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**Level 1** – 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-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/2602/260212-first-date-text-1.html>

First dates can be romantic. Many people don't know when the best time is to send a text after the first date. Scientists in Germany studied the best time. They asked 500 people about this and published their findings in a journal. The researchers found the best time is the morning after the date. This shows you are happy and want a second date. The researchers said waiting too long could send the message you do not want another date.

In the study, people had to imagine a first date at an Italian restaurant. They then decided how much they wanted a second date. This depended on how long after the date the text was sent. The researchers said a follow-up text the next morning was best. The Psychology Today website wrote: "A next-morning text shows you're interested and had a good time." The study only looked at texting and not phone calls.

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-1.html>

## PARAGRAPH ONE:

- |                                |                         |
|--------------------------------|-------------------------|
| 1. First dates can             | a. want a second date   |
| 2. Many people                 | b. after the first date |
| 3. send a text                 | c. this                 |
| 4. They asked 500 people about | d. morning              |
| 5. published their findings    | e. too long             |
| 6. the best time is the        | f. be romantic          |
| 7. you are happy and           | g. in a journal         |
| 8. waiting                     | h. don't know           |

## PARAGRAPH TWO:

- |                              |                          |
|------------------------------|--------------------------|
| 1. a first date at           | a. second date           |
| 2. They then decided how     | b. at texting            |
| 3. they wanted a             | c. the text was sent     |
| 4. how long after the date   | d. an Italian restaurant |
| 5. a follow-up text          | e. time                  |
| 6. A next-morning text shows | f. much                  |
| 7. had a good                | g. you're interested     |
| 8. The study only looked     | h. the next morning      |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2602/260212-first-date-text-1.html>

First dates (1) \_\_\_\_\_. Many people don't know when the best time is to (2) \_\_\_\_\_ after the first date. Scientists in Germany studied the best time. They asked 500 people about this and (3) \_\_\_\_\_ in a journal. The researchers found the best time is (4) \_\_\_\_\_ the date. This shows you are (5) \_\_\_\_\_ a second date. The researchers said waiting too long could send the message you do not (6) \_\_\_\_\_.

In the study, people had to (7) \_\_\_\_\_ date at an Italian restaurant. They then decided how much they wanted (8) \_\_\_\_\_. This depended on how long after the date the (9) \_\_\_\_\_. The researchers said a (10) \_\_\_\_\_ the next morning was best. The Psychology Today website wrote: "A next- (11) \_\_\_\_\_ you're interested and had a good time." The study only looked at texting and (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2602/260212-first-date-text-1.html>

First dates can be romantic. Many people don't know when the best time is to send a text after the first date. Scientists in Germany studied the best time. They asked 500 people about this and published their findings in a journal. The researchers found the best time is the morning after the date. This shows you are happy and want a second date. The researchers said waiting too long could send the message you do not want another date. In the study, people had to imagine a first date at an Italian restaurant. They then decided how much they wanted a second date. This depended on how long after the date the text was sent. The researchers said a follow-up text the next morning was best. The Psychology Today website wrote: "A next-morning text shows you're interested and had a good time." The study only looked at texting and not phone calls.

# FIRST DATES SURVEY

From <https://breakingnewsenglish.com/2602/260212-first-date-text-4.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-1.html>

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

[illegible]