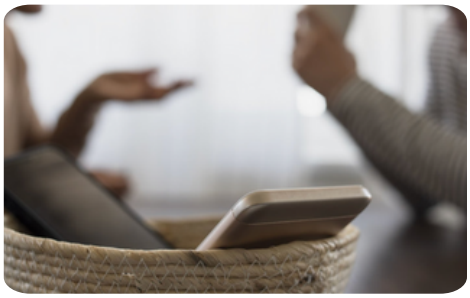
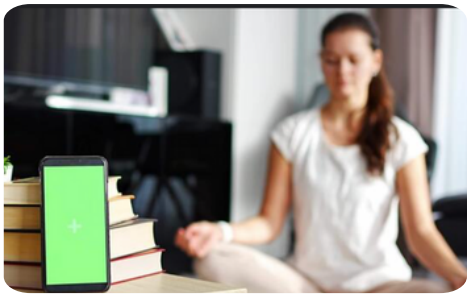
DIGITAL DETOX

B2 lesson plan

1. Look at the pictures. Work in pairs or small groups.
What do these images have in common? What message or theme do they suggest?
Note down your ideas. Then go to the next slide to check if you were right.

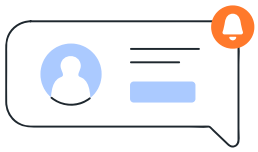





Useful phrases:

- *One possible interpretation is that they're...*
- *This seems to reflect a desire to...*
- *It might suggest they're choosing to...*
- *The underlying message could be about...*
- *I would assume they're trying to...*

2. Look at the term "digital detox". Work in pairs or small groups to discuss what it might mean.
Then answer the questions below.



- Why do you think the idea of "digital detox" has become more popular in recent years?
- In what ways might constant connectivity affect the way people think or communicate?
- What types of people or professions might benefit most from a digital detox?
- Is choosing to disconnect from digital life a privilege? Why or why not?
- Could a digital detox ever have negative effects? Can you think of any situations where staying online is essential?

A digital detox is a period when someone avoids using digital devices (like phones, laptops) or social media to reduce stress, improve focus, or reconnect with the real world.

3. Read each statement below and choose the option that best describes you.
Answer the questions accurately to understand whether you might benefit from a digital detox.

1. How often do you check your phone, even when there are no notifications?
A. Rarely — only when I'm expecting something important.
B. Quite often — I do it without thinking.
C. All the time — it's automatic now.

2. How do you usually feel after spending several hours online?
A. Fine — I feel entertained or relaxed.
B. A bit tired or mentally scattered.
C. Drained, stressed, or moody.

3. When was the last time you spent an entire day without using a screen?
A. Recently — I try to do this regularly.
B. I can't remember the last time.
C. I don't think I've ever done that.

4. What's your average screen time per day (outside of work or school)?
A. Less than 2 hours — I try to limit it.
B. Between 3 and 5 hours.
C. More than 6 hours, sometimes much more.

5. How do you feel when you're offline or can't access your devices?
A. Fine — it's a relief, actually.
B. Slightly restless or bored.
C. Panicked or cut off from the world.

6. Have you ever felt like you're missing out if you're not online?
A. Not really — I enjoy time away from social media.
B. Occasionally — especially if others are posting.
C. Yes — I hate not knowing what's going on.

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DIGITAL DETOX

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7. Have you ever avoided real-life social interactions because you were too absorbed in your device?

A. No — I prioritise face-to-face contact.

B. Occasionally — but only when I'm tired.

C. Yes — it happens more than I'd like to admit.

4. Count your answers and review the results. Do you agree with this description?

Mostly A's: The Digital Balance Master.

You've clearly developed a healthy and well-managed relationship with technology. You're able to enjoy the benefits of being online without letting it interfere with your wellbeing, productivity, or personal relationships. You know when to switch off, and you're comfortable spending time offline. This balance helps you stay focused, sleep better, and engage more fully in real-life experiences.

