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**Level 6 – 14th March, 2022**

## Digital detox leads to better health and lifestyle

**FREE online quizzes, mp3 listening and more for this lesson here:**

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

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

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

Digital devices are increasingly dominating our lives these days. Many, if not most of us are addicted to them. New studies emerge with alarming frequency about the dangers to our physical and mental health of being glued to our small screens. Children are not exercising; people are worrying about their body image because of online pressure from "perfect body" sites; and people are being bullied (or worse) by cyber-criminals. In a study of 1,000 adults in Japan, researchers discovered that nearly 50 per cent of the participants were addicted to their smartphones, but were unaware of their smartphone dependence. The study is one of many clarion calls for "digital detox" to become part of our lives.

The practice of digital detox involves switching off from the Internet to enjoy something called "real life". This involves the bygone custom of conversing with people face to face and "doing everyday stuff". The organisation Digital Detox Japan said: "We want detox to be a catalyst for people to rethink their distance from their devices...to set aside time to get ample rest." People need to rely less on devices to avoid the new phenomenon of "nomophobia" - NO MOBILE PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being too absorbed in smartphones. She wrote: "If you ignore responsibilities at home or work because of the amount of time you spend online, then consider 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>

# WARM-UPS

**1. DIGITAL DEVICES:** Students walk around the class and talk to other students about digital devices. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

digital devices / addicted / mental health / glued to screens / bullied / smartphone / detox / real life / custom / catalyst / distance / phenomenon / responsibilities / time

Have a chat about the topics you liked. Change topics and partners frequently.

**3. SCREENS:** Students A **strongly** believe screens on smartphones, watches and tablets are dangerously small; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

**4. DEVICE DANGERS:** How dangerous are these things? What advice do you have for people exposed to these dangers? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Dangerous?	Advice
Less of exercise		
Worsening eyesight		
Less social contact		
Cyber-bullying		
Online pressure		
Shorter attention span		

**5. ONLINE:** Spend one minute writing down all of the different words you associate with the word "online". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. ADDICTIONS:** Rank these with your partner. Put the worst addictions at the top. Change partners often and share your rankings.

- Smartphones
- Shopping
- TV
- Chocolate
- Coffee
- Love
- Social media
- Gambling

# VOCABULARY MATCHING

## Paragraph 1

- |                 |  |
|-----------------|--|
| 1. dominating   | a. A process or period of time in which one stops doing something or rids the body of toxic or unhealthy substances. |
| 2. addicted     | b. Become known.   |
| 3. emerge       | c. The state of relying on or being controlled by someone or something else.   |
| 4. alarming     | d. Having power and influence over.  |
| 5. dependence   | e. A strongly expressed demand or request for action.  |
| 6. clarion call | f. Physically and mentally dependent on a particular substance, activity or thing.                                   |
| 7. detox        | g. Worrying or disturbing.   |

## Paragraph 2

- |                |   |
|----------------|---|
| 8. bygone      | h. Enough or more than enough; plentiful.                         |
| 9. conversing  | i. A fact or situation whose cause or explanation is in question. |
| 10. catalyst   | j. Refuse to take notice of or acknowledge.                       |
| 11. ample      | k. Engaging in conversation.                                      |
| 12. phenomenon | l. Used or took up time.  |
| 13. absorbed   | m. A person or thing that starts an event.                        |
| 14. ignore     | n. Belonging to an earlier time.                                  |

