



BODY IMAGE AND SOCIAL MEDIA

Drama Cards - Discuss:

“What will happen if...?” (use first conditional) + “What advice would you give?”

<p style="text-align: center;">Card 1</p> <p>You see a perfect influencer photo. If you compare yourself, ... → Discuss + advice.</p>	<p style="text-align: center;">Card 2</p> <p>Your friend posts an edited selfie and gets 500 likes. If you feel jealous, ... → Discuss + advice.</p>
<p style="text-align: center;">Card 3</p> <p>You use a strong filter on your photo. If your friends say you look different in real life, ... → Discuss + advice.</p>	<p style="text-align: center;">Card 4</p> <p>You scroll for hours before bed. If you can't sleep because you feel bad about your body, ... → Discuss + advice.</p>
<p style="text-align: center;">Card 5</p> <p>A classmate says “You'd look better if you lost weight.” If you believe them, ... → Discuss + advice.</p>	<p style="text-align: center;">Card 6</p> <p>You unfollow all negative accounts. If you feel happier after a week, ... → Discuss + advice.</p>
<p style="text-align: center;">Card 7</p> <p>Your feed is full of “before and after” diet photos. If you start skipping meals, ... → Discuss + advice.</p>	<p style="text-align: center;">Card 8</p> <p>Someone comments “You look fat” on your photo. If you delete the photo, ... → Discuss + advice.</p>
<p style="text-align: center;">Card 9</p> <p>You post a real, unfiltered photo. If people like it more than your edited ones, ... → Discuss + advice.</p>	<p style="text-align: center;">Card 10</p> <p>Your friend says “I hate my body too.” If you talk openly about it, ... → Discuss + advice.</p>
<p style="text-align: center;">Card 11</p> <p>You see ads for “perfect skin” products every day. If you buy them and they don't work, ... → Discuss + advice.</p>	<p style="text-align: center;">Card 12</p> <p>You take a social media break for one month. If you feel more confident, ... → Discuss + advice.</p>

Teacher's Key

These cards are safe, encourage positive discussion, and practise the first conditional naturally.

Drama Cards

Cut out the 12 cards – easy to print and use in pairs or small groups

Teacher Instructions

1. Cut the cards (or students cut).
2. Give 2–3 cards to each pair/group.
3. Students read the situation.
4. They discuss: “What will happen if...?” (use first conditional) + “What advice would you give?”
5. Groups share one card with the class – lots of speaking!