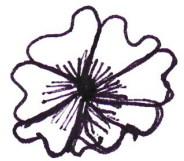


phone



Day 1

Today I tried to spend less time on my phone. Instead of scrolling on social media, I went for a walk in the park with my friend. We talked a lot and enjoyed the fresh air. After that, I listened to music and drew in my notebook. I felt more relaxed and happy without spending too much time on gadgets.

Day 2

This morning I decided to read a book instead of watching videos online. The story was very interesting and helped me use my imagination.

In the afternoon, I helped my parents with cooking and cleaning. Later, I played board games with my family. It was fun and we all laughed a lot together.

Day 3



Today I replaced gadget time with sports and creative. I rode my bike for an hour and then practiced dancing. In the evening, I wrote in my journal and planned my goals for the future. I realized that there are many better ways to spend free time than using

Three days without gadgets

Today, gadgets such as phones, tablets, computers, and televisions are part of our everyday life. However, spending too much time on them isn't healthy. If I had to stay 3 days without gadgets, I would find many other interesting activities to do.

First of all, I would spend more time outside. I could go for a walk, ride my electric scooter, play football, or visit parks with my friends. Outdoor activities are fun and also good for our health.

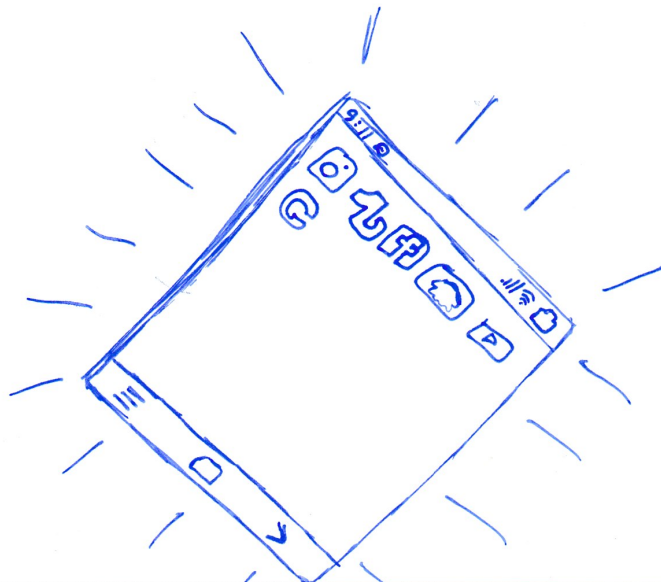
Secondly, I would read books and magazines. Reading helps us improve our imagination and learn new things. It's also a relaxing activity.

Finally, I could help around the house by cleaning my room, watering plants, or helping my parents with chores. This would make me feel responsible and productive.

In conclusion, living for 3 days without gadgets wouldn't be boring. There are many enjoyable and useful activities that can replace technology and help us have a healthier lifestyle.

This homework/project was made by-

Class-7D



20.05.2026

Three-Day Journal: Replacing Phone Time



Day 1:

Today I decided to spend less time on my phone. I usually watch movies after school, but today I replaced that time with reading a book. Reading helped me relax and learn new words in English.

Later, instead of scrolling on social media, I went for a walk with my friend in the park. We talked and laughed a lot. It was better, because we spent real time together, not online.

Day 2:

Today I tried to do something different instead of staying on my phone. After homework, I made some muffins by myself. It was really fun, because I learned how to cook better and the muffins were delicious.

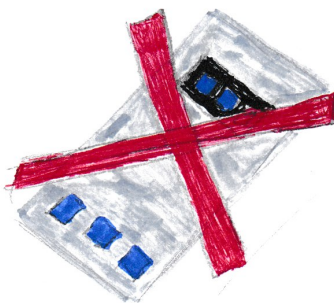
Later, I cleaned and organized my room. I found old photos and books that I forgotten about. It made my room look nicer and I felt proud of myself.

Day 3:

Today I replaced phone time with sports and games. After school, I rode my bike in the park with my sister.

Later, I played a board game with my sister. We laughed a lot and enjoyed our time together.

At the end of the day, I realized that I do not need my phone all the time. Spending time with family, friends and hobbies is sometimes much better.



DEAR DIARY..

DAY 1.

Dear diary, today I wanted to play without my phone. After school, I went straight to the park to see my friends. We played a great game of soccer. When you run, pass the ball and try to score a goal, you forget about phones and video games. After the game laughed and told stories. It is much more fun to talk face-to-face than to text. At home, I kept the phone off. I read a few pages of my book before bed, and I slept very well.



DAY 2.

Dear diary, today I needed to be very good and organized. Before I started my homework, I turned off my phone and put it deep in my school bag. Without any noises or messages, my brain worked very fast. I finished all my homework quickly and did a great job. After that, I went to my boxing practice with lots of energy. When I put on my gloves and hit the bag, I feel happy and strong. Boxing needs you to watch out and move fast, so you cannot think about screens. In the evening, I took a warm shower, wrote down some thoughts in my notebook, and read my book.