# BEFORE READING / LISTENING

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

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says over 80% of us are addicted to smartphones. **T / F**
2. There is a problem with the glue used to make smartphones. **T / F**
3. A study of 10,000 people found a third of people hated smartphones. **T / F**
4. A study suggested digital detox should be part of our lives. **T / F**
5. Digital detox is switching the Internet off to enjoy real life. **T / F**
6. The article suggests conversation is on the decline. **T / F**
7. There is a phobia whereby people fear having no phone access. **T / F**
8. A psychologist said digital detox is dangerous. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                      |                |
|----------------------|----------------|
| 1. <b>dominating</b> | a. spark       |
| 2. <b>alarming</b>   | b. persuasion  |
| 3. <b>pressure</b>   | c. reliance    |
| 4. <b>unaware</b>    | d. preoccupied |
| 5. <b>dependence</b> | e. worrying    |
| 6. <b>involves</b>   | f. disregard   |
| 7. <b>bygone</b>     | g. ignorant    |
| 8. <b>catalyst</b>   | h. entails     |
| 9. <b>absorbed</b>   | i. controlling |
| 10. <b>ignore</b>    | j. past        |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                                     |                           |
|-------------------------------------|---------------------------|
| 1. Digital devices are increasingly | a. conversing with people |
| 2. most of us are addicted          | b. frequency              |
| 3. New studies emerge with alarming | c. get ample rest         |
| 4. unaware of their smartphone      | d. responsibilities       |
| 5. clarion                          | e. dominating our lives   |
| 6. the bygone custom of             | f. dependence             |
| 7. We want detox to be a catalyst   | g. of "nomophobia"        |
| 8. set aside time to                | h. to them                |
| 9. avoid the new phenomenon         | i. for people             |
| 10. If you ignore                   | j. calls                  |

# GAP FILL

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

Digital devices are increasingly (1) \_\_\_\_\_ our lives these days. Many, if not most of us are addicted to them. New studies emerge with alarming (2) \_\_\_\_\_ about the dangers to our physical and mental health of being (3) \_\_\_\_\_ to our small screens. Children are not exercising; people are worrying about their body (4) \_\_\_\_\_ because of online pressure from "perfect body" sites; and people are being bullied (or worse) by cyber-criminals. In a (5) \_\_\_\_\_ of 1,000 adults in Japan, researchers discovered that nearly 50 per cent of the (6) \_\_\_\_\_ were addicted to their smartphones, but were unaware of their smartphone (7) \_\_\_\_\_. The study is one of many clarion calls for "digital detox" to become (8) \_\_\_\_\_ of our lives.

The (9) \_\_\_\_\_ of digital detox involves switching off from the Internet to enjoy something called "real life". This involves the (10) \_\_\_\_\_ custom of conversing with people face to face and "doing everyday (11) \_\_\_\_\_". The organisation Digital Detox Japan said: "We want detox to be a (12) \_\_\_\_\_ for people to rethink their distance from their devices...to set (13) \_\_\_\_\_ time to get ample rest." People need to rely less on devices to avoid the new (14) \_\_\_\_\_ of "nomophobia" - NO MOBILE PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being too (15) \_\_\_\_\_ in smartphones. She wrote: "If you ignore responsibilities at home or work because of the amount of time you spend online, then (16) \_\_\_\_\_ a digital detox."

*image*

*frequency*

*dependence*

*glued*

*participants*

*part*

*dominating*

*study*

*stuff*

*phenomenon*

*practice*

*consider*

*catalyst*

*absorbed*

*bygone*

*aside*

# LISTENING – Guess the answers. Listen to check.

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

- 1) Digital devices are increasingly dominating our \_\_\_\_\_
  - a. alive these days
  - b. relies these days
  - c. eyes these days
  - d. lives these days
- 2) the dangers to our physical and mental health of being \_\_\_\_\_ small screens
  - a. glue to our
  - b. glued to our
  - c. glue to our
  - d. gluten to our
- 3) worrying about their body image because of online pressure from \_\_\_\_\_
  - a. "prefect body" sites
  - b. "purr heck body" sites
  - c. "per flecked body" sites
  - d. "perfect body" sites
- 4) researchers discovered that nearly 50 per cent of the \_\_\_\_\_
  - a. participants were addict it
  - b. participants were addiction
  - c. participants were addicted
  - d. participants were addictive
- 5) but were unaware of their smartphone dependence. The study is one of \_\_\_\_\_
  - a. many clarion calls
  - b. many caring calls
  - c. many clearly calls
  - d. many clam calls
- 6) digital detox involves switching off from the Internet to enjoy something \_\_\_\_\_
  - a. called "really life"
  - b. called "reel life"
  - c. called "reality life"
  - d. called "real life"
- 7) the bygone custom of conversing with people face to face and " \_\_\_\_\_ "
  - a. done everyday stuff
  - b. doing every days staff
  - c. doing everyday stuff
  - d. done everyday staff
- 8) catalyst for people to rethink their distance from their devices to set aside time to \_\_\_\_\_
  - a. get arm pull rest
  - b. get an pull rest
  - c. get ample rest
  - d. get amp pull rest
- 9) People need to rely less on devices to avoid the new \_\_\_\_\_
  - a. phenomena of "nomophobia"
  - b. phenomenal anon of "nomophobia"
  - c. for gnome anon of "nomophobia"
  - d. phenomenon of "nomophobia"
- 10) ignore responsibilities at home or work because of the amount of time \_\_\_\_\_
  - a. your spend online
  - b. ewe spend online
  - c. yew spend online
  - d. you spend online