Mostly B's: The Occasional Overuser.

You're fairly balanced, but your digital habits could use a little fine-tuning. You're not completely dependent on your devices, but you do find yourself scrolling or checking notifications more often than you'd like. At times, this can lead to difficulty concentrating, disrupted sleep, or feeling mentally scattered. A short digital detox — or simply building a few healthier habits — could help you regain focus and feel more present in your daily life.

Mostly C's: The Screen-Time Struggler.

Your answers suggest that technology plays a major role in your daily routine — possibly more than you realise. Constant connection can leave you feeling drained, distracted, or even anxious when you're offline. It may be time to take a proper step back. A digital detox could help you reconnect with yourself, boost your mental health, and improve your sleep and attention span. Consider starting small: schedule offline time each day, turn off non-essential notifications, or try spending a whole afternoon screen-free. Your mind and body will thank you.

5. Work in pairs or in small groups. Read the list of advice below. Tick the tips you think will be mentioned in the listening. Be prepared to explain your choices using the useful expressions. Then listen and check if you were right.

Avoid using screens for at least 24 hours straight.	
Set boundaries, such as no screens after a certain time.	
Replace screen time with other planned activities.	
Delete all social media apps from your phone.	
Practise mindfulness when you feel the urge to check your phone.	
Keep your phone near you but face down.	
Create tech-free zones, like no phones in the bedroom.	
Join a group chat to stay accountable during the detox.	
Reflect on the experience at the end of your detox.	

Useful phrases:

- *I would assume they'll mention this because...*
- *It seems likely they'll include this tip as...*
- *This might be part of the advice since...*
- *I'm not convinced this will come up because...*
- *They probably won't talk about this, but...*



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DIGITAL DETOX

B2 lesson plan

6. Work in pairs or in small groups. Listen to the podcast episode and then read the statements below. Decide if they are true or false based on what you have heard.

Scan or click to watch

1. The journalist thinks he has already had a perfect relationship with his phone._____
2. A digital detox can help improve your ability to focus and be more productive._____
3. The journalist says he often scrolls through videos._____
4. Creating tech-free zones is one of the strategies mentioned during the conversation._____
5. Dr Lewis recommends deleting all social media apps permanently._____
6. Dr Lewis says that taking a digital detox helps reduce anxiety and improve mental wellbeing. _____



7. Work in pairs or in small groups. Match each benefit from the listening with the piece of advice that could help achieve it. You may listen to the recording one more time if needed.

1. Reduced stress and anxiety._____
2. Better sleep quality._____
3. Improved focus and productivity._____
4. Enhanced connection with others._____
5. Rekindled passions and hobbies._____

a) Replace screen time with meaningful, planned activities.
b) Practise mindfulness when you feel the urge to check your phone.
c) Set boundaries, like no phone at meals or during conversations.
d) Take time away from devices to rediscover interests.
e) Avoid screens before bed and create tech-free zones.

8. Discuss the questions in pairs or small groups.

- Which of Dr Lewis's tips or benefits stood out to you the most? Why?
- Do you think the journalist was convinced by the end of the conversation? Would you be?
- Have you ever tried a digital detox? If yes, what was it like? If not, would you try one?
- Which benefit of unplugging sounds most useful or appealing to you?
- How realistic are the tips mentioned in the interview for your lifestyle?

9. Work in pairs or in small groups. Read the text about digital detox retreats. Then answer the questions.

No phones. No emails. No endless scrolling.

A digital detox retreat is a place where you switch off your screens — and switch on your brain.

Set in calm, natural spaces like forests or seaside lodges, these retreats help people unplug from technology and reconnect with real life. Instead of emails and notifications, you'll find slow mornings, long walks, yoga, creative activities, and maybe even a bit of silence.

Some retreats are strict — no phones at all. Others are more flexible.

But the idea is always the same: take a break from digital noise and give your mind a rest.

- Would you survive without your phone for a few days?
- What kind of people might love (or hate) a place like this?
- Which parts sound appealing — and which sound boring?

