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Level 2 – 12th February 2026

Morning-after texts are best for first dates

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[https://breakingnewsenglish.com/2602/260212-first-date-text-2.html](http://breakingnewsenglish.com/2602/260212-first-date-text-2.html)

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2602/260212-first-date-text-2.html>

First dates can be romantic. However, many people wonder when the best time is to contact their partner after a first date. Scientists at a university in Germany studied the best time. They asked 500 people about this and published their findings in the *Journal of Social and Personal Relationships*. The researchers found the best time to text is the morning after the date. This shows you are happy and are interested in a second date. The researchers said waiting too long could send the wrong message. The other person might think you are not interested in going on more dates.

In the study, participants had to imagine an enjoyable first date at an Italian restaurant. They then had to rate 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 morning after the date made people want to take the relationship further. The *Psychology Today* website agreed. It wrote: "A next-morning text shows you're interested and had a good time." The study only looked at texting. It did not look into traditional method of communication — 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-2.html>

PARAGRAPH ONE:

1. First dates can be	a. wrong message
2. many people wonder when	b. on more dates
3. contact their partner	c. a second date
4. the best time to text is the	d. the best time is
5. interested in	e. long
6. waiting too	f. romantic
7. send the	g. morning after
8. interested in going	h. after a first date

PARAGRAPH TWO:

1. an enjoyable first date at an	a. morning after
2. rate how much they wanted	b. at texting
3. This depended	c. Italian restaurant
4. the date the	d. of communication
5. a follow-up text the	e. on how long after
6. take the relationship	f. a second date
7. The study only looked	g. further
8. traditional method	h. text was sent

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2602/260212-first-date-text-2.html>

First dates (1) . However, many people wonder when the best time is (2) partner after a first date. Scientists at a university in Germany studied the best time. They asked 500 people about this and published (3) the Journal of Social and Personal Relationships. The researchers found the best time to text is (4) the date. This shows you are happy and are interested in a second date. The researchers said waiting too long could send (5) . The other person might think you are not interested (6) more dates.

In the study, participants had to (7) first date at an Italian restaurant. They then had to (8) they wanted a second date. This depended on how long after the date the (9) . The researchers said a follow-up text the morning after the date made people want to take (10) . The Psychology Today website agreed. It wrote: "A next-morning text shows you're interested and had (11) ." The study only looked at texting. It did not look into (12) communication — phone calls.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2602/260212-first-date-text-2.html>

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FIRST DATES SURVEY

From <https://breakingnewsenglish.com/2602/260212-first-date-text-2.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-2.html>

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