



APEX ENGLISH

Your voice. Global.

B1 · GENERAL ENGLISH

UNIT 8 · B1·8A

If we tap once more...

Theme · Media & tech



Unit 8 · B1·8A

If we tap once more...

Theme: Media & tech

B1 · General English



Learning objectives

- Talk about your relationship with your phone and social media.
- Use the 1st conditional (if + present, will + verb) for realistic future situations.
- Predict consequences — kindly, honestly, and in English.

Ask the teacher — notes to bring to class



Class Book

Warm-up · Your last hour on your phone

Think about the *LAST* hour you spent on your phone (before class). Describe it in 3 sentences: which apps, what for, and how you felt after.

Which app got the most time?

Was any of it useful?

How did you feel when you finally put the phone down?

Lead-in · Myth or Fact — screen time

Vote *MYTH* or *FACT* for each claim. Then reveal the answer.

1. The average adult picks up their phone more than 120 times a day.

2. Blue light from your phone is the main reason people sleep badly.

3. Deleting Instagram from your phone makes you significantly happier within a week.

4. TikTok's algorithm is designed to keep you watching as long as possible.

5. If you check your email first thing in the morning, you'll have a more productive day.

followUp: Which fact surprised you most? Which one made you want to change something today?

Reading · The greyscale week

Last month I did an experiment. I turned my phone to greyscale — no colour, only black, white and grey — for one full week. The trick is simple: without colour, the app icons stop shouting at you. Instagram is grey. YouTube is grey. WhatsApp is grey. Suddenly your brain doesn't want to open them.

The first day was uncomfortable. I kept picking up my phone, staring at the boring screen, and putting it down again. By day three, my screen time had dropped by almost 60%. By day five, I'd finished a book I'd been 'reading' for six months.

The point isn't that greyscale is magic. The point is that colour is not neutral. Every red notification, every bright icon, every glowing thumbnail was designed by someone to pull you back. Turn off the colour and you see the design. And once you see the design, it stops working on you.

1. What did the writer do to his phone?

- (A) Deleted all apps
- (B) Turned it to greyscale
- (C) Threw it away

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2. What was the effect on his screen time?

- (A) Doubled
- (B) Dropped by 60%
- (C) Stayed the same

3. What's the main point of the article?

- (A) Colour on phones is not neutral
- (B) Greyscale is magic
- (C) Delete Instagram

Vocabulary in context

Match the phrase to its meaning.

greyscale — displaying only black, white and grey

shouting at you — grabbing your attention aggressively

pull you back — make you return (to the app)

not neutral — not innocent — has a purpose

True / False / Not Given

Based only on the text.

1. The writer turned his phone to greyscale for one month.

- (A) True
- (B) False
- (C) Not Given

2. On day 1 he barely used his phone.

- (A) True
- (B) False
- (C) Not Given

3. He finished a book after five days.

- (A) True
- (B) False
- (C) Not Given

4. He recommends everyone try it for a month.

- (A) True
- (B) False
- (C) Not Given

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React to the text

Answer in 2–3 sentences.

1. Would YOU try greyscale for a week? Why or why not?

2. Which app pulls you back most? Why does it work on you?

Scan for meaning

Find the word or phrase from the text.

1. displaying only black, white and grey

2. grabbing your attention aggressively

3. not innocent — has a purpose

Vocabulary · Phones, apps & social media

screen time — how long you spend looking at a screen

notification — a message from an app

feed — the endless list of posts on a social app

algorithm — the invisible rules that choose what you see

post — an update / photo shared online

profile — your page on a social app

scroll (through) — move down through content

swipe — slide your finger across the screen

log in / log out — enter / leave an account

share — send content to others

block someone — stop them contacting you

become an overnight sensation — become suddenly very popular online

practice

Complete each sentence with ONE word or phrase from the lists.

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1. I turn off ____ at night — otherwise I can't sleep.

2. I ____ ____ TikTok for two hours yesterday and remember nothing.

3. My ____ ____ was 6 hours yesterday — embarrassing.

4. That video ____ ____ overnight — 3 million views by morning.

5. I had to ____ him — he wouldn't stop messaging.

6. The ____ decides what I see, and it's usually cats and bad news.

Collocations · phones & apps

Match each verb with its noun.

check — your phone / your email / your notifications

update — an app / your status / a profile

delete — an app / a photo / a message

install — an app / an update / a program

turn off — notifications / your phone / the wi-fi

Odd one out

Choose the word that does NOT belong.