10. Think of 3-4 unusual or creative activities that could be offered at a digital detox retreat. They should help guests relax, focus, or connect with others — without using technology.

For example: forest sketching, silent breakfast, no-talking walks, mindful cooking.

_____

_____

_____

_____



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B2 lesson plan

11. Work in pairs or small groups. Read about the 4 different digital detox retreats. Then, look at the profiles of 4 people. Choose the best retreat for each person — and explain your reasons.

Unplugged Cabins, the UK



A fully "off-grid" experience just a couple of hours from London or Manchester. There's a cosy wood burner, panoramic countryside views, a hot shower and a fully equipped kitchen. No Wi-Fi, no signal — just nature and calm.

WHAT'S INCLUDED

- 📵 **Phone lock-box for the duration of the stay.**
- 📱 **Old-school Nokia with Snake game.**
- 🧭 **Physical compass and paper map.**
- 📸 **Instant camera + 10-pack of film.**
- 🎲 **Board games, books and cassette player.**
- 🍳 **Fully equipped kitchen.**
- 🛏️ **Luxury king/double bed with bedding.**
- 🚿 **Hot shower and eco-composting toilet.**
- 🔥 **Wood-burning stove and seasonal fire pit.**
- 🌄 **Panoramic windows with nature views.**



Eremito, Italy



A peaceful retreat in a restored 14th-century monastery, hidden in the forests of Umbria. There's no phone signal, Wi-Fi or TV — just silence, nature, and a slow, mindful rhythm. Guests stay in simple monk-style rooms and follow a calming daily routine.

WHAT'S INCLUDED

- 📵 **No phone signal, no Wi-Fi, no TV.**
- 🛏️ **Private simple single monk-style rooms.**
- 🧘 **Daily guided yoga sessions.**
- 🥣 **Silent meals in a peaceful dining room.**
- 🚶‍♀️ **Walking meditations in nature.**
- 💨 **Spa in natural steam cave.**
- 🌲 **Forest surroundings for complete calm.**
- 🕯️ **Slow, meditative daily rhythm.**



Urban Cowboy Lodge, the USA



A glamorous mountain getaway offering an unplugging experience. Guests hand in their phones and are encouraged to explore life analogue — with Polaroid photos and printed maps. Designed for action and connection in nature.

WHAT'S INCLUDED

- 🔒 **Optional phone lock-box for complete digital detox.**
- 📸 **Polaroid camera with film.**
- 🗺️ **Printed maps and activity guides.**
- 🔨 **Axe-throwing, fly-fishing, creek swimming, retro bowling.**
- 🍂 **Outdoor firepit gatherings.**
- 🛏️ **Comfortable cabins with handcrafted decor.**
- 🚿 **Sauna and scenic mountain views.**
- 📚 **Shared games, books & conversation spaces.**



Tawelu Retreats, the UK



A women-only wellness weekend set in the heart of Snowdonia National Park. Expect yoga, guided wild swims and spa therapies— all designed to help you unwind and reconnect in striking mountain scenery. Children are welcome to join too.

WHAT'S INCLUDED

- 🧘‍♀️ **Daily guided yoga and meditation sessions.**
- 🏊‍♀️ **Wild swimming in lakes or rivers.**
- 🛁 **Spa access with hot tubs and relaxation areas.**
- 🍲 **Vegetarian meals + unlimited herbal drinks.**
- 🧘 **Mindfulness workshops.**
- 🚨 **Emergency phone use only (strictly limited).**
- 🏡 **Cosy countryside lodgings in small cottage groups.**
- 🌿 **Weekend programme focused on rest & reset.**

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DIGITAL DETOX

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12. Work in pairs or small groups. First, read the 4 retreat descriptions and match each person to the best retreat — explain your choices. Then, create a new character who would enjoy one of the retreats — let your partner or group guess which one you have chosen.

