



I'M ADDICTED TO TIKTOK / REELS

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PDF 3 – Grammar & Vocabulary

Look at the Picture



Discuss in pairs (3 minutes):

1. How does the boy feel?
2. What is he thinking about?
3. What funny things do you see?

Positive Peer Support

Write **2 kind messages** to the boy to help him control his addiction. Use modals (**should, can, try, could**).

Examples:

- "You should set a timer!"
- "Try putting your phone in another room after 20 minutes."

A. Modals for Advice

Choose the best word:

1. You **should** / **shouldn't** set a timer when using TikTok.
2. You **can** / **can't** watch videos while doing homework.
3. **Try** / **Don't try** to delete the app completely.

B. Useful Expressions (Match)

- | | | |
|---------------------------|-------|--------------------------------------|
| 1. I can't stop! | _____ | a. Feeling bad after doing something |
| 2. Just 5 more minutes... | _____ | b. Classic addiction phrase |
| 3. I feel so guilty... | _____ | c. Losing track of time |

C. Vocabulary Practice

Fill in the gaps with these words:

addicted – scroll – distracted – guilty – waste

1. I am _____ to TikTok. I can't stop watching.
2. I _____ for hours without realizing how much time has passed.
3. When I watch Reels, I become very _____ and can't focus on my homework.
4. I feel _____ after wasting so much time on my phone.
5. Scrolling Reels is a big _____ of time.

Quick Challenge

Look at the picture. What advice would you give the boy in **one sentence**?

Teacher's Key

A. Modals for Advice

(Choose the best word)

1. You **should** set a timer when using TikTok.
2. You **shouldn't** watch videos while doing homework.
3. **Don't try** to delete the app completely.
(Or: Try not to delete the app completely.)

B. Useful Expressions (Match)

1. I can't stop! _____ **b.** Classic addiction phrase
2. Just 5 more minutes... _____ **c.** Losing track of time
3. I feel so guilty... _____ **a.** Feeling bad after doing something

C. Vocabulary Practice

1. I am **addicted** to TikTok. I can't stop watching.
2. I **scroll** for hours without realizing how much time has passed.
3. When I watch Reels, I become very **distracted** and can't focus on my homework.
4. I feel **guilty** after wasting so much time on my phone.
5. Scrolling Reels is a big **waste** of time.

Quick Challenge (Suggested model answers)

- "You should set a timer for 20 minutes."
- "You shouldn't watch Reels while doing homework."
- "Try putting your phone in another room after using it."
- "You can use Focus Mode to block the apps."