



# AB, INFO: Health - digital detox

English R, E 6

Name Lernpartner/in:

Name Lernbegleiter/in:

Datum:



Watch the video about  
'Kids React to Giving Up Social Media for a Week'



① **True or false? Tick the correct statement.**

	true	false
The kids love the idea of a digital detox!	<input type="radio"/>	<input type="radio"/>
The kids have to give up their social media life for one week.	<input type="radio"/>	<input type="radio"/>
For some kids it is getting easier and easier.	<input type="radio"/>	<input type="radio"/>
The kids think their parents could make the challenge.	<input type="radio"/>	<input type="radio"/>





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All necessary vocabulary  
can be found on Quizlet



Listen to the text

## Take a digital break and go wild!

Here is the thing, when we are bored we tend to go online. There is so much to see on our technical devices. They never sleep!! Luckily, there are a lot of alternatives to screen time. Kids, there are plenty of things to do other than sitting in front of your device.

Try this:

- get back to nature – explore our garden, sit under a tree, listen to sounds outside, meet friends for a picnic, throw rocks into the stream, build a treehouse, make rock art or just go for a walk
- get the games out – enjoy a board game afternoon with your friends or family, create riddles and challenge your friends, come up with new board game ideas
- start cooking – make a meal plan with your family, bake together, learn how to make something new like pasta or bread, make homemade pizza, try to make ice cream yourself
- be active – go swimming, cycling, indoor climbing, walking, join a local sports club, dance in front of the mirror, try smiling :-))
- get creative – write, draw, make and create. Use everything you can think of to create something new. Use plastic to make art. Use cardboard to print patterns. Use old clothes to sew new things. Go wild!

① Which statement is correct and which is incorrect? Tick the statements.

	correct	incorrect
Es gibt viele Alternativen zur Screen Time.	<input type="radio"/>	<input type="radio"/>
Man kann rausgehen oder einen Spiele-Abend veranstalten.	<input type="radio"/>	<input type="radio"/>
Man könnte zusammen mit dem Auto fahren.	<input type="radio"/>	<input type="radio"/>
Klettern und auch Schreiben sind gute Möglichkeiten.	<input type="radio"/>	<input type="radio"/>





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## ② Answer the following questions in German.

a) Was machen wir, wenn wir uns langweilen?

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b) Was könnten wir draußen unternehmen? Nenne 3 Dinge.

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c) Wie könnten wir kreativ sein ? Nenne 2 Dinge.

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## ③ Answer the question in German.

- What do you usually do when you are bored?

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Watch this animation about  
'Introducing Alexander von Humboldt'



## ① Who was Alexander?

- ☐ Alexander was a stern writer.
- ☐ Alexander was a popular actor.
- ☐ Alexander was a famous explorer.

## ② After his parents died he

- ☐ went to university.
- ☐ traveled the world.
- ☐ found the love of his life.

## ③ Which statements are correct and which are incorrect?

	correct	incorrect
When Alexander was little, he always carried plants, rocks and even lizards around.	<input type="radio"/>	<input type="radio"/>
Alexander wrote and published 38 books.	<input type="radio"/>	<input type="radio"/>
Humboldt died in Berlin shortly before his 90th birthday.	<input type="radio"/>	<input type="radio"/>
He inspired others with his great achievements.	<input type="radio"/>	<input type="radio"/>

## ④ List some of the things that are named after Alexander von Humboldt.

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