

Digital detox (teacher's notes)

1. Warm-up (Activity 1) 5 mins

Aims: to break the ice and foster a safe environment for learning.

Procedure: Introduce the topic. Ask students to discuss the questions in pairs.

2. What is digital detox? (Activity 2) 15 mins

Aim: to provide listening practice.

Procedure: Discuss open class what a digital detox is. Then students watch the video and answer the questions.

Play the video: <https://www.youtube.com/watch?v=0QbcG7a80Dk>

Answers:

1. What are people struggling to understand when it comes to technology? (00:16-00:20)

To know when we should connect and when we should switch off.

2. How did office work and holidays look in the past? (00:40 - 00:53)

An analogue world of pens typewriters and landlines. When we went on holiday well it was a struggle to get a week-old copy of the Daily Mail let alone a message from work.

3. What is Radio Shack? (00:55-1:00)

The first affordable transportable telephone.

4. What is Daimler doing? (01:22 -00:33)

The automotive company Daimler is offering its staff an email holiday when they go on leave their inbox is blocked incoming messages simply deleted.

5. What is the aim of their project? (01:46 -01:54)

To maintain the balance between work and home life of Daimler employees so as to safeguard their performance in the long run.

6. What are the benefits of a digital detox weekend? (02:22 -0:33)

People have much more interesting and deeper conversations when they are talking to people they're not distracted by the phone going off on the side.

7. What advice does the program give when it comes to technology? (3:30 - 3:42)

Live in the modern world, embrace its technology but once in a while for the sake of your health take a trip back to the past.

3. Discussion (Activity 3) 10+ mins

Aim: to provide students with free speaking practice.

Procedure: Students discuss the questions.

4. Tips for a digital detox (Activity 4) 20 mins

Aim: to provide students with reading for gist and reading for detail practice.

Procedure: Students read the tips on how to do a digital detox and discuss which ones they find the most useful. Then students fill in the digital detox chart with information in the boxes.

Tip	Why do it	Benefit
1. Turn off your phone's push notifications for social media apps including Facebook, Instagram, Pinterest, news sites, dating apps-anything that sends an alert when someone contacts you or likes a post. Starting with one or two, set a specific time of day to check each and a time limit for how long you'll spend on the site, such as 20 minutes.	G. This will cut back on your digital dependency, you're not going offline entirely but rather choosing when to access your social media sites and network.	C. This puts you back in the driver's seat regarding how you use your time and your technology.
2. They may not be the best cuddlers, but we can't resist getting into bed with our phones. If you do so because your phone doubles as your alarm, watch out. Switch to a real alarm clock, and when it buzzes, give yourself 10 to 20 minutes, or even an hour, to ignore your devices as you prep for the day.	A. By doing this, you're inviting the whole world-every Facebook friend, reporter, blogger-into bed with you.	I. You'll be able to start your day on your own terms, not someone else's and feel more inspired and rested, and less anxious.
3. It's pretty inevitable that you use your phone to listen to a playlist while on a run or lifting. Before you lace up to exercise, turn your phone to airplane mode or do not disturb, so there's no temptation to check it.	F. Although music is a proven way to pump up your effort, stopping mid-interval to answer a text or like an Instagram photo isn't the most productive way to burn calories.	B. You'll not only sculpt a better body, but you'll also be more likely to reach that blissed-out, endorphin-soaked mindset by focusing on your workout, not your social network.
4. Start by putting your phone down for 15 minutes without looking at it one day. The next day, break away from technology for 30 minutes, and so on. Or designate one day a week to stay away from one social media platform completely-say, Twitter-free Tuesdays.	E. Just as you wouldn't run a marathon before running a mile, you need to ease yourself into taking breaks from the digital world.	K. This way you can spend the day connecting interpersonally-not electronically-with family and friends.
5. Have activities available to distract you when the urge strikes to check your phone or laptop. Consider buying magazines, a book, or a new nail polish, or head out for a walk and simply take in what's going on around you.	H. When you're on a diet, it's smart to keep single-serving dark chocolates on hand to nosh if a molten cake craving kicks in. Do the same thing for a digital detox.	L. When you are fully present in the moment, you'll feel more thoughtful, your stress levels will dial down, and you'll develop stronger relationships as you chat with friends and family.
6. Identify the sites or apps you're spending all your time on and ask yourself why you're drawn to them, then create a way to find that satisfaction in real life. If you're inspired by artistic photos on Instagram, visit an art gallery with a friend. Or if fitness blogs are your go-to, organize a run or hike with your friends.	D. Science shows that when you engage with a moment with all of your senses, you'll be more likely to remember it later on. The same recall doesn't occur when you're too busy snapping photos.	J. This really can enrich your experiences.

6. The best tip (Activity 5) 10 mins

Aim: to provide students with free speaking practice.

Procedure: Students discuss in pairs tips for digital detox and rank them from 1 to 10, with 1 being the most useful.

7. Essay/debate (Activity 6) 20+ mins

Aim: to provide students with free writing/speaking practice.

Procedure: Students either write an essay or debate the topic "Schools, restaurants, concerts and other public places have the right to ban people from using their gadgets".

8. Sum up 3-5 mins

Summarise the lesson and tell students what results they have achieved (Now you can ... After our reading and speaking lesson you will be able to....). Ask them if they have any questions.

Conduct delayed error correction if needed.