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## Level 1

### Screen time before bed is bad for children

8th November, 2017

<https://breakingnewsenglish.com/1711/171108-screen-time-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/1711/171108-screen-time-1.html>

Children should not watch TV, tablet or mobile phone screens before bedtime. Researchers found "screen time" before sleeping is bad for children's health. The researchers looked at studies on how bad screen time is for children. They said that 90 per cent of the studies found that screen time delays bedtime. It also leads to less sleep, and poorer sleep quality. Screens are small, so children look at them in bed. Most children have a screen in their bedroom.

Children need more sleep than adults. Pre-school children need up to 13 hours, pre-teens up to 12 hours, and teenagers up to ten hours a night. There are three reasons why screens affect children's sleep. First, the light from screens upsets a child's body clock. It makes children think it is daytime. Second, videos excite children and keep their brain active, so they take longer to sleep. Finally, children are not exercising, 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-1.html>

## PARAGRAPH ONE:

- |                                |                     |
|--------------------------------|---------------------|
| 1. Children should             | a. small            |
| 2. bad for children's          | b. bedtime          |
| 3. how bad screen time         | c. in their bedroom |
| 4. screen time delays          | d. not watch TV     |
| 5. poorer sleep                | e. them in bed      |
| 6. Screens are                 | f. health           |
| 7. children look at            | g. quality          |
| 8. Most children have a screen | h. is for children  |

## PARAGRAPH TWO:

- |                                    |                         |
|------------------------------------|-------------------------|
| 1. Children need more              | a. active               |
| 2. Pre-school                      | b. they are not tired   |
| 3. the light from screens upsets   | c. excite children      |
| 4. It makes children think         | d. children             |
| 5. videos                          | e. a child's body clock |
| 6. keep their brain                | f. sleep than adults    |
| 7. they take longer                | g. it is daytime        |
| 8. children are not exercising, so | h. to sleep             |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1711/171108-screen-time-1.html>

Children (1) \_\_\_\_\_ TV, tablet or mobile phone screens before bedtime. Researchers (2) \_\_\_\_\_ before sleeping is bad for children's health. The researchers (3) \_\_\_\_\_ on how bad screen time is for children. They said that 90 per cent (4) \_\_\_\_\_ found that screen time delays bedtime. It also leads to less sleep, and (5) \_\_\_\_\_. Screens are small, so children look at them in bed. Most children have (6) \_\_\_\_\_ their bedroom.

Children need more (7) \_\_\_\_\_. Pre-school children need up to 13 hours, (8) \_\_\_\_\_ to 12 hours, and teenagers up to ten (9) \_\_\_\_\_. There are three reasons why screens affect children's sleep. First, the light from screens (10) \_\_\_\_\_ body clock. It makes children think it is daytime. Second, videos excite children and keep (11) \_\_\_\_\_, so they take longer to sleep. Finally, children are not exercising, so they (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1711/171108-screen-time-1.html>

Children should not watch TV, tablet or mobile phone screens before bedtime. Researchers found "screen time" before sleeping is bad for children's health. The researchers looked at studies on how bad screen time is for children. They said that 90 percent of the studies found that screen time delays bedtime. It also leads to less sleep, and poorer sleep quality. Screens are small, so children look at them in bed. Most children have a screen in their bedroom. Children need more sleep than adults. Pre-school children need up to 13 hours, pre-teens up to 12 hours, and teenagers up to ten hours a night. There are three reasons why screens affect children's sleep. First, the light from screens upsets a child's body clock. It makes children think it is daytime. Second, videos excite children and keep their brain active, so they take longer to sleep. Finally, children are not exercising, 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) \_\_\_\_\_

*Screen time before bed is bad for children – 8th November, 2017*  
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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) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/1711/171108-screen-time-1.html>

Write about **screen time** for 10 minutes. Read and talk about your partner's paper.

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