# LISTENING – Listen and fill in the gaps

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

Digital devices are increasingly (1) \_\_\_\_\_ these days. Many, if not most of us (2) \_\_\_\_\_ them. New studies emerge with alarming frequency about the dangers to our physical and mental health of (3) \_\_\_\_\_ our small screens. Children are not exercising; people are worrying about their body image because of online (4) \_\_\_\_\_ "body" sites; and people are being bullied (or worse) by cyber-criminals. In a study of 1,000 adults in Japan, researchers (5) \_\_\_\_\_ 50 per cent of the participants were addicted to their smartphones, but were unaware of their smartphone dependence. The study is one of (6) \_\_\_\_\_ for "digital detox" to become part of our lives.

The practice of digital detox (7) \_\_\_\_\_ from the Internet to enjoy something called "real life". This involves the bygone custom of conversing with people face to face and "(8) \_\_\_\_\_". The organisation Digital Detox Japan said: "We want detox to (9) \_\_\_\_\_ for people to rethink their distance from their devices...to set aside time to (10) \_\_\_\_\_." People need to rely less on devices to avoid the new phenomenon of "nomophobia" - NO MOBILE PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being (11) \_\_\_\_\_ smartphones. She wrote: "If you ignore responsibilities at home or work because of the amount of time you spend online, (12) \_\_\_\_\_ digital detox."



# COMPREHENSION QUESTIONS

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

1. What are becoming increasingly dominant in our lives?
2. What are we being glued to?
3. What are children not doing?
4. How many people took part in a survey on smartphones?
5. What does the article say should become part of our lives?
6. What does the article say we should enjoy when detoxing?
7. What does the article say is a bygone custom?
8. What did an organisation say we needed more time for?
9. What is the name of a new condition caused by having no phone?
10. What does a psychologist warn against ignoring?

# MULTIPLE CHOICE - QUIZ

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

- 1) What are becoming increasingly dominant in our lives?
  - a) Apple
  - b) digital devices
  - c) text messages
  - d) online videos
- 2) What are we being glued to?
  - a) ear buds
  - b) each other
  - c) smartphone batteries
  - d) small screens
- 3) What are children not doing?
  - a) exercising
  - b) sleeping
  - c) homework
  - d) talking
- 4) How many people took part in a survey on smartphones?
  - a) 11,000
  - b) 10,000
  - c) 1,000
  - d) 100,000
- 5) What does the article say should become part of our lives?
  - a) web browsers
  - b) digital detox
  - c) location trackers
  - d) VPNs
- 6) What does the article say we should enjoy when detoxing?
  - a) real life
  - b) chocolate
  - c) friends
  - d) laughter
- 7) What does the article say is a bygone custom?
  - a) going to libraries
  - b) writing letters
  - c) conversing face to face
  - d) talking over lunch
- 8) What did an organisation say we needed more time for?
  - a) rest
  - b) texting
  - c) friends
  - d) sleeping
- 9) What is the name of a new condition caused by having no phone?
  - a) nomophobia
  - b) smartphobia
  - c) mobile cold turkey
  - d) digitalitis
- 10) What does a psychologist warn against ignoring?
  - a) notifications
  - b) low battery icons
  - c) warnings
  - d) responsibilities

# ROLE PLAY

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

## **Role A – Smartphones**

You think smartphone addiction is the worst addiction. Tell the others three reasons why. Tell them what is wrong with their addictions. Also, tell the others which is the least harmful of these (and why): chocolate, shopping or TV.

