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## Level 3

### Screen time before bed is bad for children

8th November, 2017

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

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**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

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

New research shows that it is bad for children to watch TV, tablet or mobile phone screens before bedtime. Researchers from the University of Colorado found that "screen time" before sleeping damages children's health. The researchers looked at over 60 different studies on how screen time affects children. They said: "Of more than five dozen studies looking at children aged from 5 to 17 around the world, 90 per cent have found that more screen time is associated with delayed bedtime, fewer hours of sleep, and poorer sleep quality." Screens are becoming smaller and smaller, so children can look at them in bed. More than 75 per cent of children in the study had some kind of screen in their bedroom.

Children need a lot more sleep than adults. Pre-school children need 10 to 13 hours, pre-teens should get between nine and 12 hours, and teenagers should be getting between eight and 10 hours a night. The researchers highlighted three main reasons how screens affect children's sleep. First, the light from screens upsets a child's body clock. The light from screens getting into children's eyes before they sleep tricks their body into thinking it is still daytime. Second, children often watch videos of things that excite them or interest them. This keeps their brain active, so they take longer to sleep. Finally, when children are watching screens, they are not exercising. Children need physical activity to make them 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>

# WARM-UPS

**1. SCREEN TIME:** Students walk around the class and talk to other students about screen time. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

research / mobile phone / sleeping / damages / dozen / delayed / smaller / bedroom / adults / pre-teens / teenagers / reasons / body clock / tricks / daytime / excite / tired

Have a chat about the topics you liked. Change topics and partners frequently.

**3. BEDTIME BAN:** Students A **strongly** believe parents should ban children from looking at screens after 6pm; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. HARMFUL:** How harmful are these things to children? How can we reduce this damage? Complete this table with your partner(s). Change partners often and share what you wrote.

	Harm	How to reduce the damage
Screen light		
No exercise		
No reading time		
Adult content		
No talking to others		
Eyesight		

**5. CHILDREN:** Spend one minute writing down all of the different words you associate with the word "children". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. ACTIVITIES:** Rank these with your partner. Put the best activities for children at the top. Change partners often and share your rankings.

- playing in the park
- playing board games
- watching TV
- reading comics
- watching documentaries
- computer games
- YouTube videos
- Lego

# VOCABULARY MATCHING

## Paragraph 1

- |               |  |
|---------------|--|
| 1. damages    | a. How good or bad something is.   |
| 2. studies    | b. Makes a difference to someone of something.   |
| 3. affects    | c. Connected with something else.  |
| 4. dozen      | d. A group or set of twelve things or people.  |
| 5. associated | e. Made some happen slower or later than usual.  |
| 6. delayed    | f. Research that is put into books, magazines or journals.                             |
| 7. quality    | g. Does something to someone or something so they / it does not work or function well. |

## Paragraph 2

- |                 |   |
|-----------------|---|
| 8. adults       | h. Causes the order or function of something to be wrong.   |
| 9. pre-teens    | i. Children just under the age of thirteen.   |
| 10. highlighted | j. Pointed to something so everyone would look at or think about it.  |
| 11. upsets      | k. A person's natural way of understanding when day and night is, and when it is time to sleep and wake up. |
| 12. body clock  | l. Makes someone believe something that is not real or not true.  |
| 13. tricks      | m. About the human body.  |
| 14. physical    | n. People who are fully grown or developed.   |

# BEFORE READING / LISTENING

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

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- a. A study says watching TV before bedtime is bad for children. **T / F**
- b. Researchers looked at more than 60 studies in their research. **T / F**
- c. Researchers said 90% of studies found screen time was bad for children. **T / F**
- d. Around 75% of children had no screen in their bedroom. **T / F**
- e. The article said pre-teens needed up to 12 hours sleep a night. **T / F**
- f. The researchers mentioned four reasons why screens are bad. **T / F**
- g. The researchers said screens trick children into thinking it's night time. **T / F**
- h. The researchers said screens encourage children to exercise. **T / F**

