

Digital Minimalism

Reading Worksheet — Level C | tahricteaches.com

Today, almost everyone has a **device** like a phone or a tablet. People use these devices for work, school, and fun. Many people look at a screen for many hours every day. This is a normal part of modern life for both children and adults.

Phones often send a **notification**. This is a small message or sound that asks for attention. Notifications can come from games, social media, or messages. Many people check their phone every time they hear a sound. This habit can make it hard to finish other tasks.

A notification can become a **distraction**. A distraction takes your attention away from your work or your family. For example, a student may try to do homework, but a phone sound stops their thinking. Too many distractions during the day can make people feel tired and stressed.

Digital minimalism is a simple idea. It means using fewer apps and spending less time on a screen. Some people choose to go **offline** for one hour every evening. During this time, they read a book, talk with family, or go for a walk outside.

Digital minimalism helps people find **balance** between technology and real life. It does not mean a person must stop using phones completely. It means choosing when and how to use them. With a better balance, people can feel calmer, sleep better, and enjoy more time with family and friends.

A. Vocabulary

1. device ____	a. most of something allowed
2. screen ____	b. give full attention to one thing
3. notification ____	c. right amount of different things together
4. distraction ____	d. small message or sound from a phone or app
5. offline ____	e. not connected to the internet
6. habit ____	f. careful and aware of what you are doing
7. focus ____	g. machine like a phone, tablet, or computer
8. balance ____	h. flat part of a device that shows pictures and words
9. limit ____	i. something that takes attention away from a task
10. mindful ____	j. something done often, almost without thinking

B. True or False

____ 1. A device can be a phone or a tablet.

____ 2. Notifications never make any sound.

____ 3. People use devices only for work.

____ 4. A distraction can take your attention away from homework.

___ 5. Digital minimalism means using more apps every day.

___ 6. Some people go offline for one hour in the evening.

___ 7. Going offline means staying connected to the internet.

___ 8. Too many distractions can make people feel tired and stressed.

___ 9. Digital minimalism means a person must stop using phones completely.

___ 10. A better balance can help people sleep better.

C. Fill in the Blanks

Word Bank: device, notification, distraction, offline, balance, habit, focus, limit

1. My phone is a small _____ that I carry everywhere.
2. I heard a _____ from my phone during class.
3. Loud noise can be a big _____ when you study.
4. On Sunday, we go _____ and spend time in nature.
5. It is important to find a _____ between work and rest.



D. Comprehension Questions

1. What is a device? Give one example.
2. Why can a notification be a distraction?
3. What can people do during offline time?

E. Discussion Questions

1. How many hours do you spend looking at a screen every day?
2. What is one activity you could do during offline time?



Answer Key

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A. Vocabulary: 1-g, 2-h, 3-d, 4-i, 5-e, 6-j, 7-b, 8-c, 9-a, 10-f

B. True/False: 1-T, 2-F, 3-F, 4-T, 5-F, 6-T, 7-F, 8-T, 9-F, 10-T

C. Fill Blanks: 1-device, 2-notification, 3-distraction, 4-offline, 5-balance

D. Comprehension:

1. A device is a machine like a phone, tablet, or computer, and a smartphone is one example.
2. A notification is a sound or message that takes your attention away from what you are doing.
3. They can read a book, talk with family, or go for a walk outside.

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