



BODY IMAGE AND SOCIAL MEDIA

Grammar: First Conditional - (What happens if... – perfect for social media habits!)

Quick Reminder

- If + present simple, ... will + base verb
If I scroll too much, I feel bad about my body.
- Can use “when” instead of “if” for things that happen often.
- Negative: If I don’t take breaks, I compare myself more.

Activity 1 – Taylor’s Habits - Complete with the correct form of the verbs.

1. If I _____ (open) Instagram first thing in the morning, I _____ (feel) bad all day.
2. I _____ (feel) better if I _____ (unfollow) accounts that make me compare.
3. If my friends _____ (send) “body goals” photos, I _____ (try) to ignore them.
4. When people _____ (use) filters, they _____ (look) perfect but unreal.
5. If I _____ (delete) the apps for a week, I _____ (stop) comparing so much.
6. I _____ (not skip) meals if I _____ (not see) those perfect pictures.
7. If I _____ (talk) to my real friends about this, they _____ (understand).
8. When I _____ (exercise) for fun, not for looks, I _____ (feel) happier.

Activity 2 – Chain Predictions

Start with: “If I scroll social media for hours, _____”

Pass the paper – next student adds what will happen.

Keep going 4–5 times. Read the funniest chains aloud!

Activity 3 – My Rules - Write 5 personal sentences using the first conditional.

1. _____
2. _____
3. _____
4. _____
5. _____

Examples:

If I see a filtered photo, I will remind myself it’s not real.

When I feel bad about my body, I will go for a walk.

Activity 4 – What About You? Ask 3 classmates:

“If you unfollow negative accounts, will you feel better?”

Write their answers and names.

Teacher's Key

Activity 1 – Taylor's Habits (possible answers)

1. If I **open** Instagram first thing in the morning, I **will feel** bad all day.
2. I **will feel** better if I **unfollow** accounts that make me compare.
3. If my friends **send** "body goals" photos, I **will try** to ignore them.
4. When people **use** filters, they **look** perfect but unreal.
5. If I **delete** the apps for a week, I **will stop** comparing so much.
6. I **won't skip** meals if I **don't see** those perfect pictures.
7. If I **talk** to my real friends about this, they **will understand**.
8. When I **exercise** for fun, not for looks, I **feel** happier.

Activity 4 – What About You?

Open answers – students just need to report yes/no + a short reason using the first conditional.

Example:

Maria said: "Yes, if I unfollow negative accounts, I will feel better."

Everything is flexible – the most important thing is that students speak and use the grammar naturally.