



AB: Mediation: Take a digital break and go wild!

English Mediation R, E 6

Digital detox

- ① **You are planning a digital detox with your friends. You have found an English flyer with tips and ideas. Your friends do not speak English very well. Your task is to answer their questions in German.**



Words? ->
leo.org

☀️ Fun ideas when you are bored! ☀️

*Feeling stuck in front of your phone or computer? Don't worry — there's **so much fun** waiting for you! There are **tons of awesome things** you can do instead.*

☀️ Get outside and explore

Step into nature! Chill in your garden, hang out under a shady tree, swim in a lake, or enjoy a picnic with friends. Feeling adventurous? Build a treehouse, make colorful rock art, or go on a mini treasure hunt!



🎨 Get creative

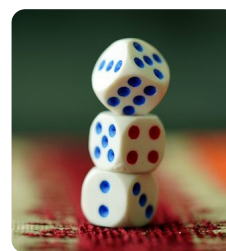
Let your imagination run wild! Draw, write stories, or make cool crafts from cardboard.

Turn old clothes into something new, paint, print patterns, or build something amazing — the possibilities are endless!

🎲 Game time

Board games are more fun than you think! Invite friends or family, create riddles, challenge each other, and laugh a lot.

You can even invent your own game — the sillier, the better!



🏃 Move your body

Time to get moving! Go swimming, ride your bike, try indoor climbing, go for a walk, or dance like nobody's watching.

Join a sports club, try a new activity, and maybe even meet new friends along the way!

💡 Remember:

*When you're bored, **get up, get out, and try something new.***

The world is full of exciting things waiting for you — and you'll have a blast discovering them!





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Digital detox: Answer your friends' questions

Da steht etwas von „get creative“. Was sind da für Vorschläge? Etwas Kreatives finde ich gut.

Das Bild unten links sieht lustig aus. Worum geht es da?

Gibt es Ideen für draußen? Vielleicht mal etwas anderes, das ein bisschen aufregend ist?

