

## LOOK UP, by Gary Turk – London (4.55 min)

Watch the video of Gary Turk reading his poem, and fill the blanks.  
Then check with the poem on pages 3 and 4 of this file.

I have .....friends, yet I am lonely.  
I speak to all of them every day, yet .....really know me.  
The problem I have sits in the space in-between  
Looking into their eyes or at a name on a screen  
I took a set back and opened my eyes  
I looked around and realized  
This media we call social is .....  
When we open our computers and it's our doors we..... .  
All this ..... we have it's just an illusion  
Community, ....., a sense of .....,  
Yet, when you step away from this ..... of delusion  
You awaken to see .....confusion  
A world where .....to the technology we mastered.  
Where ..... gets sold by some rich greedy .....  
A world of self-interest, ....., self-promotion.  
Where we all share our best bits but leave out .....  
We are at our most happy with .....we share  
But is it ..... if .....?

Be there for .....and they'll be there too.  
But none will be if a .....will do.  
We edit and exaggerate, crave adulation  
We pretend not to notice the .....  
We put our words into order till our lives are glistening  
We don't even ..... if anyone .....  
Being alone isn't .....let me just emphasize  
If you read ....., paint ..... or do some exercise  
You're being productive and present, not reserved and reclusive  
You were being awake and ..... and putting your time to  
good use.  
So when you're in public and you start .....  
Put your ..... behind your ....., step away from .....

You don't need to stare at your menu or at your contact list  
Just talk to ....., learn to coexist.  
I can't stand to hear .....of a busy commuter train  
Where no one wants .....for the fear of looking insane.  
We are becoming ....., it no longer satisfies  
To engage with one another and look into someone's eyes.  
We are surrounded by children who since they were born  
Have watched us living ....., who now think it's the norm  
It is not very likely you'll make world's greatest dad  
If you can't entertain ..... without .....

When I was a child I'd never .....  
I'd be out with ....., on ..... we would roam  
I would wear holes in my trainers, and graze up my knees  
We'd build our own clubhouse high .....  
Now the park is so ..... it gives me a chill  
See no ..... outside and the swings hanging still  
There is no skipping, no hopscotch, no church and no steeple

we are a ....., and ..... people.

So look up from your phone, shut down .....  
Take in your surroundings, make the most of today  
Just one .....is all it can take  
To show you the ..... that being there can make.  
Be there .....as she gives you .....  
That you'll remember forever as when love overtook  
The time she first held ..... or first .....  
The time you first ..... but still loved her to bits  
The time you don't have .....of what you've just done  
Because you want to share ..... with just this one.

The time you sell....., so you can buy ....., for the  
....., who is now the real thing.  
The time you want to .....  
And the moment when you first hold your .....  
And get to fall ..... again  
The time she keeps you up ..... and all you want is .....  
The time you wipe away the tears as your ..... flees the nest.  
The time your baby girl returns with a ..... for you to hold  
The time he calls you Grand-dad and makes you feel real old  
The time you take in all you've made just by giving life attention  
And how you're ..... you didn't ..... it by looking down  
at some invention.

.....you hold your wife's hand, sit down beside .....  
You tell .... that you love ..... and lay a kiss upon her .....  
She then whispers to you quietly as her heart gives a final beat  
That she is ..... she got stopped by that lost boy .....  
But none of these times ever .....  
You never had ..... of this when you're ..... looking down,  
you don't see the chances you .....

So ..... your phone(s), shut down those displays  
We have a finite existence, a set number of .....  
Don't waste your ..... getting caught .....  
As when the end comes nothing's worse than .....

I am ..... too of being part of this machine  
This digital world, we are heard but not seen  
Where we ..... as we ..... and we ..... as we .....  
Where we spend hours together without making .....  
So don't give in to a life where you ..... the hype  
Give people ....., don't give them your like  
..... from the need to be heard and defined  
Go out ....., leave distractions .....

..... from you phone,  
Shut down that .....  
Stop ..... this video  
Live life .....

