, I am Frida. I’m twelve years oldI wont to show you what it’s like not to have a sell phone for one day, because I made a bat with my mom that I could live a day without my phone. I think it’s silly that I‘m not up to date anymore. But also is good is that I can spend more time with my parents and friends.It's 6 a.m. Normally I would check my messages on my cell phone now. But I don't have a cell phone today, so I go straight downstairs and have breakfast. Afterwards I go to the bathroom and get ready for the day, now I would actually spend the time before school on my mobile phone, but I don't have one.

That´s why I go to school early. In my school I am not allowed to used the mobile phone, so this is not unusual for me.

I ´m home now. Now I would actually watch one of my favourite series, but today I am doing my homework.

Now I eat lunch while I have more time for my family, because I am not on the mobile phone as usual. And afterwards I took the time to read a book. I was absorbed in a book that I read for more than two hours. And then there was dinner.

That was my day without my phone. From now on I want to reduce my cell phone usage.