## 2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- |                       |               |
|-----------------------|---------------|
| 1. <b>shows</b>       | a. youths     |
| 2. <b>damages</b>     | b. discovered |
| 3. <b>found</b>       | c. lastly     |
| 4. <b>associated</b>  | d. harms      |
| 5. <b>kind</b>        | e. focused on |
| 6. <b>teenagers</b>   | f. disrupts   |
| 7. <b>highlighted</b> | g. reveals    |
| 8. <b>upsets</b>      | h. thrill     |
| 9. <b>excite</b>      | i. sort       |
| 10. <b>finally</b>    | j. connected  |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |  |                              |
|--|------------------------------|
| 1. New research shows that it            | a. with delayed bedtime      |
| 2. "screen time" before sleeping damages | b. over 60 different studies |
| 3. The researchers looked at             | c. things that excite them   |
| 4. more than five                        | d. more sleep than adults    |
| 5. more screen time is associated        | e. children's health         |
| 6. Children need a lot                   | f. body clock                |
| 7. teenagers should be getting between   | g. dozen studies             |
| 8. light from screens upsets a child's   | h. to make them tired        |
| 9. children often watch videos of        | i. is bad for children       |
| 10. Children need physical activity      | j. eight and 10 hours        |

# GAP FILL

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

New research shows that it is bad for children to watch TV, (1) \_\_\_\_\_ or mobile phone screens before (2) \_\_\_\_\_. Researchers from the University of Colorado found that "screen time" before sleeping (3) \_\_\_\_\_ children's health. The researchers looked at over 60 different (4) \_\_\_\_\_ on how screen time affects children. They said: "Of more than five (5) \_\_\_\_\_ studies looking at children aged from 5 to 17 around the world, 90 per cent have found that more screen time is (6) \_\_\_\_\_ with delayed bedtime, fewer hours of sleep, and poorer sleep (7) \_\_\_\_\_." Screens are becoming smaller and smaller, so children can look at them in bed. More than 75 per cent of children in the study had some (8) \_\_\_\_\_ of screen in their bedroom.

*studies*  
*bedtime*  
*dozen*  
*kind*  
*damages*  
*quality*  
*tablet*  
*associated*

Children need a lot more sleep than (9) \_\_\_\_\_. Pre-school children need 10 to 13 hours, pre-teens should get between nine and 12 hours, and teenagers should be (10) \_\_\_\_\_ between eight and 10 hours a night. The researchers highlighted three (11) \_\_\_\_\_ reasons how screens affect children's sleep. First, the (12) \_\_\_\_\_ from screens upsets a child's body (13) \_\_\_\_\_. The light from screens getting into children's eyes before they sleep tricks their body into thinking it is still (14) \_\_\_\_\_. Second, children often watch videos of things that excite them or (15) \_\_\_\_\_ them. This keeps their brain active, so they take longer to sleep. Finally, when children are watching screens, they are not exercising. Children need (16) \_\_\_\_\_ activity to make them tired.

*clock*  
*getting*  
*physical*  
*adults*  
*interest*  
*light*  
*main*  
*daytime*

# LISTENING – Guess the answers. Listen to check.

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

- 1) it is bad for children to watch TV, tablet or mobile phone screens \_\_\_\_\_
  - a. be four bedtime
  - b. afore bedtime
  - c. be for bedtime
  - d. before bedtime
- 2) researchers looked at over 60 different studies on how screen time \_\_\_\_\_
  - a. effects children
  - b. affects children
  - c. infects children
  - d. reflects children
- 3) screen time is associated with delayed bedtime, fewer hours of sleep, and \_\_\_\_\_
  - a. poorer sleep qualify
  - b. poor a sleep qualify
  - c. poor a sleep quality
  - d. poorer sleep quality
- 4) Screens are becoming smaller and smaller, so children can look \_\_\_\_\_ bed
  - a. at them in
  - b. at them on
  - c. at them at
  - d. at them to
- 5) More than 75 per cent of children in the study had \_\_\_\_\_ screen
  - a. some kinds of
  - b. some kindly of
  - c. some kinder of
  - d. some kind of
- 6) Children need a lot more sleep \_\_\_\_\_
  - a. than adult
  - b. than adulthood
  - c. than adults
  - d. than adultery
- 7) teenagers should be getting between eight and 10 \_\_\_\_\_
  - a. hours a night
  - b. hours the night
  - c. hours for night
  - d. hours one night
- 8) The researchers highlighted three main reasons how screens affect \_\_\_\_\_
  - a. children's sleepy
  - b. children's sleepier
  - c. children's sleeps
  - d. children's sleep
- 9) The light from screens getting into children's eyes before they sleep \_\_\_\_\_
  - a. ticks their body
  - b. thickens their body
  - c. tracks their body
  - d. tricks their body
- 10) Children need physical activity to make \_\_\_\_\_
  - a. them tired
  - b. them tried
  - c. them tiring
  - d. them tire

