

**WRITING  
TASK 1**

Read the message from your friend, Alex.

Hi,

Can I ask you something? You always seem to have good ideas. Well, lately, I have been falling behind my studies and spending too much time on the phone - whether it's social media or gaming. I tried to control myself but it's very difficult. What do you think I should do?

Thanks,

Alex



In about 80 words, write your reply to Alex giving some advice.

I'm glad you ask for help!

delete some social media apps

turn off the notification setting

try these ideas out

do some physical activities

Hi \_\_\_\_\_,

Sure, \_\_\_\_\_! If I were you, I would

\_\_\_\_\_ and keep only one.

Besides, I think you should \_\_\_\_\_,

so you don't keep checking your phone. Try putting down your phone and

\_\_\_\_\_ like jogging. I hope you

\_\_\_\_\_. Good luck!

\_\_\_\_\_

