Name:

Partner’s name(s):

*Critical Thinking and Discussion*

1. Answer the following 2 questions and write **your opinions** below. (homework due on 19 May)
2. Discuss your opinions with your partner.
3. Let’s share what you have discussed with classmates!
4. Do you ever feel you would like to digital detox yourself? Why or why not?

Your opinion: Yes, I’d like to digital detox myself, because digital detox enables us to resolve stiff shoulder and stoop, which is called “猫背” in Japanese. I am relatively tall, so I have much strains daily while studying by using PC or smart phone. Stoop causes the neck to be front too much, so it may be impossible to exercise when I get older. Also, if I solve the stiff shoulder and stoop, I can concentrate on the work more longer. Most of works needs to use PC, so the problem of digital detox is inevitable. To exercise and work more longer, I’d like to digital detox myself.

Partners’ opinions:

1. If you want to digital detox, how would you do? Give some examples.

Your opinion: To carry out digital detox to resolve stiff shoulder and stoop, I want to be conscious about my posture. To make my posture more correct, I regard the eye line as more important element to keep the posture. For example, when I am using smart phone, I always lift the phone not to lower my looking. Moreover, when I studying or investigating by using PC, I used pillow to correct the posture.

Partners’ opinions: