

# ENGLISH

## Chapter 19

**5th**  
SECONDARY

**CHALLENGES**

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 **SACO OLIVEROS**

# ✓ HELICOMOTIVATION






## Going unplugged

**WDYT?**  
(What do you think?)

Could you unplug for a day, a week, a month or even longer?

## Lifestyle

- 1**  Look at the adjectives in the box. Which ones could you use to describe the photos?

conventional   dull   exhausting   harmful   hectic   inspiring  
physically active   satisfying   stressful   thrilling

ing  
plugged

ould you unplug for a  
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## CHILL OUT!

Are you always on the go? Do you need to take some time out to relax? Have you considered putting your feet up to recharge your batteries? Go on, take a breather – you deserve it!



## GET ACTIVE!

Considering getting involved in something new? Take more of an interest in your physical condition by signing up for a fitness course. Keep in shape and strengthen your muscles and bones at the same time!



2



Work in pairs. Which of the adjectives in exercise 1 would you use to describe your lifestyle? Can you think of any more to describe it?

I think I lead a fairly conventional lifestyle because...

I wish I were more physically active, but...

# Chilling out, getting active

3



Check the meaning of the words in bold in the texts. Complete the diagram with the words in the texts and the box.

be energetic and lively    calm down

disconnect    drop out (of)

get into (a new activity)    sit back and relax

take it easy    take your mind off (something)

## Chilling out

calm down  
*take time out*

sit back and relax

take it easy

take some time out

put your feet up

recharge your batteries

take a breather

## Both

disconnect

*take an  
interest (in)*

drop out (of)  
get into (a new activity)

take your mind off (something)

get involved in

Take an interest  
sign up for

## Getting active

be energetic and  
lively

keep in  
shape

strengthen your  
muscles and bones



## 4 Match definitions 1–6 with expressions from exercise 3.



1 start enjoying a new activity

2 stop thinking about something unpleasant

3 have a lot of energy and be active

4 take a short rest, normally after exercise

5 to make parts of your body more powerful

6 rest after being busy so that you're ready to start again

**get into**  
**take your**

**mind off**

**be energetic and**

**lively**

**take a**

**breathe**

**strengthen your**  
**muscles and**

**bones**

**recharge your**  
**batteries**



5



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Listen to five different people speaking.



What new activity has each one taken up? Why?

1 judo – helps her keep in shape and it takes her mind off schoolwork.

2 sea kayaking –a way to take time out from his hectic daily routine

3 Lindy Hop:strengthen legs, feel energetic and lively, calms her down.

4 wildlife photography–he can sit back and relax,disconnect.

5 origami or paper folding–great for taking a breather when studying.

## 6 Complete the questions with the expressions in the box.



calm down   drop out of   keep in shape  
put your feet up   sign up for

- 1 When did you last **sign up for** \_\_\_\_\_ a new activity?
- 2 Have you ever had to **drop out of** \_\_\_\_\_ an activity?
- 3 When you're feeling nervous, what kinds of things do you do to **calm down** \_\_\_\_\_?
- 4 Do you usually **put your feet up** \_\_\_\_\_ in the evening before doing your homework?
- 5 What activities do you do to **keep in shape** \_\_\_\_\_?

**8**



Watch the video. What does Mon miss most about social media?

Talking with her friends and family, seeing what they're doing and showing what she is doing.

9



**Work in pairs. Discuss the questions.**

- 1 In the end, does Mon think social media has a positive or negative impact? **Both. She thinks it's good and bad.**
- 2 Do you think you could do something similar to Mon's challenge? What would you find difficult?

**3** Answer the questions in your own words. Then read the article again and check your answers.

- 1 Why do people participate in the National Day of Unplugging?
- 2 How do we know that unplugging helped some people do more in a day?
- 3 Why does the article suggest you put your phone in a 'sleeping bag'?
- 4 What kind of adventure does the article suggest for people who can get away for a while?
- 5 According to the article, how can you go on an adventure near where you live?
- 6 According to the article, why should you stop to have a drink while you're studying?

