

Teacher's guide

Digital Balance – Finding Harmony with Technology – Upper-intermediate (B2-C1)



Canva Presentation Link: [🌐 Digital Balance – Finding Harmony with Technology](#)

Editable Presentation Link: [🌐 Digital Balance – Finding Harmony with Technology](#)

Editable Worksheet Link:

[🌐 Student Worksheet: Digital Balance – Finding Harmony with Technology](#)

Warm-up discussion

Part 1. Students read the quote and discuss the questions.

Reading activity

Part 1. Students will read a text on Digital Balance.

Part 2. Students discuss the questions based on the text.

Suggested answers:

1. A healthy relationship with technology.
2. Time blocking, setting digital boundaries (also: leaving phone in another room).
3. Because technology can also be used positively (apps, online fitness, learning).
4. By reducing distractions and encouraging face-to-face or mindful interactions.
5. Open answer (students' opinions).

Vocabulary & speaking

Part 1. Students match the words/phrases to their meanings.

Answer key:

1. Endless scrolling
2. Consciously
3. Notifications
4. Digital boundaries
5. Enhance wellbeing
6. Mental space
7. Time blocking
8. Mindful connections

Part 2. Students complete the sentences with the correct word/phrase.

Answer key:

1. Digital boundaries
2. Mental space
3. Endless scrolling
4. Notifications
5. Consciously
6. Time blocking
7. Mindful connections
8. Enhance wellbeing

Part 3. Students act out the role-play with you or a partner, making sure to use today's vocabulary. Once finished, swap roles and repeat the activity.

Part 4. In pairs, as a group or with you, students imagine the situations and discuss the questions.

Part 5. Students discuss the question. Ensure they aim to recall the vocabulary from memory.

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write 8–10 sentences describing how they will improve their digital balance this week. Encourage students to use at least 5 of today's target words/phrases.