

By doing these activities, students will be able to apply each modal verb in the context of a digital detox, reinforcing their understanding of obligation, necessity, advice and possibility.

Activity 1: MUST ACTIVITY - RULE CREATION. In this activity, we are going to ask students to create a set of three rules for a digital detox weekend using "must". Example: "Participants must turn off all electronic devices during the detox, they must spend time outdoors for at least one hour, and must engage in a screen-free activity."

Activity 2. HAVE TO ACTIVITY - DAILY SCHEDULE PLANNING. Ask students to plan a daily schedule for a digital detox weekend, incorporating activities they have to do. For example, "Participants have to start the day with a screen-free breakfast, have to engage in physical exercise for 30 minutes and have to spend at least two hours without any digital devices".

Activity 3. CAN ACTIVITY - POSSIBILITY EXPLORATION. Ask students to brainstorm and write sentences expressing possibilities for positive outcomes during a digital detox using "can". For example, "By reducing screen time, individuals can experience improved sleep quality, can enhance face-to-face relationships and can discover new interests."