1 COMPLETE THE ARTICLE

Use each expression once. Change its form where necessary.

crave a break • ditch • tech fast • tug someone back in • unplug



One creator described how much better her life had become since she decided to **(1)** _____ her smartphone for a flip phone. Where did she share the news? On TikTok. Anyone watching could discover a reason to close the app, courtesy of someone who had just given them a reason to open it.



For millennials who remember carrying a phone, a camera and an MP3 player, using separate devices may feel familiar. For members of Gen Z who grew up with smartphones, it can feel like an experiment. The Offline Club runs phone-free meetups for people **(2)** _____ from their screens. London clubs such as Fabric and FOLD have held nights where dancers can **(3)** _____ for a few hours. For anyone looking for a longer **(4)** _____, Unplugged offers cabin stays where guests swap their smartphone for a basic handset.



Yet the route to an offline hobby often starts online. A reader might spend an afternoon with a paperback they discovered on BookTok. When they finish the book, the promise of a lively discussion can **(5)** _____. Does that make the afternoon any less worthwhile?

Perhaps what bothers people about their phone habits is the feeling that they've lost control. Posting about a phone-free night says little about how much time someone spends online the next day. A more revealing question is whether they can put the phone away when they've done what they came to do.

LIVEWORKSHEETS