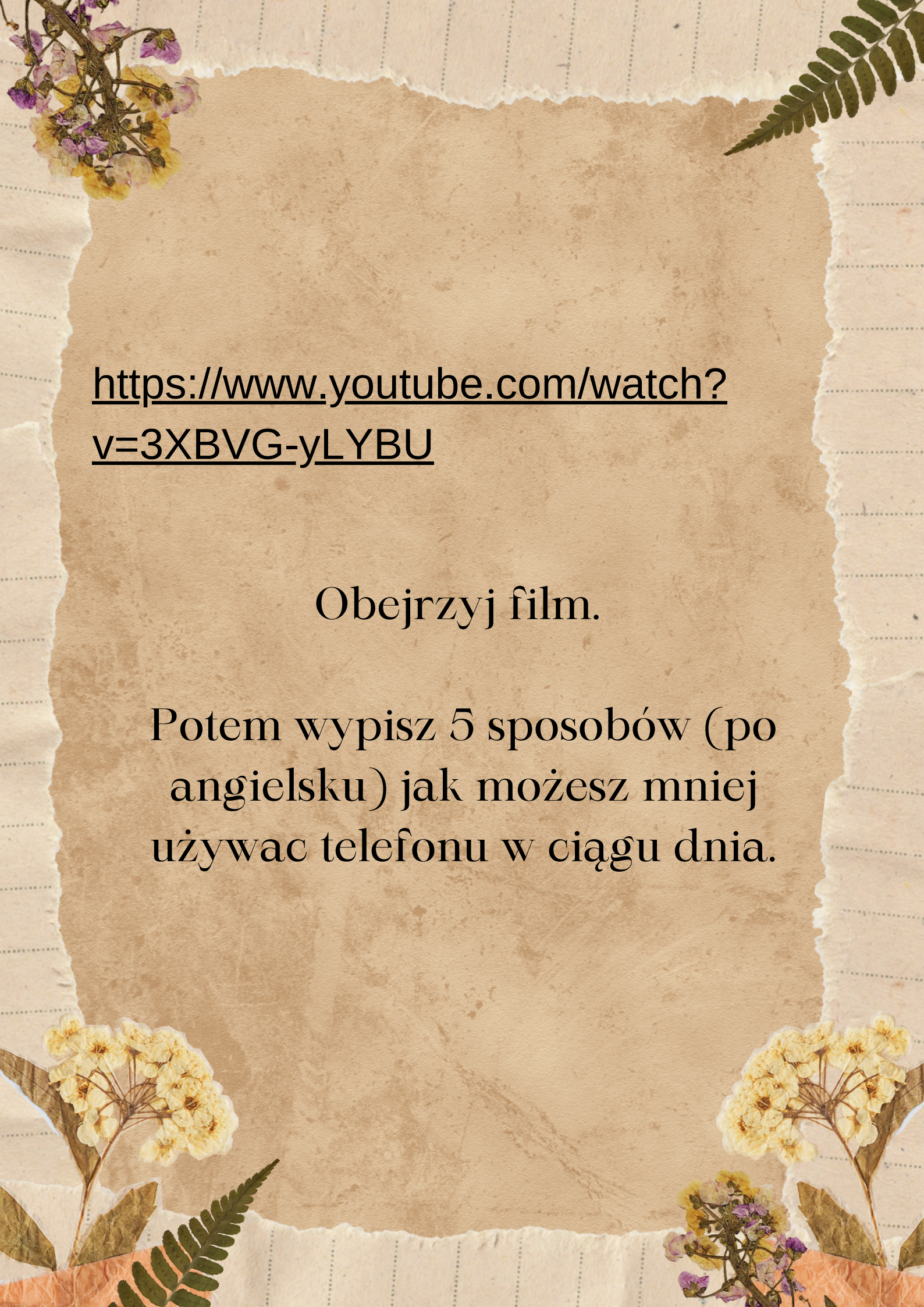


The page is decorated with various botanical elements. In the top-left corner, there is a cluster of small purple and yellow flowers. In the top-right corner, a green fern frond is visible. The bottom-left and bottom-right corners each feature a cluster of small yellow flowers. The background is a light brown, textured paper with a torn edge effect, set against a white background with faint horizontal lines.

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

Obejrzyj film.

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