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We Speak English

Meeting - 2

A Social Media Fast

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Main Reading: A Social Media Fast

Source: [ESLFast.com - Essay 001](#) 

Nowadays many people are social media fanatics. They are always looking at their mobile phones or tablets and updating their Twitter or Facebook accounts. They are taking pictures of what they eat or taking pictures of themselves, which is called "selfies". When people are not oversharing, they are constantly reading or looking at what friends and family members are posting. Social media is becoming addicting.



Research shows that most people spend on average almost 4 hours a day on social networking sites. That's almost 30 hours a week. While some people need and use social media for work or to stay in touch with friends, other people find that using social media so much causes anxiety and stress. People also tend to use social media as a way to procrastinate. So just as many religions ask people to abstain, or not to have certain foods or drinks for a certain time, many people are taking social media fasts. They are not updating their statuses, and they are also not reading what other people are posting. They choose to stay away from social media for 30 days.

Ironically, the details of these fasts can be found on social networking sites all over the Internet. The reasons people undertake a fast are varied. Some people want to reconnect with their families or friends by disconnecting from their cell phones. Some people want to be more productive at work. What did some fasters do instead of logging on? Some decided to connect with friends by actually sitting down and having face-to-face conversations. If friends or loved ones were far away, they would call them on the telephone instead. Some even wrote handwritten postcards or letters. The results were mixed. Some people felt that not using social media made them more anxious. Others developed more positive habits like journaling or meditating.

Vocabulary Matching Exercise

Match the word with the correct meaning.

#. Word	C.	A. Meaning
1. abstain		a. nervous feeling or worry
2. addict		b. person who can't stop doing something
3. anxiety		c. to avoid doing something
4. average		d. typical amount, not extreme
5. constantly		e. happening all the time
6. fanatic		f. person with extreme enthusiasm
7. ironically		g. opposite to what is expected
8. meditate		h. to sit quietly and relax your mind
9. procrastinate		i. to delay or avoid something
10. selfie		j. a photo taken of yourself
11. stress		k. mental pressure or strain
12. tablet		l. a small, flat touchscreen computer

Comprehension Quiz (Multiple Choice)

1. What are "selfies"?

- ☐ someone's reflection in the mirror
- ☐ a photograph that one has taken of oneself
- ☐ pictures of food
- ☐ the latest smartphones

2. How much time do people spend daily on social media, on average?

- ☐ 30 hours
- ☐ 24 hours
- ☐ 3 hours
- ☐ 4 hours

3. All of the following are ways people use social media EXCEPT:

- ☐ to stay in touch with friends
- ☐ to help with work
- ☐ to procrastinate
- ☐ to punish themselves

4. Which is NOT a reason people do social media fasts?

- ☐ reconnect in person
- ☐ be more productive
- ☐ devote more time to video games
- ☐ reduce anxiety

5. What do people on the fast do instead?

- ☐ have face-to-face conversations
- ☐ wash more clothes
- ☐ watch TV
- ☐ only drink liquids

Cloze Activity (Fill in the Blanks)

Based on the cloze from [ESLFast - Cloze 001](#)

Nowadays many people are social media fanatics. They ___ always looking at their mobile phones or tablets, ___ updating their Twitter or Facebook accounts. They are ___ pictures of what they eat, or taking pictures ___ themselves, which is called "selfies". ...

(Continue with full cloze on handout or screen share)

Dictation Practice

Source: [Dictation Audio](#)

- Instructor plays 2-3 sentences from the article slowly.
- Students write what they hear.
- Replay once for confirmation, then correct together.

Extra Activities

Pair Speaking Prompt

- *"Have you ever taken a break from social media?"*
- *"What would you do if you didn't use your phone for 3 days?"*

Each student prepare some of these questions, we spin the wheel to choose a pair to discuss.

Mini Debate

"Social media causes more harm than good."






- Group A: Agree
- Group B: Disagree

Each group has 5 minutes to prepare arguments.

"Would You Rather?" Game

- Would you rather stop using social media or stop using video apps?
- Would you rather handwrite letters to friends or not contact them at all for a week?

Resources

-  [Original Article](#)
-  [Cloze Exercise](#)
-  [Dictation Link](#)