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Level 0 – 12th February 2026

Morning-after texts are best for first dates

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<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

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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) _____

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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.

[illegible]