## **Role B – Chocolate**

You think chocolate is the worst addiction. Tell the others three reasons why. Tell them what is wrong with their addictions. Also, tell the others which is the least harmful of these (and why): smartphones, shopping or TV.

## **Role C – Shopping**

You think shopping is the worst addiction. Tell the others three reasons why. Tell them what is wrong with their addictions. Also, tell the others which is the least harmful of these (and why): chocolate, smartphones or TV.

## **Role D – TV**

You think TV is the worst addiction. Tell the others three reasons why. Tell them what is wrong with their addictions. Also, tell the others which is the least harmful of these (and why): chocolate, shopping or smartphones.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'digital' and 'device'.

<b>digital</b>	<b>device</b>
----------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• increasingly</li><li>• most</li><li>• dangers</li><li>• image</li><li>• study</li><li>• part</li></ul>	<ul style="list-style-type: none"><li>• practice</li><li>• bygone</li><li>• catalyst</li><li>• avoid</li><li>• absorbed</li><li>• ignore</li></ul>
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# DIGITAL DEVICES SURVEY

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

# DIGITAL DEVICES DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'digital'?
3. How do digital devices dominate our lives?
4. What did we do before we had digital devices?
5. How addicted are you to your smartphone?
6. Would it be easy for you to leave your phone alone for 24 hours?
7. Have digital devices affected your health?
8. How can we stop cyber-bullying?
9. What do you think of 'perfect body' websites?
10. What advice do you have for people with a smartphone addiction?

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# DIGITAL DEVICES DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'detox'?
13. What do you think about what you read?
14. Why is being glued to a smartphone not 'real life'?
15. Do you prefer talking face to face or over the phone?
16. Should we leave our smartphones outside the bedroom?
17. How can we help people with nomophobia?
18. Would the world be better without the Internet?
19. What would you do if you took a one-week break from digital devices?
20. What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

# LANGUAGE - CLOZE

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

Digital devices are (1) \_\_\_\_\_ dominating our lives these days. Many, if not most of us are addicted to them. New studies (2) \_\_\_\_\_ with alarming frequency about the dangers to our physical and mental health of being (3) \_\_\_\_\_ to our small screens. Children are not exercising; people are worrying about their body image because of online pressure from "perfect body" sites; and people are being bullied (or (4) \_\_\_\_\_) by cyber-criminals. In a study of 1,000 adults in Japan, researchers discovered that nearly 50 per cent of the participants were addicted to their smartphones, but were (5) \_\_\_\_\_ of their smartphone dependence. The study is one of many clarion (6) \_\_\_\_\_ for "digital detox" to become part of our lives.

The practice of digital detox (7) \_\_\_\_\_ switching off from the Internet to enjoy something called "real life". This involves the (8) \_\_\_\_\_ custom of conversing with people face to face and "doing everyday stuff". The organisation Digital Detox Japan said: "We want detox to be a (9) \_\_\_\_\_ for people to rethink their distance from their devices...to set aside time to get (10) \_\_\_\_\_ rest." People need to rely less on devices to avoid the new phenomenon of "nomophobia" - NO MOBILE PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being too absorbed (11) \_\_\_\_\_ smartphones. She wrote: "If you ignore responsibilities at home or work because of the amount of time you spend online, then (12) \_\_\_\_\_ a digital detox."

