



MY DAILY ROUTINE & SOCIAL MEDIA BALANCE

PURPOSE & INSTRUCTIONS

- **Purpose:** Express and exchange oral information in English about your daily routines, study habits, and social media usage by interacting with your classmates in **Google Meet Breakout Rooms** to overcome procrastination.

VIRTUAL CLASSROOM RULES

1. **Camera ON:** Turn on your camera during Rooms to connect with your team .
2. **Microphone READY:** Unmute your mic when it's your turn to speak .
3. **English ONLY:** Use the provided sentence starters to express your ideas in English.

WARM-UP GAME: "WHEEL OF HABITS" (Individual)

Match the habits with their category before entering your Breakout Rooms.

HABIT / ACTION	CATEGORY
1. Checking Instagram every 5 minutes while studying	() A. Productive Study Habit
2. Setting a 25-minute timer (Pomodoro technique)	() B. Digital Distraction (Procrastination)
3. Turning off social media notifications	() C. Productive Study Habit
4. Leaving homework for Sunday at 11:00 PM	() D. Digital Distraction (Procrastination)

Match the habits with their category before entering your Breakout Rooms.

HABIT / ACTION	CATEGORY
1. Procrastinate	() A. A tool to record your daily behaviors.
2. Screen time	() B. To program a device to measure time.
3. Set a timer	() C. To delay or postpone action.
4. Check notifications	() D. To look at alerts on your phone or apps.
5. Habit tracker	() E. Amount of time spent using a device with a screen.

Match the frequency adverbs with their correct percentage.

FREQUENCY ADVERBS	PERCENTAGE
1. ALWAYS	() A. 50%
2. USUALLY	() B. 0%.
3. SOMETIMES	() C. 100%
4. RARELY	() D. 80%.
5. NEVER	() E. 20%.