# Look Up

I have 422 friends yet I am lonely  
I speak to all of them everyday yet none of them really know me  
The problem I have sits in the space in-between  
Looking into their eyes or at a name on a screen  
I took a step back and opened my eyes  
I looked round and realised  
This media we call social is anything but  
when we open our computers and it's our doors we shut  
All this technology we have it's just an illusion  
Community, companionship, a sense of inclusion  
When you step away from this device of delusion  
You awaken to see a world of confusion  
A world where we're slaves to the technology we mastered  
Where information gets sold by some rich, greedy bastard  
A world of self-interest, self-image, self-promotion  
Where we all share our best bits but leave out the emotion  
We're at our most happy with an experience we share  
But is it the same if no one is there?

Be there for your friends and they'll be there too  
But no one will be if a group message will do  
We edit and exaggerate, crave adulation  
We pretend not to notice the social isolation  
We put our words into order till our lives are glistening  
We don't even know if anyone is listening  
Being alone isn't the problem let me just emphasise  
If you read a book, paint a picture, or do some exercise  
You're being productive and present not reserved and reclusive  
You're being awake and attentive and putting your time to good use

So when you're in public and you start to feel alone  
Put your hands behind your head, step away from the phone  
You don't need to stare at your menu or at your contact list  
Just talk to one another, learn to co-exist  
I can't stand to hear the silence of a busy commuter train  
When no one wants to talk for the fear of looking insane  
We're becoming unsocial, it no longer satisfies  
To engage with one another and look into someone's eyes.  
We're surrounded by children who since they were born  
Have watched us living like robots and think it's the norm  
It's not very likely you'll make world's greatest Dad  
If you can't entertain a child without using an iPad

When I was a child I'd never be home  
I'd be out with my friends, on our bikes we'd roam  
I'd wear holes in my trainers and graze up my knees  
Or build our own clubhouse high up in the trees  
Now the park is so quiet it gives me a chill  
See no children outside and the swings hanging still  
There's no skipping, no hopscotch, no church and no steeple  
We're a generation of idiots, smart phones and dumb people

So look up from your phone, shut down the display  
Take in your surroundings, make the most of today

Just one real connection is all it can take  
To show you the difference that being there can make  
Be there in the moment as she gives you the look  
That you remember forever as when love overtook  
The time she first held your hand or first kissed your lips  
The time you first disagreed but still loved her to bits  
The time you don't have to tell hundreds of what you've just done  
Because you want to share this moment with just this one.  
The time you sell your computer so you can buy a ring  
For the girl of your dreams who is now the real thing  
The time you want to start a family and the moment when  
You first hold your little girl and get to fall in love again  
The time she keeps you up at nights and all you want is rest  
And the time you wipe away the tears as your baby flees the nest  
The time your baby girl returns with a boy for you to hold  
And the time he calls you Grandad and makes you feel real old  
The time you take in all you've made when you're giving life attention  
And how you're real glad you didn't waste it by looking down at some invention  
The time you hold your wife's hand, sit down beside her bed.  
You tell her that you love her, lay a kiss upon her head.  
She then whispers to you quietly as her heart gives a final beat  
That she's lucky she got stopped by that lost boy in the street

But none of these times ever happened. You never had any of this  
When you're too busy looking down, you don't see the chances you miss  
So look up from your phones, shut down those displays  
We have a finite existence, a set number of days  
Don't waste your life getting caught in the net  
because when the end comes, nothing's worse than regret

I am guilty too of being part of this machine  
this digital world we are heard but not seen  
where we type as we talk and read as we chat  
where we spend hours together without making eye-contact  
So don't give in to a life where you follow the hype  
Give people your love, don't give them your "like"  
Disconnect from the need to be heard and defined

Go out into the world, leave distractions behind  
Look up from your phone, shut down the display  
Stop watching this video, live life the real way.

"Look Up" was written, directed and performed by Gary Turk of London. Turk describes the video as being "a lesson taught to us through a love story, in a world where we continue to find ways to make it easier for us to connect with one another, but always results in us spending more time alone."

4.55 minutes

For a longer video with people discussing this poem go here:

[https://www.youtube.com/watch?v=o6CTu\\_Zmn8E](https://www.youtube.com/watch?v=o6CTu_Zmn8E)