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Level 5 – 14th March, 2022

Digital detox leads to better health and lifestyle

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<https://breakingnewsenglish.com/2203/220314-digital-detox-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2203/220314-digital-detox-5.html>

Digital devices are everywhere in our lives these days. Many of us are addicted to them. There are new studies every day about the dangers to health of being glued to small screens. Children are not exercising; people are worrying about their body image because of online pressure; and people are being bullied by cyber-criminals. In a study of 1,000 adults in Japan, researchers found that half of the participants were addicted to their smartphones. They were unaware of their smartphone dependence. The study called for people to try "digital detox".

Digital detox involves switching off from the Internet to enjoy "real life". It involves the bygone custom of talking to people face to face and "doing everyday stuff". A digital detox organisation in Japan said: "We want detox to be a catalyst for people to rethink their distance from their devices...to get ample rest." People should rely less on devices to avoid the new phenomenon of "nomophobia" - NO MOBILE PHOBIA. A psychologist warned of the dangers of being too absorbed in smartphones. She said people who ignore their responsibilities because of being online should try a digital detox.

Sources: <https://english.kyodonews.net/news/2022/02/f6cc2d484462-feature-digital-detox-gains-allure-in-japan-amid-rising-screen-times.html>
<https://health.clevelandclinic.org/digital-detox/>
<https://www.smh.com.au/lifestyle/health-and-wellness/you-can-keep-your-digital-detox-i-ll-stay-connected-20220221-p59y7h.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2203/220314-digital-detox-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|---------------------|
| 1. everywhere in our | a. the dangers |
| 2. Many of us are | b. dependence |
| 3. new studies every day about | c. to small screens |
| 4. being glued | d. pressure |
| 5. people are worrying about | e. lives these days |
| 6. because of online | f. participants |
| 7. half of the | g. addicted to them |
| 8. unaware of their smartphone | h. their body image |

PARAGRAPH TWO:

- | | |
|-----------------------------|--------------------------|
| 1. switching | a. of "nomophobia" |
| 2. the bygone custom | b. stuff |
| 3. doing everyday | c. rest |
| 4. a catalyst for people | d. less on devices |
| 5. get ample | e. off from the Internet |
| 6. People should rely | f. to rethink |
| 7. avoid the new phenomenon | g. in smartphones |
| 8. being too absorbed | h. of talking |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2203/220314-digital-detox-5.html>

Digital devices (1) _____ our lives these days. Many of us are (2) _____. There are new studies every day about the dangers to health of (3) _____ small screens. Children are not exercising; people are worrying about their body image because (4) _____; and people are being bullied by cyber-criminals. In a study of 1,000 adults in Japan, researchers found that half (5) _____ were addicted to their smartphones. They were unaware of their smartphone dependence. The study called for people to (6) _____.

Digital detox (7) _____ ff from the Internet to enjoy "real life". It involves (8) _____ of talking to people face to face and "doing everyday stuff". A digital detox organisation in Japan said: "We want detox to (9) _____ for people to rethink their distance from their devices...to get ample rest." People should (10) _____ devices to avoid the new phenomenon of "nomophobia" - NO MOBILE PHOBIA. A psychologist warned of the dangers of (11) _____ in smartphones. She said people (12) _____ responsibilities because of being online should try a digital detox.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2203/220314-digital-detox-5.html>

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DIGITAL DEVICES SURVEY

From <https://breakingnewsenglish.com/2203/220314-digital-detox-4.html>

Write five GOOD questions about digital devices in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

