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**Level 4 – 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-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

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

Digital devices are everywhere these days. Many of us are addicted to them. There are many studies about the dangers to health of being glued to screens. Children are not exercising; people are worrying about their body image; and people are being bullied by cyber-criminals. A study of 1,000 adults found that half of the participants were addicted to their smartphones and didn't realize it. The study called for people to try "digital detox".

Digital detox involves turning off the Internet to enjoy "real life". It means talking to people face to face and "doing everyday stuff". A digital detox organisation said detox was "a catalyst for people to rethink their distance from their devices". People should use devices less to avoid "nomophobia" - NO MOBILE PHOBIA. A psychologist warned that being too absorbed in smartphones means ignoring responsibilities. She said people should consider 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-4.html>

## PARAGRAPH ONE:

- |                                |                           |
|--------------------------------|---------------------------|
| 1. Digital devices are         | a. found that             |
| 2. being glued                 | b. it                     |
| 3. worrying about their        | c. to screens             |
| 4. being bullied               | d. to try "digital detox" |
| 5. A study of 1,000 adults     | e. everywhere these days  |
| 6. participants were addicted  | f. by cyber-criminals     |
| 7. didn't realize              | g. body image             |
| 8. The study called for people | h. to their smartphones   |

## PARAGRAPH TWO:

- |                              |                             |
|------------------------------|-----------------------------|
| 1. Digital detox involves    | a. "nomophobia"             |
| 2. enjoy real                | b. face to face             |
| 3. talking to people         | c. to rethink               |
| 4. doing                     | d. consider digital detox   |
| 5. a catalyst for people     | e. less                     |
| 6. People should use devices | f. turning off the Internet |
| 7. avoid                     | g. everyday stuff           |
| 8. She said people should    | h. life                     |

# LISTEN AND FILL IN THE GAPS

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

Digital (1) \_\_\_\_\_ these days. Many of us are addicted to them. There are many studies about the dangers to health of being (2) \_\_\_\_\_. Children are not exercising; people are worrying about (3) \_\_\_\_\_; and people are being (4) \_\_\_\_\_. A study of 1,000 adults found that half of the participants (5) \_\_\_\_\_ their smartphones and didn't realize it. The study (6) \_\_\_\_\_ to try "digital detox".

Digital detox involves (7) \_\_\_\_\_ Internet to enjoy "real life". It means talking to people (8) \_\_\_\_\_ and "doing everyday stuff". A digital detox organisation said detox was "(9) \_\_\_\_\_ people to rethink their (10) \_\_\_\_\_ devices". People should use devices (11) \_\_\_\_\_ "nomophobia" - NO MOBILE PHOBIA. A psychologist warned that being (12) \_\_\_\_\_ smartphones means ignoring responsibilities. She said people should consider digital detox.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Digital devices are everywhere these days. Many of us are addicted to them. There are many studies about the danger to health of being glued to screens. Children are not exercising; people are worrying about their body image; and people are being bullied by cyber-criminals. A study of 1,000 adults found that half of the participants were addicted to their smartphones and didn't realize it. The study called for people to try "digital detox". Digital detox involves turning off the Internet to enjoy "real life". It means talking to people face to face and "doing everyday stuff". A digital detox organization said detox was "a catalyst for people to rethink their distance from their devices". People should use devices less to avoid "nomophobia" - NOMObile PHOBIA. A psychologist warned that being too absorbed in smartphones means ignoring responsibilities. She said people should consider digital detox.

# 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) \_\_\_\_\_

