

# Digital detox: Going cold turkey with no wifi in the Lake District

Level: C1-C2

Vocabulary in Context


Guided Discussion

Vocabulary Recap




## Objectives:

After reading the given article from SQUID app you will be able to:

- distinguish new words and phrases from the article;
  - use the gained vocabulary in practice;
  - speak about pros and cons on the given topic;
  - make up conclusions as for presented information.
- 



## Lesson Plan includes:

- Topic Lead in
  - Vocabulary in Context
  - Pre-Reading Activities
  - Reading 'The Guardian' article
  - Post-reading Exercises
  - Vocabulary Recap
  - Answer keys
- 

# Mind mapping

What associations does this picture provoke?

*eee*



There is no TV, internet or phone signal at Bird How National Trust property in Holmrook, Cumbria. Photograph: Chris Lacey/National Trust Images

*eee*

Tranquility

Boredom


New Experience



## Topic Introduction

# Questions:

Have you ever spent a week without going on the iPad or your phone?



What is the main motivation for doing a digital detox?

Can you say that screen-based entertainment is tiresome?

Does it feel essential to stop endless streaming for a while?

Pre-reading

# Essential Vocabulary

You can match it  
online:

Find the best definition

# Vocabulary

**Suffer after stopping  
a certain activity**

eee

Exacerbate

Go cold turkey

Rely on  
flaccid promises

Bombarded  
(with messages)

eee

Find the best definition

# Vocabulary

**A worried look of distrust**

Detrimental  
effect

Rely on  
flaccid promises

Bob down

A look of  
confused  
disbelief

Find the best definition

# Vocabulary

**Leave the room  
in a very angry way**

*eee*

Exacerbate

Storm out

Rely on  
flaccid promises

Netflix-bingeing

*eee*



Find the best definition

# Vocabulary

**Something that  
attracts attention**

*eee*

An off-grid  
cottage

Go cold turkey

A big draw

Rely on  
flaccid promises

*eee*

Find the best definition

# Vocabulary

**Intrude**

Encroach

Go cold turkey

Bracken-choked  
path

Bombarded  
(with messages)

Find the best definition

# Vocabulary

**Aggravate**

Bombarded  
(with messages)

Bob down

Exacerbate

Encroach

Find the best definition

# Vocabulary

**Watch series  
one after another**

Netflix-bingeing

A sani loo  
in a cobwebby  
space

Bracken-choked  
path

Long for  
free rein on  
(YouTube)

# Vocabulary

**Go cold turkey** - Suffer after stopping a certain activity

**A look of confused disbelief** - A worried look of distrust

**Storm out** - Leave the room in a very angry way

**A big draw** - Something that attracts attention

**Long for free rein on (YouTube)** - Have a desire to act without getting permission

**They are bombarded (with messages)** - They are attacked vigorously with ...

**Encroach** – Intrude

**Exacerbate** – Aggravate

**Netflix-bingeing** - Watch series one after another


**An off-grid cottage** - A cabin without electricity supply

**A sani loo in a cobwebby space** - A small WC in a space, covered with web

**Bracken-choked path** - Not an easy way to walk through



**Detrimental effects** - Negative consequences

**Rely on flaccid promises** - Depend on unreliable assurance




# Reading Instructions

**Read the article 'Digital  
Detox: going cold turkey with  
no wifi in the Lake District'**



While reading, highlight the  
sentences where you come across  
the Vocabulary from  
the previous task.  
Be ready to share those sentences.



# Digital detox: Going cold turkey with no wifi in the Lake District

“**T**he question comes almost as soon as we step inside the remote cottage in the western Lake District: “Where’s the telly?” The door of the holiday cottage in Eskdale opens straight into the tiny lounge, and in the space where the TV should be there’s only a simple fireplace, a wooden bookcase stuffed with maps and nature books, and a couple of high-backed armchairs.

“Well, can we go on the iPad then?” is the next request. Then, when they’re informed that no, we didn’t bring it, comes, “Can I go on your phone?” There is a look of confused disbelief on my children’s faces when I explain that there’s no internet, no computer, not even a phone signal, and that, in fact, we’re not going to be looking at screens of any sort for our entire week-long stay.

They are young enough to not immediately kick off and storm out, but I imagine the scene would be **rather different if they were teenagers**.

Doing a digital detox wasn’t my main motivation for escaping to this remote hideaway - the thrilling scenery and sense of isolation are the big draws - but the lack of wifi is a huge bonus. Though my children are only six and eight, their **predilection for screen-based entertainment** is increasingly tiresome. They may not yet have their own mobiles or tablets, but the shows they like are streamed online, they long for free rein on YouTube, are desperate to join in the school craze for FitBits, and adore “doing funny faces” - creating long strings of emojis on my phone to text to their friends (or rather their friends’ parents, who are bombarded with messages of 200 watermelons). Most of their homework is done online. The digital world encroaches. Putting a complete, non-debatable stop to it for a while feels essential.

I’m not alone in craving this. January’s flood of wellbeing-related travel publicity contains more mentions of digital detoxes than ever, with tour operators such as G Adventures predicting it as a huge trend, exacerbated by lockdowns. All that Zooming, digital home-schooling and Netflix-bingeing made it seem like every aspect of our existence was lived online. Many of us feel screen-sick, desperate to disconnect.