# LISTENING – Listen and fill in the gaps

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

New research shows that it (1) \_\_\_\_\_ children to watch TV, tablet or mobile phone screens before bedtime. Researchers from the University of Colorado found that "screen time" (2) \_\_\_\_\_ children's health. The researchers (3) \_\_\_\_\_ 60 different studies on how screen time affects children. They said: "Of more than five dozen studies looking at children aged from 5 to 17 around the world, 90 per cent have found that more screen time (4) \_\_\_\_\_ delayed bedtime, fewer hours of sleep, and poorer sleep quality." Screens are becoming smaller and smaller, so children (5) \_\_\_\_\_ them in bed. More than 75 per cent of children in the study had some (6) \_\_\_\_\_ in their bedroom.

Children need a lot more sleep than adults. Pre-school children need 10 to 13 hours, pre-teens (7) \_\_\_\_\_ nine and 12 hours, and teenagers should be getting between eight and 10 hours a night. The researchers highlighted (8) \_\_\_\_\_ how screens affect children's sleep. First, the light from screens (9) \_\_\_\_\_ body clock. The light from screens getting into children's eyes before they sleep (10) \_\_\_\_\_ into thinking it is still daytime. Second, children often watch videos of things that excite them or interest them. This keeps (11) \_\_\_\_\_, so they take longer to sleep. Finally, when children are watching screens, they are not exercising. Children need physical activity to (12) \_\_\_\_\_.



# COMPREHENSION QUESTIONS

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

1. What three screens did the article mention in the first sentence?
2. How many studies did the researchers look at?
3. What ages were the children that were looked at in the study?
4. What did the article say is happening to screen sizes?
5. What percentage of children in the study had a screen in their bedroom?
6. How much sleep do pre-teens need?
7. How many reasons did researchers highlight?
8. What upsets a child's body clock?
9. What do videos keep active in children?
10. What do children need to make sure they become tired?

# MULTIPLE CHOICE - QUIZ

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

- 1) What three screens did the article mention in the first sentence?
  - a) TV, iPod or mobile phone
  - b) TV, tablet or PlayStation
  - c) computer, tablet or mobile phone
  - d) TV, tablet or mobile phone
- 2) How many studies did the researchers look at?
  - a) around 60
  - b) more than 60
  - c) 60
  - d) fewer than 60
- 3) What ages were the children that were looked at in the study?
  - a) 8 to 18
  - b) 4 to 16
  - c) 5 to 17
  - d) 6 to 15
- 4) What did the article say is happening to screen sizes?
  - a) they are getting smaller
  - b) they have reached their limit
  - c) nothing
  - d) they are getting bigger
- 5) What percentage of children in the study had a screen in their bedroom?
  - a) exactly 75%
  - b) about 75%
  - c) more than 75%
  - d) less than 75%
- 6) How much sleep do pre-teens need?
  - a) between 10 and 13 hours
  - b) between 9 and 12 hours
  - c) between 8 and 10 hours
  - d) between 10 and 12 hours
- 7) How many reasons did researchers highlight?
  - a) 6
  - b) 5
  - c) 4
  - d) 3
- 8) What upsets a child's body clock?
  - a) light
  - b) ticking
  - c) no batteries
  - d) websites
- 9) What do videos keep active in children?
  - a) their friends
  - b) their eyes
  - c) their brain
  - d) their hands
- 10) What do children need to make sure they become tired?
  - a) sleep
  - b) physical activity
  - c) a mobile screen
  - d) a bed

# ROLE PLAY

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

## **Role A – Playing in the Park**

You think playing in the park is the best activity for children. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): watching TV, reading comics or watching YouTube videos.

