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Level 0

Screen time before bed is bad for children

8th November, 2017

<https://breakingnewsenglish.com/1711/171108-screen-time-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1711/171108-screen-time-0.html>

Watching TV, tablet or mobile phone screens before bedtime is bad for children's health. Researchers looked at studies on this. Ninety per cent of the studies found that screen time means children go to bed later. They have less sleep, and poorer quality sleep. Screens are small, so children look at them in bed.

Children need more sleep than adults. Pre-school children need up to 13 hours a night. There are three reasons why screens are bad. First, the light from screens makes children think it is daytime. Second, videos keep children's brains active, so they cannot sleep. Finally, children do not exercise, so they are not tired.

Sources: <https://qz.com/1120797/the-paradise-papers-data-leak-is-about-growing-inequality/>
<https://www.romper.com/p/too-much-screen-time-before-bed-is-affecting-how-much-sleep-kids-get-its-hurting-their-health-3227415>
<https://www.treehugger.com/health/screen-time-bed-hard-kids.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1711/171108-screen-time-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|-----------------------|
| 1. mobile phone | a. at studies on this |
| 2. before | b. to bed later |
| 3. bad for children's | c. look at them |
| 4. Researchers looked | d. bedtime |
| 5. Ninety per cent | e. sleep |
| 6. children go | f. screens |
| 7. poorer quality | g. of the studies |
| 8. Screens are small, so children | h. health |

PARAGRAPH TWO:

- | | |
|-----------------------------|----------------------|
| 1. Children need more | a. it is daytime |
| 2. Pre-school children need | b. bad |
| 3. There are three | c. screens |
| 4. screens are | d. exercise |
| 5. the light from | e. sleep than adults |
| 6. children think | f. brains active |
| 7. videos keep children's | g. up to 13 hours |
| 8. children do not | h. reasons why |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1711/171108-screen-time-0.html>

Watching TV, (1) _____ phone screens before
bedtime (2) _____ children's health.

Researchers looked at (3) _____. Ninety per
cent of the studies found that screen time means children
(4) _____ later. They have less sleep, and
poorer quality sleep. Screens (5) _____ children
look at (6) _____.

Children need (7) _____ adults. Pre-school
children (8) _____ 13 hours a night. There are
three reasons (9) _____ bad. First, the light
from screens makes children (10) _____
daytime. Second, videos keep children's
(11) _____ they cannot sleep. Finally, children
do not exercise, (12) _____ not tired.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1711/171108-screen-time-0.html>

Watching TV, tablet or mobile phone screens before bedtime is bad for children's health. Researchers looked at studies on this. Ninety percent of the studies found that screen time means children go to bed later. They have less sleep, and poorer quality sleep. Screens are small, so children look at them in bed. Children need more sleep than adults. Pre-school children need up to 13 hours a night. There are three reasons why screens are bad. First, the light from screens makes children think it is daytime. Second, videos keep children's brains active, so they cannot sleep. Finally, children do not exercise, so they are not tired.

SCREEN TIME SURVEY

From <https://breakingnewsenglish.com/1711/171108-screen-time-4.html>

Write five GOOD questions about screen time in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

