Lesson 5: Offline Weekends

Target Skill: Talking about hobbies, relaxing, and making screen-free plans • Pronunciation: Linking & natural rhythm

STEP 1 • HOOK & VISUAL PREDICTION

How Do You Recharge Without a Screen?

Look closely at the two scenes below. Before reading the transcripts, discuss with a partner: **What are these teens doing to relax, and how often do you spend an afternoon completely offline?**



Layla (16, Bristol): Spends Sunday mornings sketching at the kitchen table with a mug of tea and her phone face down.



Jamal & Freya (17, Leeds): Meet on a sunny park bench after school for fast-paced card games instead of scrolling.

STEP 2 · SOLO READ-ALOUD

Script A: Layla's Quiet Sunday

Reading Guide: Read Layla's monologue aloud at a calm, relaxed pace. Emphasize the **bold** syllables and pause briefly at each **/** slash mark.

> **HTE-T105-A · SOLO READ-ALOUD**
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> "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."

STEP 2B • PAIR DIALOGUE (READ ALOUD)

Script B: Jamal & Freya's Park Card Battle

Reading Guide: Work in pairs. Student A reads **Jamal**; Student B reads **Freya**. Practice using lively, playful intonation, then swap roles.

> **HTE-T105-B · PAIR READ-ALOUD**
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> **Jamal:** "No **way** you just played a reverse card again! / You're way too **good** at this game."
>
> **Freya:** "Hey, at least we're actually **hang**ing out in the sun / instead of sitting at home **scroll**ing on our phones!"
>
> **Jamal:** "Fair **point**. / Getting outside really helps me un**wind** after a long week. / One more **round** before we head back?"

STEP 3 • HOW TO SAY IT

Natural Phrases for Relaxing & Recharging

Natural Phrase	Meaning	Teen Example
Switch off	Stop thinking about school, stress, or notifications	"Drawing helps me switch off after exams."
Unwind	Relax slowly after a busy or tiring day	"I like to unwind by walking in the park."
Clear your head	Calm your mind when you feel overwhelmed	"Fresh air always clears my head."
Lose track of time	Be so absorbed in an activity you forget the clock	"We played cards and lost track of time."
Hang out	Spend relaxed, informal time with friends	"Let's hang out by the coast on Saturday."
Get out into nature	Leave the city or indoors to enjoy parks or trails	"My friends love to get out into nature."

STEP 4 • YOUR TURN (WRITTEN & SPOKEN PRODUCTION)

Design Your Ideal Screen-Free Day



Inspiration — Kenji, Sofia & Ananya (16, Santa Cruz): Hiking a breezy coastal trail together every Saturday to get out into nature and leave their group chats behind.

Part A: Quick Check & Personalization

1. What two things does Layla do right before opening her sketchbook?
2. Why does Jamal say *"Fair point"* to Freya during their card game?
3. Write two sentences about an offline hobby or outdoor activity that helps you relax. Use at least **two phrases** from the Step 3 table:

_____

_____

Part B: 3-Minute Offline Weekend Pitch (Groups of 3)

Imagine you and two classmates have a free Saturday with **no smartphones allowed** until 6:00 PM. Plan a 60-second itinerary to share with the class. Include:

- **Morning Activity:** A creative or relaxing way to switch off and clear your head.
- **Afternoon Hangout:** An outdoor game, hike, or spot to get out into nature like Kenji, Sofia, and Ananya.
- **The Hardest Rule:** What would make it tricky not to check your phone, and how will your group handle it?

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