1. post · share · like · sneeze
(A) post
(B) share
(C) like
(D) sneeze
2. screen · feed · algorithm · pineapple
(A) screen
(B) feed
(C) algorithm
(D) pineapple

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3. swipe · scroll · tap · faint

(A) swipe

(B) scroll

(C) tap

(D) faint

Word building · verb ↔ noun

Complete each pair.

utility:

1. notify → a ____

2. share → a ____

3. message → a ____

4. connect → a ____



Grammar · 1st conditional (if + present, will + verb)

1. What the 1st conditional is for — Realistic possibilities in the future — cause and effect. • If you check your phone at 3 a.m., you **WON'T** sleep well. • If she posts that photo, everyone **WILL** see it.

2. The form — IF + present simple, SUBJECT + will/won't + verb. The two halves can swap; use a comma when 'if' comes first. • If it rains, I'll stay home. • I'll stay home if it rains. (no comma)

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3. Other options in the second half — You can replace 'will' with modals for softer meaning. • If you finish early, you **CAN** leave. • If she calls, you **SHOULD** answer. • If they ask, you **MIGHT** get a bonus.

4. Common trap — NEVER 'if I will...'. • If I will see him, I'll tell him. ■ • If I see him, I'll tell him. ■

Exercise A — Complete the conditional

Complete each sentence with the correct forms of the verbs in brackets.

1. If you ____ (delete) Instagram, you ____ (feel) better within a week.

2. If it ____ (rain) tomorrow, we ____ (not / go) to the beach.

3. If she ____ (post) that photo, everyone ____ (see) it.

4. I ____ (call) you back if I ____ (have) time.

5. If you ____ (turn) off notifications, you ____ (sleep) better.

Exercise B — Match cause and effect

Match each 'if' half to its most logical 'will' half.

If you check your phone at 3 a.m., — you won't sleep well.

If she keeps ignoring his messages, — he'll stop trying.

If we leave now, — we'll catch the last train.

If it rains all weekend, — I'll finish that book.

If you post that photo, — your mum will definitely comment.

Exercise C — Find and fix the mistake

Each sentence has ONE mistake.

1. If I will see him tomorrow, I'll tell him.

2. She will be angry if you will forget her birthday.

3. If you don't will study, you fail the test.

4. If it rains, we going home.

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**Exercise D — Rewrite as a chain reaction**

Continue the chain — each sentence becomes the 'if' of the next.

1. Start: If I turn off my phone tonight...

Exercise E — About you

Complete each sentence truthfully.

1. If I have time this weekend, ____

2. I'll be really annoyed if ____

3. If it rains all Saturday, ____

Exercise F — Complete the mini-conversation

Complete each gap with the correct form.

1. — If we ____ (leave) now, we ____ (catch) the 8 o'clock. — And if we ____ (miss) it? — Then we ____ (wait) an hour.

2. — If you ____ (not delete) that email, you ____ (never/find) it again. — Fine — I ____ (do) it now.

Listening · Two friends and a phone detox

Two friends discuss a possible weekend without phones. Notice how they use the 1st conditional to imagine consequences.

pre

Have you ever tried a 'phone detox'? What happened?

What is the LONGEST you've gone without checking your phone?

gist

1. What do the two friends agree to try?

2. Whose idea was it originally?

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3. What are they most worried about?

detail

1. What is the ONE exception they agree on?

2. What will Voice A do about work messages?

3. What activity are they planning for Saturday?

Third listen — read between the lines

Answer from what is IMPLIED.

1. Are they equally committed to the idea?

2. Will they actually manage the whole 48 hours?

Useful language from the audio

Match each phrase to what it does.

"If we don't do it now, we never will." — 1st conditional expressing determination

"If my mum tries to call, she'll panic." — predicting consequence

"If we take photos, we cheat a bit." — acknowledging a compromise

"Let's just try it." — informal proposal

"I'll set an auto-reply." — solving a problem practically

Voice A: So — you actually want to do this? A whole weekend?

Voice B: Friday 7 to Sunday 7. If we don't do it now, we never will.

Voice A: If my mum tries to call, she'll panic and drive over.

Voice B: I know. Warn her. And your work?

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Voice A: I'll set an auto-reply: 'checking my phone Monday morning'. If anyone really needs me, they know my partner's number.

Voice B: Good. One exception — photos. If we take photos, we cheat a bit, but I can't be in Serra da Estrela with no camera.

Voice A: Fine. Airplane mode, camera only. That's the deal.

Voice B: Saturday — long walk. No signal anyway, which is kind of the point.

Voice A: And if we get bored?

Voice B: If we get bored, we talk. If we get REALLY bored, we cook. If we get catastrophically bored, we come home Sunday morning instead of Sunday evening. But I bet we won't.

Voice A: You're going to be insufferable if this works.

Voice B: Deeply insufferable. Let's just try it.

Fourth listen — fill the gaps

Listen again and complete the exact phrases.

1. If we don't do it now, we never ____.

2. If my mum tries to call, she ____ panic.

3. If we take photos, we ____ a bit.

4. If we get bored, we ____.

Speaking · Chain reactions

In pairs, build a chain of 6 conditionals starting from ONE of the prompts below. Take turns adding the next 'if'.

Scene: 'If I delete Instagram tonight...'

A: You: start the chain.

B: You: continue with the next 'if'.

Scene: 'If I quit my job in six months...'

A: You: start.

B: You: continue — realistic consequences only.

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Scene: 'If I move to another country next year...'

A: You: start.

B: You: continue — good AND bad consequences.

Discussion · media & tech

Choose 2 questions and speak for 30–45 seconds each.

If phones didn't exist, what's the ONE good thing that would come back?

If you had to delete 3 apps forever, which ones?

If your future child grows up with more screen time than you did, is that a problem?

What's the ONE app that has genuinely improved your life?

Role-play · Convincing a friend to do a phone detox

Read your role, prepare, then run the conversation for 2 minutes.

Scene: You want a weekend without phones — your friend is horrified

A: You: convinced. Prepare 3 realistic consequences ('if we do this, we'll...').

B: You: dependent on your phone for work. Prepare 3 realistic objections.

Mini-presentation · 60-second phone confession

Deliver a 60-second honest confession about your phone habits. Use at least THREE 1st conditionals.

Beat 1 (10s) — Your daily screen time (honestly).

Beat 2 (15s) — Your worst phone habit.

Beat 3 (20s) — Two conditionals: 'If I do X, I'll...' / 'If I stop Y, I'll...'.

Beat 4 (15s) — What you'll try this week.

sample: My screen time last week was 5 hours 30 minutes a day. My worst habit is checking Instagram in bed at 11pm and putting the phone down at 12:15. If I keep doing that, I'll never sleep enough. If I move my phone to the living room, I'll sleep an extra hour easily. This week I'll leave my phone in the kitchen after 10pm — for five nights. If it works, I'll write a smug post about it. Sorry in advance.

Writing · A short post: 'One thing I'll change this week'

Write 80–100 words about ONE tech habit you'll change this week. Use at least THREE 1st conditionals.

bonus: Bonus — In one week, add a P.S. saying whether it worked.

Wrap-up · What did we cover?

1st conditional = if + PRESENT, will + verb — realistic future.

Never 'if I will...' — the 'if' half is present tense.

Ask the teacher — notes to bring to class



You can swap the halves; comma only when 'if' comes first.

Colour on your phone is not neutral — every icon is a decision by someone.

Quiz

1. "If it ____ tomorrow, we'll stay home."
(A) will rain
(B) rains
(C) rain
2. "She ____ angry if you forget her birthday."
(A) will be
(B) would be
(C) is
3. Which sentence is CORRECT?
(A) If I will see him, I'll tell him.
(B) If I see him, I'll tell him.
(C) If I see him, I tell him.
4. 'Screen time' means...
(A) a film session
(B) how long you spend on a screen
(C) the cinema
5. 'To go viral' means...
(A) get a virus
(B) become suddenly very popular online
(C) install an app

Ask the teacher — notes to bring to class



Workbook — home practice



1. Vocabulary recall

Complete each sentence with the best word from the class-book lesson.

1. Write ONE new word from the lesson and its meaning in your own words.

2. Write ONE collocation from the lesson and use it in a sentence about your life.

3. Write ONE phrase you'd use in real conversation this week.

2. Grammar practice · 1st conditional

Rewrite each sentence using the target grammar of this lesson.

1. Sentence 1 → rewrite it correctly with the target grammar.

2. Sentence 2 → rewrite it correctly with the target grammar.

Ask the teacher — notes to bring to class



3. Sentence 3 → find and fix ONE mistake.

4. Sentence 4 → complete the gap with the correct form.

5. Sentence 5 → write your own example, true about you.

3. Reading recall

Look back at the class-book reading. Answer briefly in your own words.

1. What was the main idea in ONE sentence?

2. What is ONE opinion of the writer you agree with?

3. What is ONE opinion you disagree with, and why?

4. Listening · a follow-up dialogue

Two voices talk about media & tech for about a minute. Notice the target grammar in use.

1. What is the main topic of the conversation?

2. Who sounds more confident and why?

3. Which target-grammar phrase appears TWICE in the audio?

Voice A: So — tell me about your media & tech this week. Anything different?

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Voice B: Honestly, yes. I've been trying something new — and it's changed how I feel completely.

