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**Level 0 – 12th February 2026**

**Morning-after texts are best for first dates**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2602/260212-first-date-text-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/2602/260212-first-date-text-0.html>

First dates can be romantic. Many people don't know when to send a text after the date. Scientists studied this. The researchers found the best time to send a text is the morning after the date. This shows you are happy. It shows you want a second date. Waiting too long could send the message you do not want another date.

In the study, 500 people had to imagine a first date at an Italian restaurant. They then thought about how much they wanted a second date. This depended on when they got a text. The researchers said a follow-up text the next morning was best. This is because it shows the sender had a good time.

Sources: <https://www.telegraph.co.uk/news/2026/02/09/first-date-best-time-text-leuphana-university-luneburg/>  
<https://www.psychologytoday.com/us/blog/the-psychology-of-relationships/202601/how-long-should-you-wait-to-text-after-a-date>  
<https://journals.sagepub.com/doi/10.1177/02654075251377184>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2602/260212-first-date-text-0.html>

## PARAGRAPH ONE:

1. First dates can	a. message
2. people don't know when	b. after the date
3. the best time to	c. be romantic
4. the morning	d. send a text
5. It shows you	e. another date
6. Waiting too	f. to send a text
7. send the	g. want a second date
8. you do not want	h. long

## PARAGRAPH TWO:

1. 500 people had to imagine	a. on when
2. at an Italian	b. morning was best
3. They then thought about how	c. restaurant
4. they wanted a second	d. had a good time
5. This depended	e. much
6. they got	f. date
7. a follow-up text the next	g. a first date
8. it shows the sender	h. a text

## LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2602/260212-first-date-text-0.html>

First dates (1) \_\_\_\_\_. Many people don't know (2) \_\_\_\_\_ a text after the date. Scientists studied this. The researchers found (3) \_\_\_\_\_ to send a text is the morning after the date. This (4) \_\_\_\_\_ happy. It shows you (5) \_\_\_\_\_ date. Waiting too long could (6) \_\_\_\_\_ you do not want another date.

In the study, 500 people had to (7) \_\_\_\_\_ date at an Italian restaurant. They (8) \_\_\_\_\_ how much they (9) \_\_\_\_\_ date. This depended on when they (10) \_\_\_\_\_. The researchers said a (11) \_\_\_\_\_ the next morning was best. This is because it shows the (12) \_\_\_\_\_ good time.

## PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2602/260212-first-date-text-0.html>

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to send text is the morning after the date. This shows you are happy. It shows you want a second date. Waiting too long could send the message you

do not want another date. In the study, 500 people had to imagine a first date at an Italian restaurant. They then thought about how much they want

a second date. This depended on when they got a text. The researchers

said a follow-up text the next morning was best. This is because it shows the sender had a good time.

# FIRST DATES

From <https://breakingnewsenglish.com/2602/260212-first-date-text-0.html>

Write five GOOD questions about first dates 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) \_\_\_\_\_

*Morning-after texts are best for first dates – 12th February 2026*

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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/2602/260212-first-date-text-0.html>

Write about **first dates** for 10 minutes. Read and talk about your partner's paper.