## **Role B – Watching TV**

You think watching TV is the best activity for children. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): playing in the park, reading comics or watching YouTube videos.

## **Role C – Reading Comics**

You think reading comics is the best activity for children. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): watching TV, playing in the park or watching YouTube videos.

## **Role D – Watching YouTube Videos**

You think watching YouTube videos is the best activity for children. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): watching TV, reading comics or playing in the park.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'bed' and 'bad'.

<b>bed</b>	<b>bad</b>
------------	------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• mobile</li><li>• 60</li><li>• 17</li><li>• fewer</li><li>• smaller</li><li>• 75</li></ul>	<ul style="list-style-type: none"><li>• lot</li><li>• 12</li><li>• main</li><li>• eyes</li><li>• excite</li><li>• tired</li></ul>
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# SCREEN TIME SURVEY

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

# SCREEN TIME DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'screen'?
3. How important are tablets and mobile phones?
4. What's the best time for children to go to bed?
5. What should children do before they sleep?
6. What happens if children do not sleep enough?
7. Should screens be banned from bedrooms?
8. What are the dangers of screens for children?
9. How important are bedtime stories for children?
10. What advice do you have for parents?

*Screen time before bed is bad for children – 8th November, 2017*  
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# SCREEN TIME DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'bedtime'?
13. What do you think about what you read?
14. How much sleep do you need?
15. What do you know about your body clock?
16. Can you sleep after watching TV?
17. Do you need your mobile phone next to your bed?
18. Why do children love TV and digital devices?
19. What would life be like with no TV or mobile devices?
20. What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

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

New research shows that it is bad for children to watch TV, (1) \_\_\_\_\_ or mobile phone screens before bedtime. Researchers from the University of Colorado found that "screen time" before sleeping (2) \_\_\_\_\_ children's health. The researchers looked at over 60 different studies (3) \_\_\_\_\_ how screen time affects children. They said: "Of more than five dozen studies looking at children aged from 5 to 17 around the world, 90 per cent have found that more screen time is associated (4) \_\_\_\_\_ delayed bedtime, fewer hours of sleep, and poorer sleep quality." Screens are (5) \_\_\_\_\_ smaller and smaller, so children can look at them in bed. More than 75 per cent of children in the study had some (6) \_\_\_\_\_ of screen in their bedroom.

Children need a lot more sleep than (7) \_\_\_\_\_. Pre-school children need 10 to 13 hours, (8) \_\_\_\_\_ -teens should get between nine and 12 hours, and teenagers should be (9) \_\_\_\_\_ between eight and 10 hours a night. The researchers highlighted three main reasons how screens (10) \_\_\_\_\_ children's sleep. First, the light from screens upsets a child's body clock. The light from screens getting into children's eyes before they sleep (11) \_\_\_\_\_ their body into thinking it is still daytime. Second, children often watch videos of things that excite them or interest them. This keeps their brain active, so they take longer to sleep. Finally, when children are watching screens, they are not exercising. Children need physical (12) \_\_\_\_\_ to make them tired.

