Screen Time

Seviye B1–B2 · Okuma · Konuşma

Warm-up

- How many hours a day do you look at a screen?
- What is the first thing you do in the morning?
- Which app do you use the most?

Reading

Many teenagers spend more than six hours a day in front of a screen. Some of this time is useful: they do homework, watch lessons or talk to family. But a lot of it is spent scrolling through short videos.

Doctors say that too much screen time before bed can make it harder to fall asleep. Blue light from phones tells the brain that it is still daytime. Some experts suggest a simple rule: no screens for one hour before sleep.

Not everyone agrees that screens are the problem. “It depends on what you do,” says one teacher. “Learning a language with an app is not the same as watching the same video ten times.”

Vocabulary

English	Türkçe	Example
scroll	kaydırmak	*I scroll through my messages every morning.*
habit	alışkanlık	*Reading before bed is a good habit.*
fall asleep	uykuya dalmak	*I can't fall asleep after drinking coffee.*
expert	uzman	*Experts say we should sleep eight hours.*
suggest	önermek	*My teacher suggested a new book.*

useful	faydalı	*This app is very useful for learning words.*

Language focus

Kalıp	Örnek
too much + uncountable	There is too much noise. / I spend too much time online.
too many + plural	I have too many apps on my phone.
not enough	I don't get enough sleep.

Discussion

1. Do you think you spend too much time on screens? Why?
2. Should schools ban phones during breaks?
3. What could you do instead of scrolling before bed?
4. Is screen time different for adults and teenagers?

Tasks

Choose the correct answer. *(Doğru seçeneği işaretleyin.)*

1. Why can screens before bed make sleeping difficult?

a) The sound is too loud

b) Blue light tells the brain it is daytime

c) Videos are too long

d) Phones get hot

Fill in the blanks. *(Boşlukları doldurun.)*

2. I can't sleep. I drank _____ coffee today.

3. There are _____ notifications on my phone. I turned them off.

Write True (T) or False (F). *(Doğru mu yanlış mı?)*

4. According to the text, all screen time is a waste of time. ( )

Match the items. *(Eşleştirin.)*

5. Match the words with their meanings.

1. habit ( )

2. expert ( )

3. suggest ( )

4. scroll ( )

a) move text or images up and down on a screen

b) give an idea or a plan

c) a person who knows a lot about a subject

d) something you do regularly

Write your answers. *(Cevaplarınızı yazın.)*

6. Write 3–4 sentences: How could you reduce your screen time?

.....

.....

.....

> Speaking tasks. *(Konuşma görevleri: sınıfta sözlü yapın.)*

7. Tell a partner about your screen habits. Use “too much”, “too many” or “not enough”.