



TECHNOLOGY & SMARTPHONES

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1. What Do You Use Your Phone For?

Put these activities into three groups.

Activities	Every day	Sometimes	Never
messaging			
taking photos			
watching videos			
checking the weather			
using maps			
shopping			
banking			
playing games			
reading the news			
listening to music			
studying English			
making phone calls			

Now compare your answers.

Which activities are most common in your class?

3. Good or Bad?

Discuss these statements.

Smartphones are...

- useful for learning.
- useful when travelling.
- good for staying in touch.
- distracting at work.
- bad for face-to-face conversations.
- useful for older people.
- useful in emergencies.
- sometimes difficult to live without.



Choose **two** statements you agree with and **two** you disagree with.

Explain why.

2. Your Smartphone Habits

Complete the sentences.

1. I usually check my phone when _____.
2. I often use my phone for _____.
3. I sometimes spend too much time _____.
4. I never use my phone to _____.
5. I can't imagine using my phone without _____.
6. One app I couldn't live without is _____ because _____.

Compare your answers with a partner.

REAL ENGLISH BOX

When you want to give your opinion naturally, try:

- “Personally, I think...”
- “For me, ...”
- “I find it really useful because...”
- “The problem is...”
- “It depends.”

Example:

Personally, I think smartphones are really useful, but it depends on how you use them.

4. Put Your Phone Away!

Imagine your class has a **one-hour no-phone rule**.

Discuss:

1. Would this be easy?
2. What would you do instead?
3. What would be difficult?
4. Would people talk more?
5. Would students concentrate better?
6. Should workplaces have no-phone periods?

Try to give reasons for your answers.

5. Mini Debate

“People spend too much time on their phones.”

Student A: Agree.

Student B: Disagree.

Give at least **two reasons**.

Then change roles.