## Put the correct words from the table below in the above article.

- |     |               |              |              |              |
|-----|---------------|--------------|--------------|--------------|
| 1.  | (a) tablet    | (b) pill     | (c) lozenge  | (d) medicine |
| 2.  | (a) damage    | (b) damaging | (c) damages  | (d) dammed   |
| 3.  | (a) in        | (b) at       | (c) on       | (d) by       |
| 4.  | (a) of        | (b) in       | (c) at       | (d) with     |
| 5.  | (a) become    | (b) becomes  | (c) becoming | (d) became   |
| 6.  | (a) kinder    | (b) kind     | (c) kindly   | (d) kindle   |
| 7.  | (a) adulthood | (b) adults   | (c) adultery | (d) adult    |
| 8.  | (a) pro       | (b) pre      | (c) par      | (d) per      |
| 9.  | (a) gotten    | (b) gets     | (c) getting  | (d) got      |
| 10. | (a) inflect   | (b) effect   | (c) reflect  | (d) affect   |
| 11. | (a) tracks    | (b) thick    | (c) ticks    | (d) tricks   |
| 12. | (a) actively  | (b) activate | (c) active   | (d) activity |



# SPELLING

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

## Paragraph 1

1. bomiel phone
2. deasgma children's health
3. how screen time asftfec children
4. five odnze studies
5. iodastscae with delayed bedtime
6. poorer sleep iuqalyt

## Paragraph 2

7. gneteears should be
8. highlighted three main sanosre
9. tuessp a child's body clock
10. things that eicxet them
11. This keeps their ibarn active
12. Children need scyalhpi activity

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) daytime. Second, children often watch videos of things that excite them or interest them. This keeps their brain
- ( ) nine and 12 hours, and teenagers should be getting between eight and 10 hours a night. The researchers highlighted
- ( ) quality." Screens are becoming smaller and smaller, so children can look at them in
- ( ) active, so they take longer to sleep. Finally, when children are watching screens, they are not
- ( ) than five dozen studies looking at children aged from 5 to 17 around the world, 90 per cent have
- ( ) clock. The light from screens getting into children's eyes before they sleep tricks their body into thinking it is still
- ( ) three main reasons how screens affect children's sleep. First, the light from screens upsets a child's body
- ( ) Children need a lot more sleep than adults. Pre-school children need 10 to 13 hours, pre-teens should get between
- ( ) found that more screen time is associated with delayed bedtime, fewer hours of sleep, and poorer sleep
- ( ) health. The researchers looked at over 60 different studies on how screen time affects children. They said: "Of more
- ( ) bed. More than 75 per cent of children in the study had some kind of screen in their bedroom.
- ( **1** ) New research shows that it is bad for children to watch TV, tablet or mobile phone screens before
- ( ) exercising. Children need physical activity to make them tired.
- ( ) bedtime. Researchers from the University of Colorado found that "screen time" before sleeping damages children's

# PUT THE WORDS IN THE RIGHT ORDER

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

1. children for bad is it that shows research New TV watch to .
2. health time sleeping children's Screen before damages .
3. studies Different children affects time screen how on .
4. 5 from children looking 17 to Five studies at aged dozen .
5. the a their in had in Children study screen bedroom .
6. need Children adults than sleep more lot a .
7. should and be 10 getting hours between Teenagers eight .
8. a light child's from body screens clock upsets The .
9. excite things videos often them that of watch Children .
10. activity physical need Children tired them make to .

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

New research shows that it is bad for children to watch TV, tablet or mobile phone screens before *bedding* / *bedtime*. Researchers from the University of Colorado found that "screen time" before sleeping *damaging* / *damages* children's health. The researchers looked at over 60 different *studies* / *studious* on how screen time *effects* / *affects* children. They said: "Of more than five dozen studies looking *at* / *to* children aged from 5 to 17 around the world, 90 per cent have found that *many* / *more* screen time is associated with *delayed* / *delays* bedtime, fewer hours of sleep, and poorer sleep *quality* / *qualify*." Screens are becoming smaller and smaller, so children can look at *them* / *it* in bed. More than 75 per cent of children in the study had some kind of screen *in* / *at* their bedroom.

