

B2-C1 Worksheet: Could Daily Dusking Make Us Happier? - 07 March 2026

Article

A quiet ritual known as dusking is beginning to catch on in Europe, offering a gentler alternative to expensive wellness trends. The idea is simple: as daylight fades, people sit outside, put phones away and watch the world grow dark. The practice was once common in the Netherlands but gradually faded from view. Now it is being brought back by the Dutch writer Marjolijn van Heemstra, who believes many of us have lost touch with darkness itself.

At a recent event on the edge of the North York Moors, participants wrapped up warm, sat still and focused on a single point as evening drew in. Without screens, torches or electric lights, small details began to stand out: a hedge changing colour, birdsong fading, stars slowly coming through. Supporters say dusking helps people slow down, switch off and tune in to their surroundings. Rather than chasing constant stimulation, they carve out a pause at the end of the day and let the usual noise drift away.

The appeal is not only personal. Campaigners argue that learning to value darkness could also cut through our dependence on artificial light, which can disrupt wildlife and human sleep patterns. Dusking requires no subscription, no equipment and no special training - only a chair and a view. In a culture that often rewards busyness, its growing popularity suggests that older habits can still take root when people are ready to make room for them again.

True/False

Decide if each statement is True (T) or False (F).

1. Dusking is presented as a costly wellness trend.
2. The practice involves watching daylight disappear.
3. Dusking remained widely popular in the Netherlands without interruption.
4. Participants at the North York Moors event avoided artificial light.
5. Supporters say dusking encourages people to notice their surroundings more carefully.
6. The article suggests artificial light can affect wildlife and sleep.
7. Dusking requires specialist equipment and formal training.
8. The writer suggests older habits can become popular again.

Phrase Match

Match the phrases (1-10) to the correct definitions (A-J).

Phrases (1-10)	Definitions (A-J)
1. catch on	A. to become established and start to grow
2. fade from view	B. to notice and pay attention to something
3. wrap up warm	C. to disappear gradually from public attention
4. stand out	D. to become popular
5. slow down	E. to reduce speed or become calmer
6. switch off	F. to make time or space for something
7. tune in to	G. to move away slowly
8. carve out	H. to dress in warm clothes
9. drift away	I. to stop thinking about work or technology
10. take root	J. to be especially noticeable

Synonym Match

Match the words (1-10) to the correct synonyms (A-J).

Words (1-10)	Synonyms (A-J)
1. ritual	A. approval or widespread interest
2. alternative	B. a repeated or usual way of behaving
3. surroundings	C. the area around someone or something
4. stimulation	D. to interrupt or disturb
5. dependence	E. tools or items needed for an activity
6. disrupt	F. something different that can be used instead
7. rewards	G. things that encourage activity or response
8. popularity	H. something done regularly in a meaningful way
9. equipment	I. situation in which you rely too much on something
10. habit	J. benefits or positive results

Use the new language

Please choose 5 words or phrases and make your own sentence using the new word or phrase.

Discussion Questions

Student A

1. Do you ever spend time outside at dusk? What do you notice?
2. What helps you slow down at the end of the day?
3. Is it easy for you to switch off from your phone in the evening?
4. Which small details in nature usually stand out to you?
5. Would you like to try dusking for a week? Why or why not?
6. Do you think old habits can still catch on today?
7. What part of your daily routine would you like to carve out more time for?
8. Does darkness feel peaceful, uncomfortable or something else to you?

Student B

1. Why do you think simple rituals sometimes fade from view?
2. Is modern life too dependent on artificial light and screens?
3. Should schools or workplaces encourage people to spend more time outdoors?
4. Can quiet activities be as valuable as active hobbies? Explain.
5. Does busyness stop people from noticing their surroundings properly?
6. How can cities make room for darker, calmer spaces?
7. Should environmental concerns change the way we light public spaces at night?
8. What kinds of habits are most likely to take root in the future?

Answer Key

True/False: 1=F, 2=T, 3=F, 4=T, 5=T, 6=T, 7=F, 8=T

Phrase Match: 1=D, 2=C, 3=H, 4=J, 5=E, 6=I, 7=B, 8=F, 9=G, 10=A

Synonym Match: 1=H, 2=F, 3=C, 4=G, 5=I, 6=D, 7=J, 8=A, 9=E, 10=B