



**I. Subject:** Smart phone addiction – discussion.

**II. Group level / year :** upper-intermediate / year 1

**III. Lesson objectives :** getting to know the term FOMO, learning the meaning of the word “phubber,” characterizing the phenomenon of phubbing and smart phone addiction on the basis of the film **BBC learning English - smartphone addiction**, suggesting solutions to the problem of smart phone addiction , writing a short poem related to the topic, broadening vocabulary related to the lesson subject.

**IV. Lesson stages :**

1. Introduction :

### **Smart phone Usage Survey**

I divided students into pairs and gave them a set of questions to ask each other. They had to interview their partner and then report back the answers to the class.

**Questions to ask:**

1. How much time do you spend each day on your phone?
2. What do you use your phone for?”
3. Do you use your phone when you meet your friends?
4. What are your favourite apps you spend the most time in?
5. Can you imagine one day in your life without using a phone?
6. On a scale of 1 to 5, with 1 being not at all and 5 being completely, are you addicted to your mobile?

After that I divided students into groups of 3 /4 and asked them to discuss the questions:

1. What are some consequences of excessive Smartphone usage?
2. What ideas do you have that could help people reduce their phone usage?





Then I held discussion and encouraged my students to take part in it.

## 2. Watching a film **BBC learning English - smartphone addiction**

Before watching the film I gave students a set of questions to answer:

1. **What does FOMO stand for?**
2. **Who is a phubber?**
3. **What does it mean to be addicted to something?**
4. **What can you be addicted to?**
5. **What are the dangers of using a mobile phone too much?**
6. **What does it mean to do something “compulsively”**

After a film we answered these questions together. I also asked them two more questions:

1. **Do you suffer from FOMO? What makes you think that?**
2. **Are you a phubber? Why? / Why not?**

## 3. Writing a short poem.

Students could work in pairs or small groups.

**Write a poem. Use the pairs of words which rhyme:**

1. **phone – home**
2. **mate – date**
3. **device – advice**





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4. outside – website
5. live – give
6. bore – ignore (boring – ignoring)
7. need – meet
8. love – laugh
9. funny – sunny
10. toy - joy
11. cry – try
12. amuse – abuse

**Materials used to prepare a lesson:**

[BBC Learning English - 6 Minute English / Smartphone addiction](#)

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Some of the poems created by my students

So my little mate  
If you're going on date  
At home leave your own device  
It's my piece of advice  
You probably think its boring  
But nobody will say you are someone ignoring

*Julia Andruczyk*

Throw away your phone,  
Don't stay at home.  
Meet some friends  
Without a phone in your hands.  
It is really funny  
Being outside when it's sunny.  
So leave your device  
Listen to my advice  
Don't cry  
Just try

*Kasia Pilecka, Julia Mazur, Natalia Kulbacka*





The new day starts  
Where is my phone?  
I need to check  
What's going on...  
First of all the Instagram  
The perfect photos one by one  
What is next?  
I need to text  
My friends are sending all new memes  
I'm laughing hard  
And scrolling down  
Suddenly I feel so bad  
I waste my time  
And hurt my eyes  
I want to stop  
And live my life.

***Julia Rożenek. Monika Ostrowska, Weronika Kowalczyk***

When you use your phone to call your home,  
When you meet your mate or go on a date  
My advice is to stay away from this device  
When outside - don't use any website,  
Using this toy won't bring you any joy  
Choose to amuse rather than abuse

***Roksana Zubrzycka***