# Digital detox: Going cold turkey with no wifi in the Lake District

My family's antidote in recent years has been to escape to various off-grid Cumbrian cottages: this is our second stay at National Trust-owned Bird How, which is on a quiet lane that ends at the next farm. It is basic. The mattresses are hellish - a detail much lamented in the visitors' books - and there's no bathroom, only a sani loo in a cobwebby space beneath the cottage, accessed from the outside (no fun at 3am in torrential rain), and a shower bag that you fill from the kitchen tap (there is hot water and electricity) and hook up outside, in view of the occasional rambler.

All of this creates a sense of adventure, of course, and with no other building in sight, it feels like you have this phenomenal valley to yourself.

After their initial shock, the kids get by without watching Avatar: The Last Airbender with surprising ease. We hang out in the wild garden, through which a small stream trickles, with novels and colouring books, and eat on a picnic bench under the tree. We go hiking, and my daughter embraces wild swimming, throwing herself into freezing Eskdale pools, secret canyons in neighbouring Duddon valley and any filthy-looking moorland pond.



The surrounding fields come into their own for imaginary play, even if it is TV-inspired - I spend a huge amount of time pretending to be wildlife presenter Steve Backshall chasing rare animals - but at least we're tearing down grassy slopes and scrambling along streams in the process.

My partner and I take turns to go out running, and on one of mine, up a bracken-choked path on the valley's opposite flank, I call across to the others, barely visible at the cottage. I'm overjoyed to catch their hoots of response on the wind, so take off my jumper and wave it madly like a flag, rewarded by the blur of red cloth their ant-sized forms wave back. This rudimentary communication, not unlike that used by Roman soldiers stationed nearby at Hardknott Fort 2,000 years ago, gives me a burst of happiness no number of Instagram likes could match.

It may be tougher to convince older children and teenagers that a spell with no wifi is a good thing, but growing awareness of the mental-health benefits of switching off, studies of the detrimental effects on adolescent brains of social media and overuse of technology, and the way wellbeing is in vogue may make them less resistant than you might expect. Many have embraced mindfulness, yoga and veganism - why not this?

When our tech habits are so deeply ingrained, we can't rely on flaccid promises to use our phones a bit less. Going somewhere like Bird How means there's no choice. Perhaps like dry January, we must force these experiences on ourselves. A cold turkey digital detox can't be argued with, especially when it comes with such appealing trimmings.



# Post-Reading

## Follow up Questions:

Why did the author make up her mind to have a detox week in an off-grid cottage with her family?

eee

What means of entertainment did they use during the week?

eee

How did the kids react to the news that they couldn't use their gismos?

What conclusions did the author arrive to?

# Vocabulary Recap

Guess the rebus

acid



+f +l +c

promise



+s

# Vocabulary Recap

Guess the rebus

ego



cold



turkey



-e

# Vocabulary Recap

Guess the rebus

grid



cottage



+0 +f +f +-

# Vocabulary Recap

Guess the rebus

criminal



+D +e c=t i=e +t

effect



# Vocabulary Recap

Guess the rebus

storm



cut



C=O

# Vocabulary Recap

Guess the rebus

bag



draw



a=i

New Ex

# Vocabulary Recap

Complete the sentences with the correct form of the word

encroach

big draw

go cold turkey

detrimental effect

exacerbate

long for free  
rein on

1. We cannot deny the \_\_\_\_\_ on adolescents of socialmedia.
2. Nowadays young people tend to be addicted to screen-based entertainment, like joining endless challenges for FitBits, creating long strings of emojis and \_\_\_\_\_ YouTube.
3. Have you noticed how easily the digital world \_\_\_\_\_ in our reality?
4. Digital detoxes are gaining more and more popularity \_\_\_\_\_ by curfews and lockdowns.
5. \_\_\_\_\_ with no wifi and digital devices seems like an idea of heaven!
6. The sense of isolation is a \_\_\_\_\_, but the lack of wifi is a big bonus.

eee



# Discussion


What might be upsides and downsides of digital detox?

*eee*



*eee*

*eee*



# Note Taking

## Upsides



## Downsides

# Feedback



# Keys

slide 6 - go cold turkey  
slide 7 - a look of confused disbelief  
slide 8 - storm out  
slide 9 - a big draw  
slide 10 - encroach  
slide 11 - exacerbate  
slide 12 - Netflix-bingeing

slide 18 - bob down  
slide 19 - flaccid promises  
slide 20 - go cold turkey  
slide 21 - off-grid cottage  
slide 22 - detrimental effect  
slide 23 - storm out  
slide 24 - a big draw

slide 25  
1. detrimental effect  
2. long for free rein on  
3. encroaches  
4. exacerbated  
5. Going cold turkey  
6. a big draw

The question comes almost as soon as we step inside the remote cottage in the western Lake District: “Where’s the telly?” The door of the holiday cottage in Eskdale opens straight into the tiny lounge, and in the space where the TV should be there’s only a simple fireplace, a wooden bookcase stuffed with maps and nature books, and a couple of high-backed armchairs.

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At night we watch for bats and the bright headlamps of drivers tackling the terrifying Hardknott Pass above: they sometimes bob slowly down in reverse when they lose their nerve.

As the week goes on, complaints about the lack of screens are more easily quashed by the suggestion of a game of Uno or a walk to the Brook House Inn for ice-cream.



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# CHEERS!