1. Freya (33, Oslo)_____

A freelance graphic designer who's been glued to her screen for months. She craves quiet, simplicity, and a slower pace — but isn't into group chats or shared games. Solitude and nature are her priority.

2. Josh (27, Austin)_____

A hyper-social extrovert who works in marketing and always has 10 tabs open. He wants to unplug but hates being bored. He's looking for a fun adventure, something exciting, ideally with people to hang out with.

3. Mila (38, Cardiff)_____

A mum of two, always multitasking. She's looking for a short retreat where she can reset her habits and breathe a little — but still bring her children. Yoga is fine, but structure and nature are even better.

4. Arjan (30, Amsterdam)_____

An app developer who's always "just checking something." He needs a proper break, no half-measures. No phone, no Wi-Fi, no distractions. He doesn't want to talk to people. He wants peace, a cabin, and a fire.

Useful Expressions:
I think this one is ideal because...
The retreat offers exactly what they're looking for.
This place isn't a good fit, because they probably wouldn't enjoy...
They'd benefit more from...than from...
It sounds like the right choice for...



13. Genially. Look at the four people and what they plan to do during their digital detox retreat.
Your job is to pack a suitcase with the things they will actually need.
Be careful — if you pack the wrong items, their retreat could be a disaster!

Scan or click to play

14. Ready to stir up some opinions? First, read the 4 example "hot takes" below — bold opinions about digital life. Then, write 3 of your own! In pairs or small groups, swap your hot takes and react to each other's ideas.

- ***No one actually needs a digital detox — people just like trends.***
- ***Technology isn't a problem — people just don't know how to use it wisely.***
- ***Digital detoxes are only for rich people with free time.***
- ***I'd rather scroll Instagram than sit in silence in the forest.***



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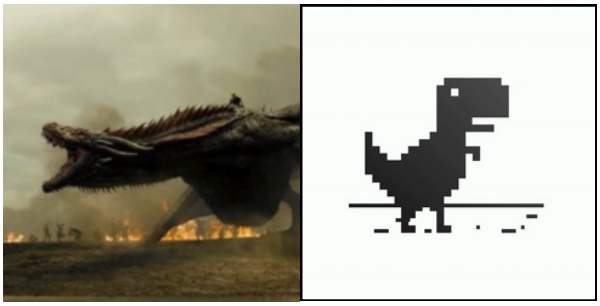
B2 lesson plan

15. Look at the 4 meme templates. Create funny captions linked to the topic of digital detox.
You can be sarcastic, exaggerated, or totally over the top — but your captions must relate to tech, social media, or offline life.

Example: Me telling everyone I'm excited for my weekend digital detox VS Me 3 hours later, missing my phone like it's my long-lost child.









16. Below is a list of "Before" statements describing life with constant technology use.
For each one, write down what life might be like "After" a one-week digital detox.

Before	→	After
1. I used to check my phone before I even opened the curtains in the morning.		
2. I used to send my friends dozens of memes every single day.		
3. I used to watch YouTube videos with every meal, even breakfast.		
4. I used to take at least five selfies in every new location I had visited.		
5. I used to scroll through Instagram until I fell asleep at night.		
6. I used to panic slightly if my phone battery dropped below 50%.		
7. I used to know more about celebrity scandals		

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Before	→	After
than about my own neighbours. 8. I used to reply "lol" in chats even when I was completely expressionless.		

17. Imagine you've just returned from the retreat in the video. Write a short TripAdvisor-style review.

Include:

- *Give a star rating out of 5.*
- *A short introduction explaining why you have choosen this retreat.*
- *2–3 sentences describing the best parts of your stay.*
- *1 sentence about something surprising or unexpected.*
- *End with a recommendation: Would you go again? Who should visit?*

Scan or click to watch



18. Imagine you're running an online campaign to promote the digital detox retreat from the video.
Create 6–8 creative hashtags that would grab attention on social media.

Example: #OfflineAndHappy #NoWiFiNoWorries #RealLifeMode



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