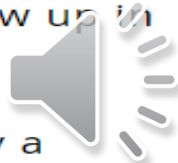
## ARE YOU READY TO UNPLUG?

The National Day of Unplugging is celebrated annually in many countries worldwide. People disconnect from technology and send in their selfies explaining their reasons for doing so. These range from the concrete ('to read the newspaper' or 'to get involved in charity work') to the more abstract ('to take a breather' or 'to focus on the things that matter most'). Research seems to support these reasons. One study concluded that after taking time out from technology, participants reported that their days had been more productive: they had studied for exams, spoken to their friends more and even finished a novel. Some said they felt like they were on vacation!



There's no need to wait until this day comes around again to unplug. Some young people choose not to own a cell phone at all. They use the landline to contact friends and instead of looking at social media, they get active outdoors. Do you want to give this a try on a smaller scale? Store your phone in a 'cell phone sleeping bag' so that you won't be distracted when it lights up. If you're being disturbed by your larger devices, lock them in a box with a lid.

Now that's done, you'll have time for an adventure! If you can afford to go off the grid for longer than a day, consider spending time with your family in a remote cabin. Your adventure doesn't have to stop there; this stay could be preparation for a long-distance hike, such as the Inca Trail in Peru. But if you're up for a complete change of lifestyle, you could find your inspiration in 17-year-old Maddie Roark, who grew up in the wilderness.



However, if that isn't your thing or you simply don't have the time, why not try a microadventure? What distinguishes this from a full-blown adventure is that they're enjoyed close to home. Try a new means of transportation. Get yourself a bike, monocycle or scooter and explore your town from a new perspective. If you live near water, paddle boarding and kayaking are great ways to discover the shoreline.

For those of you not ready to commit to a full day, try microbreaks. These should be short and regular, but they shouldn't be confused with conventional breaks. While the latter have often been built into our timetables, we often ignore the former. These unscheduled opportunities allow our bodies to recover. Turning your head away from your screen and taking your fingers off the keyboard to grab some water gives your eyes and wrists a rest.

Whether it's done once a year or on a regular basis, we're sure you'll find your time unplugged satisfying. What's more, both your mind and body will thank you!



## 5 Complete the sentences with the correct form of one of the words in exercise 4.

- 1 My cell phone's out of battery, so call me on the landline.
- 2 I often leave my phone face down so I don't get distracted by the messages.
- 3 We try to go everywhere by bike – that's our favorite means of transportation.
- 4 Organizing a week of events is too much; try doing something on a smaller scale.
- 5 We're going to go off the grid when we go camping – no phones, no electricity, no nothing!
- 6 We spent last summer touring the wilderness in Iceland. We didn't see anyone for kilometers.

## ► Subskill: Referencing

We use words like *so*, *it* or *there* to refer **back** or refer **forward** to people, things, ideas, etc. This avoids repetition of the same words, sentences or even paragraphs. It's important to understand what these words are referring to.

**6** What do the following words refer to? Circle the correct answer a–c.

1 'doing so' in line 3

- ☒ **a** disconnecting                      **b** having a celebration  
**c** taking the selfie

2 'this' in line 11

- a** getting outdoors                      **b** using the house phone  
☒ **c** the National Day of Unplugging

3 'there' in line 16

- a** being solo                      ☒ **b** in the cabin  
**c** being off the grid

4 'that' in line 19

- a a microadventure
- b being close to home
- ☒ c a big adventure

5 'latter' in line 25

- ☒ a conventional breaks
- b microadventures
- c microbreaks

6 'former' in line 26

- a conventional breaks
- b microadventures
- ☒ c microbreaks

4

**Word work**

Match the definitions with the words in bold in the text.

- 1 live without electricity
- 2 a telephone that isn't a cell phone
- 3 a method for doing something
- 4 not doing something as big
- 5 an area of land where people do not usually live
- 6 when something removes your attention from what you are doing

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**distracted**

\_\_\_\_\_