

Social Media Cleanse (Mediation)

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Task inspired by:

- an **article about digital detox** on this website: <https://theeasywisdom.com/what-is-digital-detox/?srsltid=AfmBOOp7yicEvVFxlyutWdBmr0C-6vlaXgqmpKEhmCQiQEuX2Ldeo1W>)
- U9 B (Article **11 ways to tidy up your digital life**, page 151, English File B1, 4th ed.)

Level: **High Intermediate – Upper-Intermediate**

Mediation Task

Your friend Manila, from Portugal, has sent you this message: *Help! I think I'm hooked on social media and I need to tidy up and get my life back. What can I do?* Send her an audio message and tell her some tips using the info in the picture below (1'30''):

