**Device Free Dinner: Before the film**

1. **Can you define the following phrases? Use (online) dictionary if not certain.**

Mobile devices:

Digital media:

Phone addiction:

1.  **Write down some advantages and disadvantages of using mobile devices.**



1. **Write down the activities during the day you do online and these you do offline. Is there a balance between them?**

**Activities I do…**

|  |  |
| --- | --- |
| **Online** | **Offline** |
|  |  |

1. **Look at the activities you can do offline. Rate them 1 – 6 from the most to the least interesting for you.**

Playing sports or board games

Hiking, camping, and other outdoor activities

Celebrating some events with my family or friends

Volunteering in my community

Playing music, singing, or dancing

Making arts and crafts by hand, DIY projects