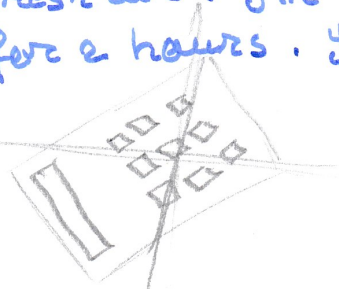
DAY 3.

Dear diary, today was a short but great day. I finished my homework very fast, and then I went to the park to talk with my friends. Later, I did my boxing practice and read a little bit. I don't miss my phone at all because my real life is so much fun!

3-day diary

Day 1

Today I decided to spend less time on my phone. Instead of scrolling on social media all day, I went out with my friends in the park. We talked a lot and enjoyed the fresh air. In the evening, I played the guitar for 2 hours. I felt more relaxed and happy.

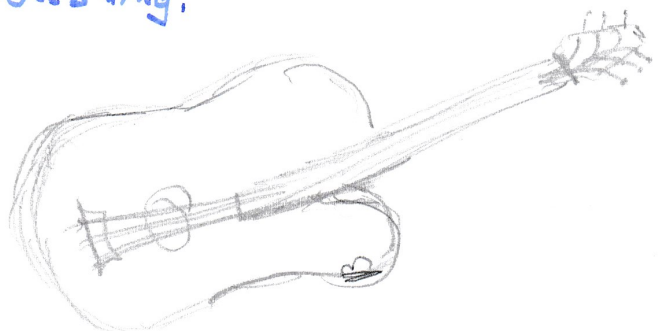


Day 2

After finishing my homework, I wanted to play games on my phone, but I chose to do something different. I helped my mom cook dinner and learn a new recipe. Later, I listened to music and drew in my notebook. It was fun and creative.

Day 3

Today I replaced gadget time with a concert. I sang at a concert. It was really fun. I enjoyed every second. After, we laughed about the moments we thought we were really bad. But we had a great time. When I got home I prepared for school. I think spending less time on ~~gadgets~~ is healthier and more interesting.



3 Days with no phone

If I really had to go 3 days with no phone there are the things I would do.

In the first day I would go to my friends house and call them out to play football or just stay outside. Then I would go home to eat and then sleep.

The second day would be a little different. First in the morning I would go to find some work to do to make some money and then call my friends outside to go somewhere to eat. after that we would stay outside for the whole day.

In the last day with the money I made from work I would go fishing but before, I have to set up the fishing rods and the fish food and just after those things are done I would be able to go fishing

Three days without a:

PHONE

Day 1: (Tuesday)

The first day without my phone was very difficult for me because I usually use it a lot. In the morning, I wanted to check my messages and social media, but I didn't. At first, I felt bored and nervous.

After school, I went to the park with my friends and we played football for a few hours. We had a lot of fun and I forgot about my phone for some time. In the evening, I went to athletics training from 19:30 to 21:30. The training was hard, but I enjoyed spending time with my teammates and focusing on sport.

When I got home, I ate dinner, took a shower and went to sleep earlier.

Day 2 (Wednesday)

The second day was easier because I started getting used to not having my phone. After school, I went again to the park to play football with my friends. At 19:30 I went to football training until 21:30. We practised passing, shooting, and team work. I felt more focused because nothing distracted me. After training, I was

tired but happy.

At home, I spent more time talking with my family instead of looking at a screen.

Day three- Thursday

On the third day, I realized that life without a phone is not so bad. I paid more attention in school and spent more time outside. After school, I went to the park again to play football.

In the evening, I had football training from 19:30 to 21:30. We worked very hard and at the end we played a training match against another team. My team won the match, so the other team had to bring us ice cream for us at the next training. Everyone was happy and we celebrated together.

Conclusion

These three days without a phone taught me many important things. At first, it was difficult because I used to use my phone every day, but later I realized that I can have fun without it.

I spent more time outside, played football with my friends, and focused more on my training and school.

This experience showed me that real life activities and spending time with people are more important than staying on a screen all day.

Journal - 3 Days Without a Phone

Day 1

Today I tried to use my phone much less. Instead of spending time on social media, I read a few chapters from a book that I like. At first, it felt strange because I was used to checking notifications all the time. After a while, I noticed that I felt calmer and more focused.

In the afternoon, I went outside with my friend, it was more fun than sitting on our phones. In the evening, I listened to music and draw a little.



Day 2

On the second day without my phone, I tried to spend my time doing useful activities. In the morning, I did my homework without being distracted by messages.

Later, I helped with chores around the house and then went for a walk. I noticed more things around me: trees, birds, and people that I usually ignored.

In the evening, I played a board game with my family, and we had a lot of fun. Instead of using my phone, spending time with others felt more valuable.



Day 3

Today it was already easier for me not use my phone so often. Instead of staying online, I exercised and rode my bike. I felt more energetic and happier.

In the afternoon, I tried cooking a simple recipe with my family. It was fun, and I learned something new.

In the evening, I wrote in this journal and realized that a phone can be replaced with many activities. These three days helped me understand that I do not always need my phone to feel good.

