How to English.
with Gav & Em

LESSON CODE: HTE-T105 • CEFR B1+ INTERMEDIATE

Lesson 5: Offline Weekends

Talk about screen-free hobbies, relaxing with friends, and getting out into nature using stress-marked read-aloud scripts.

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How Teens Recharge Offline

BRISTOL, UK

Layla (16)

Sketches in her notebook every Sunday morning with tea and her phone face down.

LEEDS, UK

Jamal & Freya (17)

Unwind after school with competitive card games on a sunny park bench.

SANTA CRUZ, USA

Kenji, Sofia & Ananya

Explore coastal cliff trails together on Saturdays to get out into nature.

Layla’s Quiet Sunday Sketchbook

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CHARACTER PROFILE

Layla, 16 — Bristol

After five days of staring at school laptops, Layla sets aside one screen-free hour every Sunday to draw.

Target Skill: Describing weekly routines & hobbies

Pronunciation Focus: Calm pacing & sentence stress

Warm-Up: What quiet hobby helps you clear your head?

STEP 2 • SOLO READ-ALOUD

Read Aloud: Layla’s Quiet Sunday

🔊 BOLD = STRESS • / = PAUSE

SPEAKER: LAYLA (CALM, RELAXED PACE)

“All week long, I’m **staring** at screens for schoolwork, / so by Sunday morning I really need to **switch** off. / I make a big **mug** of tea, / flip my phone **face** down, / and open my **sketch**book for an hour. / Honestly, I completely **lose** track of time, / and it’s the **best** way to clear my head before Monday.”

Jamal & Freya’s Park Card Battle

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CHARACTER PROFILES

Jamal & Freya, 17 — Leeds

Classmates who trade afternoon scrolling for sunny park bench card games and friendly banter.

Target Skill: Reacting naturally & making suggestions

Pronunciation Focus: Expressive reactions (“No way!”)

Warm-Up: What board or card game gets you competitive?

STEP 2B • PAIR READ-ALOUD

Read Aloud: Sunny Park Banter

ROLE A: JAMAL • ROLE B: FREYA

JAMAL (SURPRISED, THEN RELAXED)

“No **way** you just played a reverse card again! / You’re way too **good** at this game.”

“Fair **point**. / Getting outside really helps me un**wind** after a long week. / One more **round** before we head back?”

FREYA (PLAYFUL & UPBEAT)

“Hey, at least we’re actually **hang**ing out in the sun / instead of sitting at home **scroll**ing on our phones!”

How to Talk About Relaxing & Recharging

Natural Phrase	Meaning	Teen Example
Switch off	Stop worrying about school or alerts	“Drawing helps me switch off.”
Unwind	Relax slowly after a busy week	“Park walks help me unwind.”
Clear your head	Calm your mind when stressed	“Fresh air always clears my head.”
Lose track of time	Forget the clock while having fun	“We totally lost track of time.”
Get out into nature	Spend time on trails, parks, or coasts	“Let’s get out into nature Saturday.”

STEP 4 • PRODUCTION ACTIVITY

Your Turn: Plan an Offline Saturday

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No Phones Allowed Until 6:00 PM

In groups of three like Kenji, Sofia, and Ananya, pitch a 60-second screen-free Saturday plan covering:

1. **Morning:** How will you switch off and clear your head?
2. **Afternoon:** Where will you hang out or get out into nature?
3. **The Rule:** What makes staying offline hard, and how will you handle it?



Awesome Plan! Ready for Lesson 6?

Use the HTE-T105 worksheet for the quick check and written follow-up.

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