Children need a *lot* / *loads* more sleep than adults. Pre-school children need 10 to 13 hours, pre-teens should get *among* / *between* nine and 12 hours, and teenagers should be *gotten* / *getting* between eight and 10 hours a night. The researchers highlighted three *main* / *mainly* reasons how screens affect children's sleep. First, the light from screens upsets a child's body *watch* / *clock*. The light from screens getting into children's eyes before they sleep *tricks* / *ticks* their body into thinking it is *still* / *yet* daytime. Second, children often watch videos of things that excite them or *interest* / *interests* them. This keeps their brain *actively* / *active*, so they take longer to sleep. Finally, when children are watching screens, they are not exercising. Children need physical activity to make them *tired* / *tried*.

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

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

N\_w r\_s\_\_rch sh\_ws th\_t \_t \_s b\_d f\_r ch\_ldr\_n t\_w\_tch TV, t\_blt \_r m\_b\_l ph\_n scr\_\_ns b\_f\_r\_b\_dt\_m\_. R\_s\_\_rch\_rs fr\_m th\_ \_n\_v\_rs\_ty \_f C\_l\_r\_d\_f\_\_nd th\_t "scr\_\_n t\_m\_" b\_f\_r sl\_\_p\_ng d\_m\_g\_s ch\_ldr\_n's h\_\_lth. Th\_ r\_s\_\_rch\_rs l\_\_k\_d \_t \_v\_r 60 d\_ff\_r\_nt st\_d\_\_s \_n h\_w scr\_\_n t\_m\_ \_ff\_cts ch\_ldr\_n. Th\_y s\_\_d: "\_f m\_r\_ th\_n f\_v\_ d\_z\_n st\_d\_\_s l\_\_k\_ng \_t ch\_ldr\_n \_g\_d fr\_m 5 t\_ 17 \_r\_\_nd th\_ w\_rld, 90 p\_r\_c\_\_nt h\_v\_ f\_\_nd th\_t m\_r\_ scr\_\_n t\_m\_ \_s \_ss\_c\_\_t\_d w\_th d\_l\_y\_d b\_dt\_m\_, f\_w\_r h\_\_rs \_f sl\_\_p, \_nd p\_\_r\_r sl\_\_p q\_\_l\_ty." Scr\_\_ns \_r\_ b\_c\_m\_ng sm\_ll\_r \_nd sm\_ll\_r, s\_ ch\_ldr\_n c\_n l\_\_k \_t th\_m \_n b\_d. M\_r\_ th\_n 75 p\_r\_c\_\_nt \_f ch\_ldr\_n \_n th\_ st\_dy h\_d s\_m\_k\_nd \_f scr\_\_n \_n th\_\_r b\_dr\_\_m.

Ch\_ldr\_n n\_\_d \_l\_t m\_r\_ sl\_\_p th\_n \_d\_lts. Pr\_-sch\_\_l ch\_ldr\_n n\_\_d 10 t\_ 13 h\_\_rs, pr\_-t\_\_ns sh\_\_ld g\_t b\_tw\_\_n n\_n\_ \_nd 12 h\_\_rs, \_nd t\_\_n\_g\_rs sh\_\_ld b\_g\_tt\_ng b\_tw\_\_n \_\_ght \_nd 10 h\_\_rs \_n\_ght. Th\_r\_s\_\_rch\_rs h\_ghl\_gh\_t\_d thr\_\_ m\_\_n r\_\_s\_ns h\_w scr\_\_ns \_ff\_ct ch\_ldr\_n's sl\_\_p. F\_rst, th\_ l\_gh\_t fr\_m scr\_\_ns \_ps\_ts \_ ch\_ld's b\_dy cl\_ck. Th\_ l\_gh\_t fr\_m scr\_\_ns g\_tt\_ng \_nt\_ ch\_ldr\_n's \_y\_s b\_f\_r\_ th\_y sl\_\_p tr\_cks th\_\_r b\_dy \_nt\_ th\_nk\_ng \_t \_s st\_ll d\_yt\_m\_. S\_c\_nd, ch\_ldr\_n \_ft\_n w\_tch v\_d\_\_s \_f th\_ngs th\_t \_xc\_t\_ th\_m \_r \_nt\_r\_st th\_m. Th\_s k\_\_ps th\_\_r br\_\_n \_ct\_v\_, s\_ th\_y t\_k\_ l\_ng\_r\_t sl\_\_p. F\_n\_lly, wh\_n ch\_ldr\_n \_r\_ w\_tch\_ng scr\_\_ns, th\_y \_r\_ n\_t \_x\_rc\_s\_ng. Ch\_ldr\_n n\_\_d phys\_c\_l \_ct\_v\_ty t\_ m\_k\_th\_m t\_r\_d.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

