

READING COMPREHENSION

B1 | Adults / Teens | Reading + Vocabulary | 30-40 minutes

Topic: Technology | Skills: Reading, Vocabulary, Speaking

Read the text carefully. Then answer the questions on Page 2.

A Week Without Notifications

For a school project, I turned off the notifications on my phone for seven days. I could still use every app, but my phone would not make a sound or display a message whenever something happened. Before the experiment, I thought this would make almost no difference. I was sure I only checked my phone when I needed it.

The first morning proved otherwise. During breakfast, I picked it up four times, even though nothing had appeared on the screen. I seemed to be waiting for a reason to look. By the third day, the **habit** was weaker. I finished my homework more quickly and watched a film without stopping it.

There were problems too. On Thursday, my basketball practice moved to a different sports hall. I did not read the group message until I was standing outside the old building. My friends had assumed everyone had seen it.

After that, I checked important messages at three set times each day. I also asked my family to call if something was **urgent**. This arrangement worked better than either checking constantly or ignoring the phone completely.

At the end of the week, I kept most notifications off but switched on messages from my family. My project was not proof that phones are bad. It helped me notice which interruptions I wanted and which ones I had simply accepted.

Key vocabulary

notification - a message or signal that tells you something has happened

habit - something you do regularly, often without thinking

urgent - needing attention immediately

interruption - something that stops an activity for a time

COMPREHENSION QUESTIONS

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Answer in complete sentences. Use the text to help you.

1. What could the narrator still do during the experiment?

2. What did the first breakfast reveal about the narrator's behaviour?

3. What problem happened on Thursday?

4. How did the narrator change the arrangement after Thursday?

5. Which notifications did the narrator switch back on?

6. What was the narrator's main conclusion?

Discuss with a partner

- Which phone notifications are useful to you?
- How could a group share urgent changes reliably?

ANSWER KEY

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Suggested full-sentence answers. Accept equivalent answers with the same meaning.

1. What could the narrator still do during the experiment?

The narrator could still use every app on the phone.

2. What did the first breakfast reveal about the narrator's behaviour?

It revealed that the narrator checked the phone from habit, even without notifications.

3. What problem happened on Thursday?

The narrator went to the old sports hall because they had not seen the message about the change.

4. How did the narrator change the arrangement after Thursday?

The narrator checked important messages at three set times and asked family members to call about urgent matters.

5. Which notifications did the narrator switch back on?

The narrator switched messages from the family back on.

6. What was the narrator's main conclusion?

The narrator concluded that it was useful to choose interruptions rather than accept all of them automatically.

Teaching notes

Read once for the main idea, then reread for evidence. Compare answers before discussing the two open questions.

Language and reading focus: Past simple; contrast and cause; distinguishing a claim from an example.

Text: Original fiction. Discussion questions have no fixed answers.