



Unit 3 — Media in Our Lives

Track E · Klasse 7 · Niveau E

Learning objectives

- *I can listen to a short classroom dialogue about screen time and pick out what someone changed and what happened.*
- *I can describe a media habit using the present perfect with for / since.*
- *I can write a short text proposing a one-week change to my media habits.*

Lead-in

Aisha put her phone in a drawer for one week. The first evening felt like a small earthquake. The kitchen was suddenly very loud: the fridge, the cat, her brother chewing carrots. By Wednesday it was quiet again, in a different way — the kind of quiet you choose, not the kind you escape. She read aloud to her cat, because the cat did not check her grammar. Ben said, "I could not do that," and Aisha said, "I almost couldn't either."

Vocabulary

- screen time
- notification
- feed
- message
- stream
- story
- news

Key points

- When you tell someone what another person asked, use:

Practise

- I have known my best friend _____ five years.
- I have not seen that film _____ 2024.
- We have lived in this town _____ a long time.
- Ben has been on his phone _____ this morning.
- Aisha / not use / her phone / two evenings → ____

Your turn

Writing task — *One Week, One Change*. Write a short text proposing one change to your media habits for **one week only**. Cover three points:

Reflect

- I can pick out what someone changed in their media habits and what happened.
- I can describe a habit with present perfect + *for* / *since*.
- I can write a 100-word proposal for a one-week media experiment.