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Level 2

Screen time before bed is bad for children

8th November, 2017

<https://breakingnewsenglish.com/1711/171108-screen-time-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1711/171108-screen-time-2.html>

New research shows children should not watch TV, tablet or mobile phone screens before bedtime. Researchers found that "screen time" before sleeping is bad for children's health. The researchers looked at over 60 different studies on how bad screen time is for children aged from 5 to 17. They said that 90 per cent of the studies found that screen time delays bedtime. It also leads to fewer hours of sleep, and poorer sleep quality. Screens are becoming smaller, so children can look at them in bed. Most children in the study had some kind of 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 should get around nine hours a night. The researchers found three reasons why screens affected children's sleep. First, the light from screens upsets a child's body clock. It gets into children's eyes before they sleep, and makes children think it is daytime. Second, children watch videos of things that excite them. This keeps their brain active, so they take longer to sleep. Finally, when children are watching screens, they 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-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|-------------------------|
| 1. bad for children's | a. hours of sleep |
| 2. researchers looked at over | b. the study |
| 3. screen time delays | c. health |
| 4. It also leads to fewer | d. in their bedroom |
| 5. Screens are becoming | e. bedtime |
| 6. children can look | f. smaller |
| 7. Most children in | g. 60 different studies |
| 8. some kind of screen | h. at them in bed |

PARAGRAPH TWO:

- | | |
|--------------------------------|----------------------|
| 1. Children need more | a. from screens |
| 2. get around nine | b. children's sleep |
| 3. The researchers found three | c. daytime |
| 4. screens affected | d. reasons why |
| 5. the light | e. sleep than adults |
| 6. upsets a child's body | f. active |
| 7. makes children think it is | g. clock |
| 8. This keeps their brain | h. hours a night |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1711/171108-screen-time-2.html>

New research shows children (1) _____ TV, tablet or mobile phone screens before bedtime. Researchers found that "screen time" before sleeping (2) _____ children's health. The researchers looked (3) _____ different studies on how bad screen time is for children aged from 5 to 17. They said that 90 per cent (4) _____ found that screen time delays bedtime. It (5) _____ fewer hours of sleep, and poorer sleep quality. Screens are becoming smaller, so children can (6) _____ in bed. Most children in the study had some kind of screen in their bedroom.

Children (7) _____ than adults. Pre-school children need up to 13 hours, pre-teens up to 12 hours, and teenagers (8) _____ nine hours a night. The researchers found three reasons why screens affected children's sleep. First, the light from screens (9) _____ body clock. It gets into children's (10) _____ sleep, and makes children think it is daytime. Second, children watch videos of things that excite them. This keeps (11) _____, so they take longer to sleep. Finally, when children are watching screens, they are not exercising, so they (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1711/171108-screen-time-2.html>

New research shows children should not watch TV, tablet or mobile phone screens before bedtime. Researchers found that "screen time" before sleeping is bad for children's health. The researchers looked at over 60 different studies on how bad screen time is for children aged from 5 to 17. They said that 90 percent of the studies found that screen time delays bedtime. It also leads to fewer hours of sleep, and poorer sleep quality. Screens are becoming smaller, so children can look at them in bed. Most children in the study had some kind of 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 should get around nine hours a night. The researchers found three reasons why screens affected children's sleep. First, the light from screens upsets a child's body clock. It gets into children's eyes before they sleep, and makes children think it is daytime. Second, children watch videos of things that excite them. This keeps their brain active, so they take longer to sleep. Finally, when children are watching screens, they 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) _____

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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) _____

