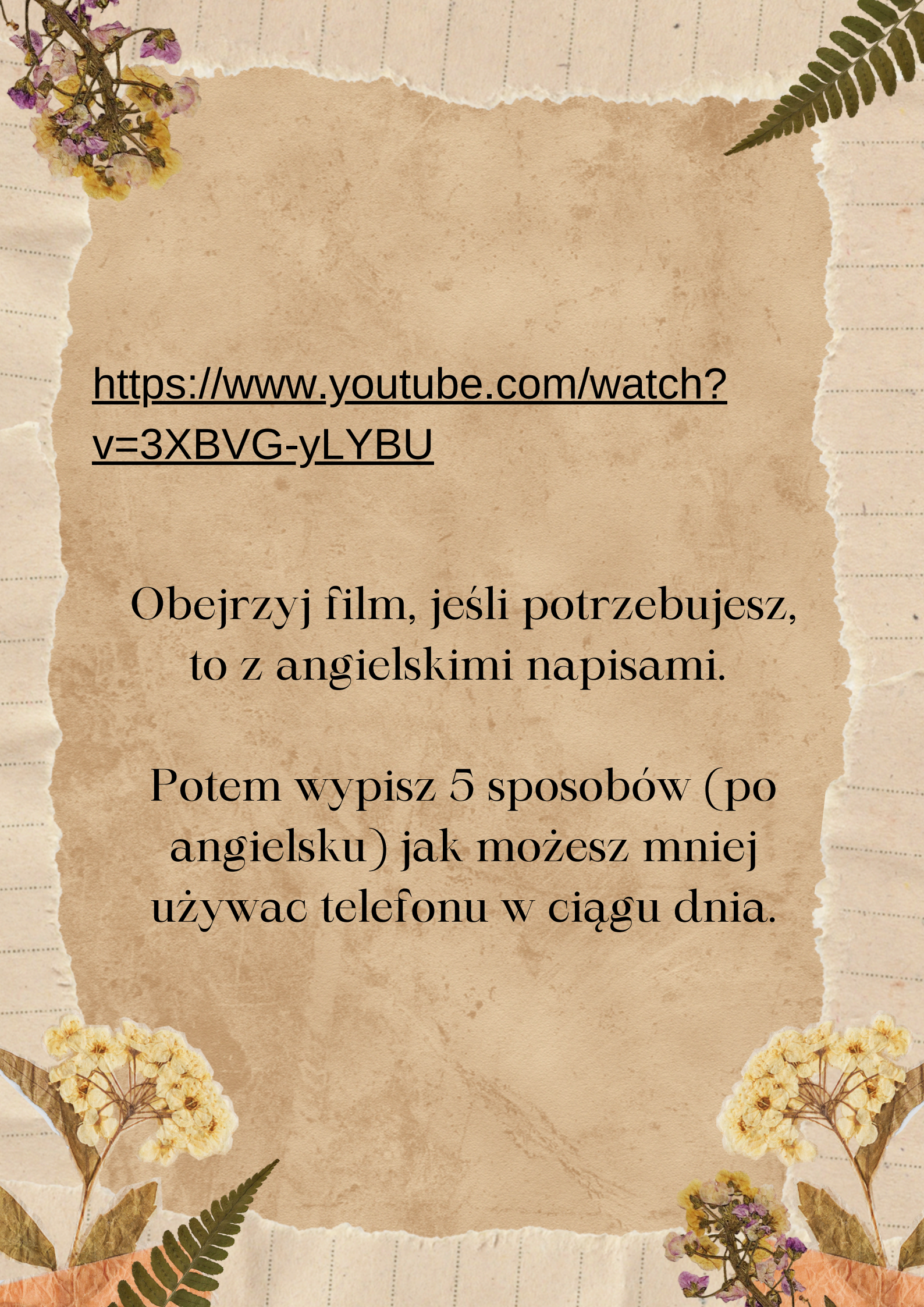


The page is decorated with various botanical elements. In the top-left corner, there is a cluster of small purple and yellow flowers. In the top-right corner, a green fern frond is visible. The bottom-left and bottom-right corners feature clusters of small yellow flowers and green fern fronds. The background is a light beige, textured surface with a torn-paper edge effect.

<https://www.youtube.com/watch?v=3XBVG-yLYBU>

Obejrzyj film, jeśli potrzebujesz,
to z angielskimi napisami.

Potem wypisz 5 sposobów (po
angielsku) jak możesz mniej
używać telefonu w ciągu dnia.