
TES2 unplug

Tournon sur Rhône — Christmas Holidays 2014

This detox was a challenge given by Mrs Chomette (Tes2 english teacher). The goal of this detox was, for the students, to try to stop using digital devices for 24 hours, and then, to tell their adventure, feelings,... on the blog of their teacher.

During the Christmas holidays students had chosen a day to unplug. For some of them that was easy, unplugging for “ 24 hours was not too long” like Jessica, one of the students told on the blog. But for some others that was really difficult and some students didn t succeed, but they tried, so that s the main thing. Like Maeva, one of the students, who stops the challenge after “ four hours”, she "was lost without her phone".

Most of the students found this experience fascinating, like Lola said that was an "interesting experience".

And many of the students had chosen Christmas Day to do this digital detox because for them that was "easier" like Flavien said, because Christmas was a special day he " found other activities", "he opened his gift" and also said that "dinner was very long, several hours"so that was easier.

All of the students tried to unplug, some succeeded, and some gave up few hours later.

All of them told their experience on the blog.

The English teacher of the class said that she " was happy that all of the students tried to do this detox and told their experience on the blog"

If you want, you can try to do a detox day as the TES 2 students. And then you can tell us your experience, your feelings,... Good luck !