## Put the correct words from the table below in the above article.

- |     |              |                  |               |                |
|-----|--------------|------------------|---------------|----------------|
| 1.  | (a) increase | (b) increasingly | (c) increases | (d) increasing |
| 2.  | (a) engage   | (b) emerge       | (c) converge  | (d) verge      |
| 3.  | (a) soldered | (b) plastered    | (c) adhered   | (d) glued      |
| 4.  | (a) badly    | (b) worse        | (c) bad       | (d) worst      |
| 5.  | (a) wary     | (b) warily       | (c) beware    | (d) unaware    |
| 6.  | (a) voices   | (b) whispers     | (c) calls     | (d) shouts     |
| 7.  | (a) involves | (b) convolutes   | (c) revolves  | (d) solves     |
| 8.  | (a) begone   | (b) woebegone    | (c) bygone    | (d) goner      |
| 9.  | (a) static   | (b) analytical   | (c) cyst      | (d) catalyst   |
| 10. | (a) ample    | (b) dimple       | (c) pimple    | (d) sample     |
| 11. | (a) in       | (b) of           | (c) at        | (d) by         |
| 12. | (a) consider | (b) threaten     | (c) suggest   | (d) augment    |



# SPELLING

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

## Paragraph 1

1. devices are increasingly nniaitodmg our lives
2. most of us are ddeiadct to them
3. emerge with alarming uryefqnce
4. people are being eibudll
5. 50 per cent of the tanpiitpcras
6. nlarico calls

## Paragraph 2

7. the bygone custom of veiocnnsgr
8. We want detox to be a sltactya
9. set aside time to get lpema rest
10. avoid the new eehonopnm
11. yhpgslocsoti Dr Kia-Rai Prewitt
12. the dangers of being too besdobra

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) dependence. The study is one of many clarion calls for "digital detox" to become part of our lives.
- ( ) health of being glued to our small screens. Children are not exercising; people are worrying about their body
- ( ) to them. New studies emerge with alarming frequency about the dangers to our physical and mental
- ( ) of "nomophobia" - NO MOBILE PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of
- ( ) being too absorbed in smartphones. She wrote: "If you ignore responsibilities at home or work
- ( ) "real life". This involves the bygone custom of conversing with people face to face and "doing everyday
- ( ) criminals. In a study of 1,000 adults in Japan, researchers discovered that nearly 50 per cent
- ( ) image because of online pressure from "perfect body" sites; and people are being bullied (or worse) by cyber
- ( ) because of the amount of time you spend online, then consider a digital detox."
- ( ) The practice of digital detox involves switching off from the Internet to enjoy something called
- ( ) aside time to get ample rest." People need to rely less on devices to avoid the new phenomenon
- ( ) stuff". The organisation Digital Detox Japan said: "We want detox to be a catalyst for people to rethink their distance from their devices...to set
- ( ) of the participants were addicted to their smartphones, but were unaware of their smartphone
- ( **1** ) Digital devices are increasingly dominating our lives these days. Many, if not most of us are addicted

# PUT THE WORDS IN THE RIGHT ORDER

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

1. nowadays . lives are devices Digital our dominating increasingly
2. with about alarming frequency emerge Studies dangers . the
3. are increasingly worrying their body image . about People
4. are People bullied, by worse, being cyber-criminals . or
5. digital clarion One many detox . calls of for
6. practice involves switching off . digital of The detox
7. conversing . custom involves of the This bygone
8. want really a to detox catalyst . We be
9. on digital to rely less devices . need People
10. in dangers The absorbed too smartphones . being of

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

Digital devices are *increased* / *increasingly* dominating our lives these days. Many, if not most of us are *addicted* / *addiction* to them. New studies emerge with alarming *frequently* / *frequency* about the dangers to our physical and mental health of being *glued* / *adhesive* to our small screens. Children are not exercising; people are worrying about their *bodily* / *body* image because of online pressure from "perfect body" sites; and people are being bullied (or worse) *by* / *of* cyber-criminals. In a study *at* / *of* 1,000 adults in Japan, researchers discovered that *nearly* / *near* 50 per cent of the participants were addicted *to* / *on* their smartphones, but were unaware of their smartphone dependence. The study is one of many *collect* / *clarion* calls for "digital detox" to become part of our lives.

The practice of digital detox involves switching *on* / *off* from the Internet to enjoy something called "real life". This involves the *going* / *bygone* custom of *conversing* / *conserving* with people face to face and "doing everyday stuff". The organisation Digital Detox Japan said: "We want detox to be a *catalyst* / *catalytic* for people to rethink their distance from their devices...to set *beside* / *aside* time to get ample rest." People need to *rely* / *belie* less on devices to avoid the new *phenomena* / *phenomenon* of "nomophobia" - NO MOBILE PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being too *sorbet* / *absorbed* in smartphones. She wrote: "If you *ignore* / *gnaw* responsibilities at home or work because of the amount of time you spend online, then *consider* / *considerable* a digital detox."

