

GEPT Elementary Short Video Screen Time Handout

Short Videos and Screen Time: Finding a Better Balance

Teacher Notes 教師備課

- Level: GEPT Elementary / CEFR A2
- Class time: 50-90 minutes
- Skills: reading, vocabulary, dialog, speaking practice, quiz

A. Vocabulary 單字解析

Word	Part	中文	Easy meaning	Example
screen time	n.	螢幕時間	time spent using screens	My screen time is two hours a day.
video	n.	影片	moving pictures with sound	I watched a funny video.
limit	n./v.	限制	a rule about how much is allowed	I set a time limit.
habit	n.	習慣	something you do often	Checking my phone is a habit.
focus	v.	專心	to give attention to something	I need to focus on homework.
notification	n.	通知	a phone message or alert	Notifications make me check my phone.
balance	n.	平衡	a good mix of different things	We need balance in our life.
creative	adj.	有創意的	able to make new ideas	She makes creative videos.

B. Reading 1 | Five More Minutes

After dinner, Jason watches short videos on his phone. He says, 'Only five more minutes.' But five minutes becomes thirty minutes. When his mother asks about homework, Jason is surprised by the time.

Jason likes short videos because they are funny and quick. Some videos also teach him useful things, like drawing and cooking. But when he watches too many, he feels tired and cannot focus.

That night, Jason makes a small rule. He will finish homework first and watch videos for twenty minutes after that. He also turns off notifications during study time.

C. Reading 2 | What Teens Say

Many teenagers use social media and video apps every day. Some teens say these apps help them feel connected to friends. They can share ideas, jokes, music, and creative work.

However, many teens also say they spend too much time online. Too much screen time may hurt sleep, productivity, or grades. It can also make students compare their lives with other people.

A better plan is not always to stop using phones. Students can set limits, follow useful accounts, and take breaks. They can also choose one phone-free time, such as dinner or the hour before bed.

D. Reading 3 | A Class Challenge

Ms. Lin gives her class a one-week screen time challenge. Students do not have to stop using their phones. They only need to write down when and why they use them.

At first, Jason thinks the challenge is boring. But after three days, he sees a pattern. He often opens video apps when he is tired or bored, not because he really wants to watch something.

On Friday, students share ideas. Some put their phones outside the bedroom. Some study with a timer. Jason says, 'I still like videos, but now I choose when to watch them.'

E. Dialog Practice 口說對話

Dialog 1 Study Time	
Mom	Are you still watching videos?
Jason	Just five more minutes.
Mom	You said that twenty minutes ago.
Jason	Really? I lost track of time.
Mom	Finish homework first, then relax.

Dialog 2 Setting a Limit	
Amy	How do you stop watching?
Jason	I set a twenty-minute timer.
Amy	Does it work?
Jason	Most of the time. I also turn off notifications.
Amy	I should try that.

Dialog 3 Useful Videos	
Teacher	Are all short videos bad?
Student	No. Some teach useful skills.
Teacher	Good. What is the problem?
Student	Watching too many without thinking.
Teacher	Exactly. Balance is important.

F. Speaking Practice 口說練習

- I use my phone to ____.
- Too much screen time can ____.
- One good phone rule is ____.
- I can use short videos in a better way by ____.

G. Quiz 測驗

1. Why does Jason feel surprised after dinner?

Answer: _____

2. Name one good thing about short videos.

Answer: _____

3. Name one problem with too much screen time.

Answer: _____

4. What is Ms. Lin's challenge?

Answer: _____

5. Ask a friend about their screen time.

Answer: _____

6. Give one phone rule.

Answer: _____

H. Answer Key 答案

1. He does not know he watched videos for thirty minutes.
2. They can be funny, creative, or useful for learning.
3. It may hurt sleep, productivity, grades, or focus.
4. Students write down when and why they use phones.
5. How much screen time do you have every day?
6. Possible answer: No phone before homework.

Source Notes 來源參考

- Pew Research Center teens and social media:

<https://www.pewresearch.org/short-reads/2025/07/10/10-facts-about-teens-and-social-media/>