



# Screen Detox

B1 – B2

Module 2

Here's What  
We Will Be  
Learning in this  
Presentation:



# Summary

- ❑ What Is A Screen Detox?
- ❑ Importance Of Screen Detox.
- ❑ Steps Towards Screen Detox.
- ❑ Exercises.

# Vocabulary

**Refrain:** resist doing something.

**Detox:** the process or time of detoxification, esp. from alcohol or addictive drugs, also more generally the recovery from overindulgence in something.

**Retract:** draw or be drawn back or back in.

**Fad:** an intense and widely shared enthusiasm for something; a craze.

**Scour:** examine minutely.

**Jog:** run at a steady gentle pace, especially on a regular basis as a form of physical exercise.

**Feasible:** capable of being done with means at hand and circumstances as they are.