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

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

D\_g\_t\_l d\_v\_c\_s \_r\_ \_ncr\_\_s\_ngly d\_m\_n\_t\_ng \_\_r l\_v\_s  
th\_s\_ d\_ys. M\_ny, \_f n\_t m\_st \_f \_s \_r\_ \_dd\_ct\_d t\_  
th\_m. N\_w st\_d\_\_s \_m\_rg\_ w\_th \_l\_rm\_ng fr\_q\_\_ncy  
\_b\_\_t th\_ d\_ng\_rs t\_ \_\_r phys\_c\_l \_nd m\_nt\_l h\_\_lth  
\_f b\_\_ng gl\_\_d t\_ \_\_r sm\_ll scr\_\_ns. Ch\_ldr\_n \_r\_ n\_t  
\_x\_rc\_s\_ng; p\_\_pl\_ \_r\_ w\_rryng \_b\_\_t th\_\_r b\_dy  
\_m\_g\_ b\_c\_\_s\_ \_f \_nl\_n\_ pr\_ss\_r\_ fr\_m "p\_rf\_ct b\_dy"  
s\_t\_s; \_nd p\_\_pl\_ \_r\_ b\_\_ng b\_ll\_\_d (\_r w\_rs\_) by  
cyb\_r cr\_m\_n\_ls. \_n \_ st\_dy \_f 1,000 \_d\_lts \_n J\_p\_n,  
r\_s\_\_rch\_rs d\_sc\_v\_r\_d th\_t n\_\_rly 50 p\_rc\_nt \_f th\_  
p\_rt\_c\_p\_nts w\_r\_ \_dd\_ct\_d t\_ th\_\_r sm\_rtp\_h\_n\_s, b\_t  
w\_r\_ \_n\_w\_r\_ \_f th\_\_r sm\_rtp\_h\_n\_ d\_p\_nd\_ncy. Th\_  
st\_dy \_s \_n\_ \_f m\_ny cl\_r\_\_n c\_lls f\_r "d\_g\_t\_l d\_t\_x"  
t\_ b\_c\_m\_ p\_rt \_f \_\_r l\_v\_s.

Th\_ pr\_ct\_c\_ \_f d\_g\_t\_l d\_t\_x \_nv\_lv\_s sw\_tch\_ng \_ff  
fr\_m th\_ \_nt\_rn\_t t\_ \_nj\_y s\_m\_th\_ng c\_ll\_d "r\_\_l  
l\_f". Th\_s \_nv\_lv\_s th\_ byg\_n\_ c\_st\_m \_f c\_nv\_rs\_ng  
w\_th p\_\_pl\_ f\_c\_ t\_ f\_c\_ \_nd "d\_\_ng \_v\_ryd\_y st\_ff".  
Th\_ \_rg\_n\_s\_t\_\_n D\_g\_t\_l D\_t\_x J\_p\_n s\_\_d: "W\_ w\_nt  
d\_t\_x t\_ b\_ \_ c\_t\_lyst f\_r p\_\_pl\_ t\_ r\_th\_nk th\_\_r  
d\_st\_nc\_ fr\_m th\_\_r d\_v\_c\_s...t\_ s\_t \_s\_d\_ t\_m\_ t\_  
g\_t \_mpl\_ r\_st." P\_\_pl\_ n\_\_d t\_ r\_ly l\_ss \_n d\_v\_c\_s  
t\_ \_v\_\_d th\_ n\_w ph\_n\_m\_n\_n \_f "n\_m\_ph\_b\_\_" - N\_  
M\_b\_l\_ PH\_B\_\_ . Psych\_l\_g\_st Dr K\_\_-R\_\_ Pr\_w\_tt  
w\_rn\_d \_f th\_ d\_ng\_rs \_f b\_\_ng t\_\_ \_bs\_rb\_d \_n  
sm\_rtp\_h\_n\_s. Sh\_ wr\_t\_: " \_f y\_\_ \_gn\_r\_  
r\_sp\_ns\_b\_l\_t\_\_s \_t h\_m\_ \_r w\_rk b\_c\_\_s\_ \_f th\_  
\_m\_\_nt \_f t\_m\_ y\_\_ sp\_nd \_nl\_n\_, th\_n c\_ns\_d\_r \_  
d\_g\_t\_l d\_t\_x."

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

digital devices are increasingly dominating our lives these days many if not most of us are addicted to them new studies emerge with alarming frequency about the dangers to our physical and mental health of being glued to our small screens children are not exercising people are worrying about their body image because of online pressure from perfect body sites and people are being bullied or worse by cyber-criminals in a study of 1000 adults in japan researchers discovered that nearly 50 per cent of the participants were addicted to their smartphones but were unaware of their smartphone dependence the study is one of many clarion calls for digital detox to become part of our lives

the practice of digital detox involves switching off from the internet to enjoy something called real life this involves the bygone custom of conversing with people face to face and doing everyday stuff the organisation digital detox japan said we want detox to be a catalyst for people to rethink their distance from their devices to set aside time to get ample rest people need to rely less on devices to avoid the new phenomenon of nomophobia no mobile phobia psychologist dr kiarai prewitt warned of the dangers of being too absorbed in smartphones she wrote if you ignore responsibilities at home or work because of the amount of time you spend online then consider a digital detox

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Digital devices are increasingly dominating our lives these days. Many, if not most of us are addicted to them. New studies emerge with alarming frequency about the danger to our physical and mental health of being glued to our small screens. Children are not exercising; people are worrying about their body image because of online pressure from "perfect body" sites; and people are being bullied (or worse) by cyber-criminals. In a study of 1,000 adults in Japan, researchers discovered that nearly 50 percent of the participants were addicted to their smartphones, but were unaware of their smartphone dependence. The study is one of many clarion calls for "digital detox" to become part of our lives. The practice of digital detox involves switching off from the Internet to enjoy something called "reallife". This involves the bygone custom of conversing with people face to face and "doing everyday stuff". The organisation Digital Detox Japan said: "We want detox to be a catalyst for people to rethink their distance from their devices... to set aside time to get a plainer rest." People need to rely less on devices to avoid the new phenomenon of "nomophobia" - NOMObile PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being too absorbed in smartphones. She wrote: "If you ignore responsibilities at home or work because of the amount of time you spend online, then consider a digital detox."







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. DIGITAL DEVICES:** Make a poster about digital devices. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. DETOX:** Write a magazine article about all of us digitally detoxing for three days a week. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on digital devices. Ask him/her three questions about them. Give him/her three of your opinions on digital detox. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. d    2. f    3. b    4. g    5. c    6. e    7. a  
8. n    9. k    10. m    11. h    12. i    13. l    14. j

## TRUE / FALSE (p.5)

- 1 F    2 F    3 F    4 T    5 T    6 T    7 T    8 F

## SYNONYM MATCH (p.5)

1. i	2. e	3. b	4. g	5. c
6. h	7. j	8. a	9. d	10. f

## COMPREHENSION QUESTIONS (p.9)

- Digital devices
- Small screens
- Exercising
- 1,000
- Digital detox
- Real life
- Conversing face to face
- Rest
- Nomophobia
- Responsibilities

## WORDS IN THE RIGHT ORDER (p.19)

- Digital devices are increasingly dominating our lives nowadays.
- Studies emerge with alarming frequency about the dangers.
- People are increasingly worrying about their body image.
- People are being bullied, or worse, by cyber-criminals.
- One of many clarion calls for digital detox.
- The practice of digital detox involves switching off.
- This involves the bygone custom of conversing.
- We really want detox to be a catalyst.
- People need to rely less on digital devices.
- The dangers of being too absorbed in smartphones.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. d    3. a    4. c    5. b    6. a    7. c    8. a    9. a    10. d

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)