



I'M ADDICTED TO TIKTOK / REELS

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PDF 1: Warm-up (10-12 minutes)

Discuss in pairs or small groups:

1. How much time do you spend on TikTok / Instagram Reels every day?
2. What is the longest you have scrolled without stopping?
3. Do you think you are addicted to short videos? Why or why not?
4. What do your parents think about how much time you spend on your phone?
5. **Bonus question for teachers:** Do you also watch Reels/TikTok? How much time do you spend? (Be honest!)

Before You Read

Look at the picture on PDF 3. What do you think this lesson is about?

Read the Letter

Dear Grok,

I'm addicted to TikTok and Reels! 😞 I open the app "just for 5 minutes" and suddenly one hour is gone. I watch videos in bed, during homework, even while eating. I know it's bad for my eyes and my studies, but I can't stop!

My mom is always shouting "Put your phone down!" but I keep picking it up again. I feel guilty but I still do it.

What should I do?

From,

Reel Addict Ryan (15)

Quick Check

1. How does Ryan start watching videos?
2. What problems does he have because of this addiction?
3. How does his mom react?

Vocabulary – Match

- | | | |
|---------------|-------|---|
| 1. addicted | _____ | a. use time on something not useful |
| 2. scroll | _____ | b. unable to stop doing something |
| 3. guilty | _____ | c. not able to focus |
| 4. waste time | _____ | d. move your finger up and down on the screen |
| 5. distracted | _____ | e. feeling bad about something you did |

Teacher's Key

Vocabulary – Match

- | | | |
|---------------|-------|---|
| 1. addicted | _____ | b. unable to stop doing something |
| 2. scroll | _____ | d. move your finger up and down on the screen |
| 3. guilty | _____ | e. feeling bad about something you did |
| 4. waste time | _____ | a. use time on something not useful |
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