1 **Read the title of the article and answer the questions. Then read the article to check.**

1 Is the article about smartphones? .....

2 Is it a good idea to use our phones all the time? .....



Turn off your phone ... sometimes!

Social media stars use the Internet to make people laugh or learn different things. These stars love going online, right? Yes, they do, but they also like to have a break from their mobile devices.

One example is Thomas Brag, from the YouTube channel Yes Theory. Yes Theory is a very popular channel. They've got over six million subscribers, including the actor Will Smith. Thomas has got a rule for his smartphone: he uses it for 20 minutes every three days. This means he can chat with friends or read about important things, but he's also got lots of free time to do other activities – such as learn to bungee jump from a helicopter!

Emma Chamberlain is also on social media a lot. She's got several different social media accounts and she uploads videos to her YouTube channel. She's got about 9 million subscribers! For one day every week, she puts her phone in a box. So, she doesn't know what time it is because she hasn't got a watch, but she enjoys her time without her smartphone. On the day her phone is in the box she feels happy and relaxed.

Be like Thomas and Emma. Turn off your smartphone sometimes. It's not easy, but it's good to try new things. Just remember to make plans to meet up with your friends before you turn your smartphone off!

3 **Read the article again and answer the questions.**

1 A social media star is a person who ...
- **a** sells mobile phones to people.
- **b** goes online and talks about different things.
- **c** doesn't often use the Internet.

2 When does Thomas Brag use his smartphone?
- **a** almost every day
- **b** every 30 minutes
- **c** about twice a week

3 What does the Yes Theory channel want people to do?
- **a** read about things
- **b** do different activities
- **c** meet the actor Will Smith

4 What can't Emma do when her smartphone is off?
- **a** tell the time
- **b** relax
- **c** remember anything

5 When Emma turns off her smartphone, she ...
- **a** feels the same as when it is on.
- **b** doesn't like it.
- **c** enjoys it.

4 **Complete the sentences with the underlined words in the article.**

1 A ..... is when you are not doing something for a short amount of time.

2 You ..... when you think something is funny.

3 ..... are people who like a social media star, group or site; they want the social media stars to [illegible] videos or [illegible].

4 Social media ..... are online pages where

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