

1a Choose the correct answer.

1 What is digital minimalism?

- a** limiting your use to just one digital device
- b** not using any digital tools at all
- c** using digital tools less often and in a healthier way

2a Draw lines from the people in the book to their jobs. You can use the words more than once.

company director	Friedrich Nietzsche	pianist
	Jean-Jacques Rousseau	
	Dwight Eisenhower	
philosopher	Aristotle	president
	Glen Gould	
professor	Jean Twenge	writer
	Mark Zuckerberg	

2b Who said these things? Use the names from 2a.

1 "I can only do things while I am walking.
The countryside is my office."
.....

2 "Man is a social animal by nature."
.....

3 "[The aims is] to make the world
more open and more connected."
.....

4 “For every hour that you spend with human beings, you need X number of hours alone.”

5 “Only the thoughts we get while we are walking are valuable.”

6 “Have Smartphones Destroyed a Generation?”

7 “[I use a practice of] thinking by writing.”

2c Which idea in 2b do you most agree with and why?

.....
.....
.....

3a Complete the diagram with the missing information.

The Digital Declutter

- Step 1: Define your ¹
- Step 2: Take a ² break
- Step 3: Reintroduce ³



How To Screen Digital Technology

- 1 Make it possible for you to do something which you ⁴
- 2 Be ⁵ to use technology for this reason
- 3 Let you decide ⁶ to use it



Spend Time Alone Practices

Practice 1: Leave your phone ⁷

Practice 2: Take long ⁸

Practice 3: Write ⁹ to yourself



Don't Click "Like" Practices

Practice 1: Don't click "Like"

Practice 2: Change how you ¹⁰

Practice 3: Have conversation ¹¹ "....."



Use Your Leisure Time Better Practices

Practice 1: ¹² something every week

Practice 2: ¹³ your low-quality leisure

Practice 3: ¹⁴ a club or another group

Practice 4: ¹⁵ the leisure plans you made



Join the Attention Resistance Practices

Practice 1: Remove ¹⁶ from your phone

Practice 2: Create ¹⁷ laptops, computers, and phones

Practice 3: Use social media like a ¹⁸

Practice 4: Try ¹⁹ media

Practice 5: Use a ²⁰ phone

3b Which of the practices in 3a have you tried? Which were more/less successful for you?

.....

.....

.....

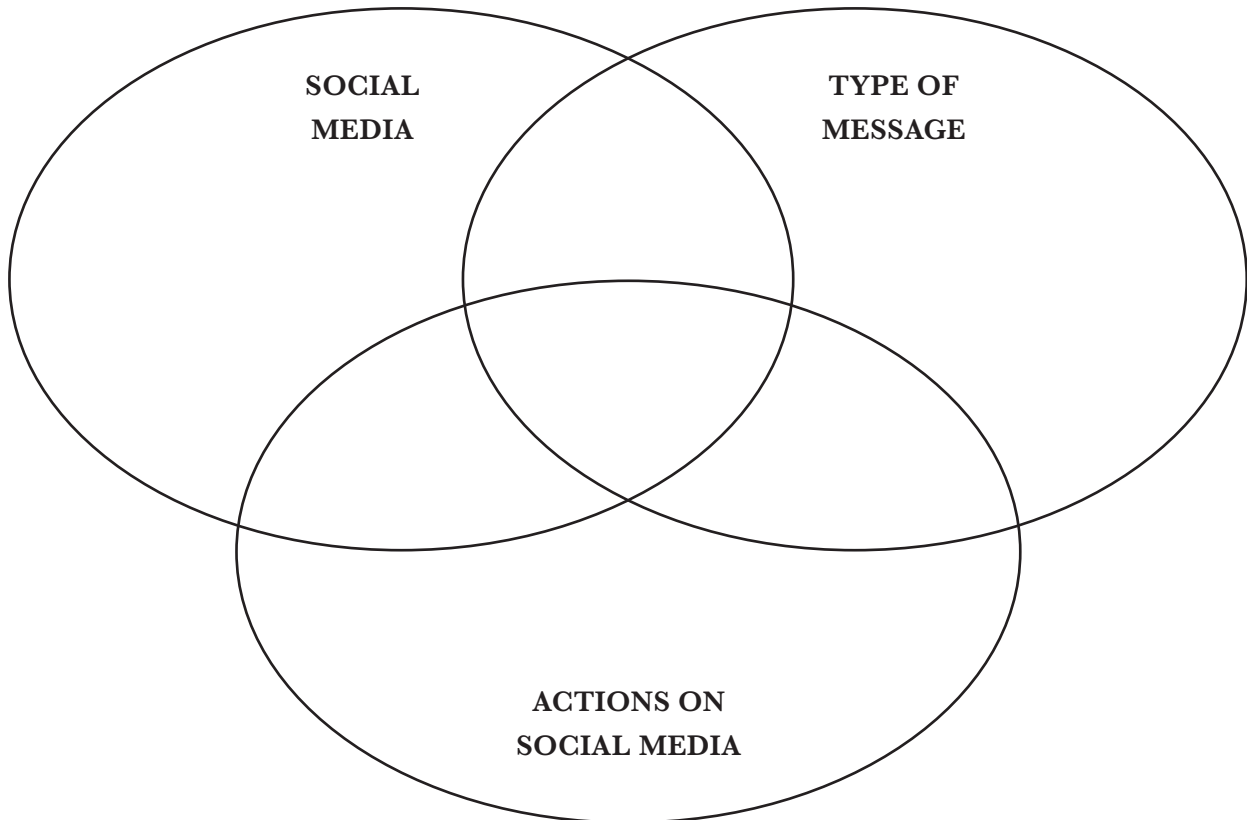
.....

.....

.....

4a Complete this mind map with the words in the box. Some words can go in more than one category.

tweet comment Facebook Snapchat Instagram notification post
follow stream email tag stories like text message WhatsApp Twitter



4b Explain what these things are. Use the words in the box to help you.

connect app stop block journalists news
 digital internet smartphone contact

1 Digital declutter

.....

2 Freedom

.....

3 The Dunbar Number

.....

4 Slow media

.....

5 A dumb phone

.....

5 Do the quiz and compare your answers with your friends.

Are you addicted to your phone?				
Questions	Me	Friends		
How often do you check your phone in a day?				
Why do you usually look at your phone?				
How many social networking sites are you a member of?				
How many friends do you have on social media?				
How many of those friends do you think of as real friends?				
How do you wish your friends happy birthday (in person, text message, by phoning, on social media)?				
How do you feel when you lose, forget, or cannot use your phone for a period of time?				
How do you feel if nobody "likes" your posts, comments, or photos?				
Do you ever turn your notifications off and if so, when?				
What do you, or could you do, instead of checking your phone?				

6a Make a list of five things to focus on this year instead of constantly checking your phone.



6b Now write your objectives and strategies for achieving these five things and share them with a friend.

