbeing and Screen Time – Intermediate (B1–B2)

Canva Presentation Link: [🌐 Digital Wellbeing and Screen Time](#)

Editable Presentation Link: [🌐 Digital Wellbeing and Screen Time](#)

Editable Worksheet Link: [🌐 Student Worksheet: Digital Wellbeing and Screen Time](#)

Discussion

Part 1. Students discuss questions about screen time.

Vocabulary

Part 1. Students match each word to its correct definition.

Answer Key:

1. Digital footprint
2. Digital detox
3. Binge-watching
4. Multitasking
5. Screen fatigue
6. Blue light
7. Notification
8. Social media detox

Part 2. Students complete the sentences using the correct word.

Answer Key:

1. Screen fatigue
2. Digital detox
3. Notifications
4. Blue light
5. Binge-watching
6. Digital footprint
7. Social media detox
8. Multitasking

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

Phrasal verbs

Part 1. Students match each phrasal verb to its correct definition.

Answer key:

1. Scroll through
2. Zone out
3. Plug in
4. Tune out
5. Catch up on
6. Log off

Part 2. Students complete the sentences using the correct phrasal verb.

Answer Key:

1. Log off
2. Scroll through
3. Catch up on
4. Zone out
5. Plug in
6. Tune out

Part 3. Students pair up or work with you 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. Students match each idiom to its correct definition.

Answer Key:

1. Go cold turkey
2. Keep someone in the loop
3. Out of touch
4. Glued to the screen
5. Off the grid
6. Pull the plug

Part 2. Students complete the sentences using the correct idiom.

Answer Key:

1. Pull the plug
2. Went cold turkey
3. Out of touch
4. Glued to the screen
5. Off the grid
6. Keep me in the loop

Part 3. Students discuss the questions using the idioms.

Discussion

Part 1. Students discuss questions.