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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](http://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>

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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.