Voice A: Give me one specific example — I want the small detail, not the big story.

Voice B: OK: I stopped checking my phone before bed. Just that. And I already sleep better.

5. Writing · a short reflection

Write 70–100 words about the theme of this lesson. Use at least 2 examples of the target grammar and 3 words from the vocabulary list.

6. Reflection

Look back at your notes from class. Answer briefly.

1. What is ONE thing from this lesson you already use naturally?

2. What is ONE thing you'd like to practise more this week? How exactly?

Ask the teacher — notes to bring to class



Answer key — Class Book

Lead-in · Myth or Fact — screen time

1. FACT — most studies (Asurion, RescueTime) report between 96 and 144 times/day.
2. PARTIAL FACT — it plays a role, but the CONTENT (stress, comparison, doom-scrolling) affects sleep even more than the light itself.
3. FACT-ISH — most short studies (7–14 days) show measurable improvements in mood and sleep, but the effect fades quickly if you go back.
4. FACT — publicly acknowledged. All major social apps optimise for 'time in app', not for your wellbeing.
5. MYTH — most productivity research finds the opposite: it makes you reactive, not proactive, for the whole morning.

Reading · The greyscale week

1. (B) Turned it to greyscale
2. (B) Dropped by 60%
3. (A) Colour on phones is not neutral
1. (B) False
2. (B) False
3. (A) True
4. (C) Not Given
1. Model: I'd try 3 days first — a whole week feels dramatic. But I like the idea that I'd finally finish a book.
2. Model: Instagram — it always shows me exactly the videos my friends have already sent me, which annoys me and hooks me at the same time.
1. greyscale
2. shouting at you
3. not neutral

Vocabulary · Phones, apps & social media

1. notifications
2. scrolled through
3. screen time
4. became an overnight sensation
5. block
6. algorithm / feed
1. (D) sneeze
2. (D) pineapple
3. (D) faint
1. notification
2. share
3. message
4. connection

Grammar · 1st conditional (if + present, will + verb)

1. delete / will feel
2. rains / won't go
3. posts / will see
4. will call / have
5. turn / will sleep
1. If I see him tomorrow, I'll tell him.
2. She will be angry if you forget her birthday.
3. If you don't study, you'll fail the test.
4. If it rains, we'll go home.
1. Model: If I turn off my phone tonight, I'll sleep better. If I sleep better, I'll wake up earlier. If I wake up earlier, I'll have time for breakfast. If I have breakfast, I won't buy that expensive coffee. If I don't buy that coffee, I'll save 3€ a day. If I save 3€ a day, I'll pay for my next holiday. All from turning off one phone.
1. Model: If I have time this weekend, I'll finally clean the balcony.

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2. Model: I'll be really annoyed if my flatmate leaves the dishes again.
3. Model: If it rains all Saturday, I'll marathon a series and pretend I'm on holiday.
1. leave / will catch / miss / will wait
2. don't delete / will never find / will do / 'll do

Listening · Two friends and a phone detox

1. A phone-free weekend — from Friday 7pm to Sunday 7pm — with only one exception (photos).
2. Voice B — she read an article about greyscale phones and got inspired to go further.
3. Missing important calls, and their partners thinking they're ignoring them.
1. Taking photos — the phone stays in airplane mode with the camera only.
2. Set an auto-reply saying 'checking my phone Monday morning'.
3. A long walk in Serra da Estrela — cold weather but no signal, which is 'kind of the point'.
1. Not quite — Voice B is fully in; Voice A is 80% in and negotiating the exceptions.
2. Probably yes — they've prepared exceptions and warned people, which are the two things detoxes usually fail on.
1. will
2. will / 'll
3. cheat
4. talk

Quiz

1. (B) rains
2. (A) will be
3. (B) If I see him, I'll tell him.
4. (B) how long you spend on a screen
5. (B) become suddenly very popular online

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Answer key — Workbook

1. Vocabulary recall

1. Open answer — check with your teacher.
2. Open answer.
3. Open answer.

2. Grammar practice · 1st conditional

1. Model answer — see class notes.
2. Model answer — see class notes.
3. Model answer — see class notes.
4. Model answer — see class notes.
5. Open answer.

3. Reading recall

1. Open answer — around 15 words.
2. Open answer.
3. Open answer — 2 sentences.

4. Listening · a follow-up dialogue

1. Model: both speakers compare their own experience of media & tech.
2. Open answer — look for specific detail and full sentences.
3. Open answer — see transcript.

6. Reflection

1. Open answer.
2. Open answer — be specific: what, when, how often.

Ask the teacher — notes to bring to class