new research shows that it is bad for children to watch tv tablet or mobile phone screens before bedtime researchers from the university of colorado found that "screen time" before sleeping damages children's health the researchers looked at over 60 different studies on how screen time affects children they said "of more than five dozen studies looking at children aged from 5 to 17 around the world 90 per cent have found that more screen time is associated with delayed bedtime fewer hours of sleep and poorer sleep quality" screens are becoming smaller and smaller so children can look at them in bed more than 75 per cent of children in the study had some kind of screen in their bedroom

children need a lot more sleep than adults pre-school children need 10 to 13 hours pre-teens should get between nine and 12 hours and teenagers should be getting between eight and 10 hours a night the researchers highlighted three main reasons how screens affect children's sleep first the light from screens upsets a child's body clock the light from screens getting into children's eyes before they sleep tricks their body into thinking it is still daytime second children often watch videos of things that excite them or interest them this keeps their brain active so they take longer to sleep finally when children are watching screens they are not exercising children need physical activity to make them tired

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

New research shows that it is bad for children to watch TV, tablet or mobile phone screens before bedtime. Researchers from the University of Colorado found that "screen time" before sleeping damages children's health. These researchers looked at over 60 different studies on how screen time affects children. They said: "Of more than five dozen studies looking at children aged from 5 to 17 around the world, 90 percent have found that more screen time is associated with delayed bedtime, fewer hours of sleep, and poorer sleep quality." Screens are becoming smaller and smaller, so children can look at them in bed. More than 75 percent of children in the study had some kind of screen in their bedroom. Children need a lot more sleep than adults. Pre-school children need 10 to 13 hours, pre-teens should get between nine and 12 hours, and teenagers should be getting between eight and 10 hours a night. These researchers highlighted three main reasons how screens affect children's sleep. First, the light from screens upsets a child's body clock. The light from screens getting into children's eyes before they sleep tricks their body into thinking it is still daytime. Second, children often watch videos of things that excite them or interest them. This keeps their brain active, so they take longer to sleep. Finally, when children are watching screens, they are not exercising. Children need physical activity to make them tired.







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news. Share what you discover with your partner(s) in the next lesson.

**3. SCREEN TIME:** Make a poster about screen time. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. CHILDREN:** Write a magazine article about tablets and mobile phones being bad for children. Argue for a ban on pre-teens using them. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on screen time. Ask him/her three questions about it. Give him/her three of your ideas on how parents can get children to use devices in a healthier way. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. g    2. f    3. b    4. d    5. c    6. e    7. a  
8. n    9. i    10. j    11. h    12. k    13. l    14. m

## TRUE / FALSE (p.5)

- a T    b T    c T    d F    e T    f F    g F    h F

## SYNONYM MATCH (p.5)

- |                |               |
|----------------|---------------|
| 1. shows       | a. reveals    |
| 2. damages     | b. harms      |
| 3. found       | c. discovered |
| 4. associated  | d. connected  |
| 5. kind        | e. sort       |
| 6. teenagers   | f. youths     |
| 7. highlighted | g. focused on |
| 8. upsets      | h. disrupts   |
| 9. excite      | i. thrill     |
| 10. finally    | j. lastly     |

## COMPREHENSION QUESTIONS (p.9)

1. TV, tablet or mobile phone screens
2. Over 60
3. 5 to 17
4. They are getting smaller
5. More than 75%
6. Between 9 and 12 hours
7. Three
8. Light from screens
9. Their brain
10. Physical activity

## MULTIPLE CHOICE - QUIZ (p.10)

1. d    2. b    3. c    4. a    5. c    6. b    7. d    8. a    9. c    10. b

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)