

PRINTABLE GUIDE

Find Home, Back and your open apps

Your phone can return Home and switch apps. Controls depend on its model and navigation setting. Follow only the alternative that matches your screen.

iPhone or Android | 2 min read | 5 steps

Before you start

- ☐ An unlocked phone
- ☐ An app you can open for practice

1. Identify your navigation style

Look at the bottom edge. Android may show Home, Back and Recents buttons, or use swipes instead. Some iPhones have a round physical Home button. Other iPhones use a swipe from the bottom edge.

- ☐ Done this step

2. Return Home

Open Clock. iPhone with Home button: press it once. iPhone without Home button: swipe up from the bottom. Android: tap its Home button or swipe up from the bottom in gesture mode. Your main screen should appear.

- ☐ Done this step

3. Go back one step

Android: tap Back, or swipe inward from a screen edge when gesture navigation is enabled. iPhone: use the app's back arrow, usually near the top left; many apps also allow a swipe from the left edge.

- ☐ Done this step

4. See recently used apps

iPhone with Home button: press it twice. Gesture-based iPhone or Android: swipe up from the bottom and pause. Android with buttons: tap Recents. You should see cards representing apps, not a list of installed software.

☐ Done this step

5. Switch and lock

Tap an app card to return to it, then practise Home again. Briefly press the side or power button to lock the screen. If a gesture is difficult, use the accessibility options described in your device manual.

☐ Done this step

Try it for yourself

Open one app, return Home, then find it in the app switcher.

☐ I tried the task.

My notes

Does going Home delete my work?

Usually it leaves the app available. Save important work inside the app; unfinished forms and some games may not keep every change.

Official help and the online guide

Apple: iPhone gestures -

<https://support.apple.com/guide/iphone/learn-gestures-for-iphone-models-with-face-id-iphfdf164cac/ios>

Google: navigation modes - <https://support.google.com/android/answer/9079644?hl=en>

Read online: <https://plaintech-guides.pages.dev/guides/phone-controls-reference/>