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Level 3 – 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.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

First dates can be romantic and the start of a beautiful relationship. However, many people wonder when the best time is to contact their partner after that first meeting. Scientists studied the best time to send a text after a first date. Researchers at Leuphana University in Germany asked 500 people about this matter 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 the other person you are happy and are interested in a second date. They said waiting too long could be a mistake because it sends the wrong message that you are not interested.

The study involved asking the test participants to imagine having an enjoyable first date at a nice Italian restaurant. They then had to rate how much they wanted a second meeting, depending on when they received a text from their date. They had to decide whether being texted the next morning or two days later made them feel happiest. 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 and wrote: "A next-morning text shows you're interested and had a good time." The study looked at texting — the more modern method of communication. It did not look into traditional 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>

WARM-UPS

1. FIRST DATES: Students walk around the class and talk to other students about first dates. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

first dates / romantic / relationships / first meeting / partner / text / a second date / study / imagine / Italian restaurant / feeling happiest / the morning after / phone calls

Have a chat about the topics you liked. Change topics and partners frequently.

3. NO PHONES: Students A **strongly** believe phones are a no-no on a first date; Students B **strongly** believe they're OK. Change partners again and talk about your conversations.

4. NO TEXTING: Why should you not text in these situations? Have you texted in these situations? Complete this table with your partner(s). Change partners often and share what you wrote.

	Why?	You
On a first date		
While driving		
In class		
At a funeral		
When you're angry		
In bed		

5. RELATIONSHIP: Spend one minute writing down all of the different words you associate with the word "relationship". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. GOING ON A DATE: Rank these with your partner. Put the best places to go on a date at the top. Change partners often and share your rankings.

- An Italian restaurant
- A beach
- The cinema
- A shopping mall
- Karaoke
- A museum
- An amusement park
- A riverside park

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------|---|
| 1. relationship | a. Talk to or write to someone. |
| 2. wonder (verb) | b. A romantic connection between two people.; the way people are connected to each other. |
| 3. contact (verb) | c. A problem or situation to think about. |
| 4. matter | d. Made ready for people to read or see. |
| 5. published | e. Think about something and want to know more. |
| 6. findings | f. Information sent to someone. |
| 7. message | g. Things that are found or learned. |

Paragraph 2

- | | |
|-------------------|---|
| 8. involved | h. Nice and fun. |
| 9. enjoyable | i. New and of today's time. |
| 10. depending on | j. Had or included (something) as a necessary or part of something. |
| 11. further | k. Changing because of something else. |
| 12. modern | l. Talking or sharing information with others. |
| 13. communication | m. At or to a more advanced or successful stage. |
| 14. traditional | n. Older; done for a long time in a society or culture. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says all first dates are romantic and beautiful. **T / F**
2. Researchers asked 500 people about when to text after a first date. **T / F**
3. The article says 9 am the morning after a date is the best time to text. **T / F**
4. Waiting too long to send a text means you are not interesting. **T / F**
5. The test participants went to an Italian restaurant on a first date. **T / F**
6. Test participants had to rate how much they wanted a follow-up date. **T / F**
7. A text the next morning shows you had a good time on the first date. **T / F**
8. The research also looked at phoning after a first date. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-------------------------|-----------------|
| 1. relationship | a. following |
| 2. wonder | b. conclusion |
| 3. matter | c. entertaining |
| 4. findings | d. issue |
| 5. message | e. investigate |
| 6. enjoyable | f. romance |
| 7. next | g. meaning |
| 8. method | h. chatting |
| 9. communication | i. think about |
| 10. look into | j. means |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|------------------------------|
| 1. First dates can be | a. morning |
| 2. many people wonder when the | b. is the morning |
| 3. published their | c. romantic |
| 4. the best time to text | d. message |
| 5. it sends the wrong | e. relationship further |
| 6. having an enjoyable first date at | f. of communication |
| 7. when they received a text | g. findings |
| 8. being texted the next | h. from their date |
| 9. the date made people want to take the | i. best time is |
| 10. the more modern method | j. a nice Italian restaurant |

GAP FILL

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

First dates can be romantic and the (1) _____ of a beautiful relationship. However, many people (2) _____ when the best time is to contact their partner after that first (3) _____. Scientists studied the best time to send a text after a first date. Researchers at Leuphana University in Germany asked 500 people about this (4) _____ and published their findings in the Journal of Social and Personal Relationships. The researchers found the (5) _____ time to text is the (6) _____ after the date. This shows the other person you are happy and are (7) _____ in a second date. They said waiting too long could be a mistake because it sends the wrong (8) _____ that you are not interested.

The study involved asking the test (9) _____ to imagine having an enjoyable first date at a nice Italian restaurant. They then had to rate how much they wanted a (10) _____ meeting, depending on when they received a text from their date. They had to decide (11) _____ being texted the next morning or two days later made them feel happiest. The researchers said a (12) _____ -up text the morning after the date made people want to take the relationship (13) _____. The Psychology Today website agreed and wrote: "A next-morning text shows you're interested and had a good (14) _____. The study looked at texting — the more (15) _____ method of communication. It did not look into (16) _____ phone calls.

best
start
matter
message
meeting
interested
wonder
morning

follow
time
second
traditional
participants
further
modern
whether

LISTENING – Guess the answers. Listen to check.

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

- 1) First dates can be romantic and the start of _____
 - a. a beautifully relationship
 - b. a beauty full relationship
 - c. a beautiful relationship
 - d. a beaut tearful relationship
- 2) many people wonder when the best time is to _____
 - a. contract their partner
 - b. contact there partner
 - c. contact their partnered
 - d. contact their partner
- 3) Scientists studied the best time to send a text after _____
 - a. a first date
 - b. a fast date
 - c. a firstly date
 - d. a thirst date
- 4) The researchers found the best time to text is the morning _____
 - a. aft a the date
 - b. aft other date
 - c. after the date
 - d. after then date
- 5) waiting too long could be a mistake because it sends _____
 - a. the wrong massage
 - b. the wrongly message
 - c. the wrong message
 - d. the rung message
- 6) imagine having an enjoyable first date at a _____
 - a. nice Italian restaurant
 - b. nicely Italian restaurant
 - c. nice Italian restaurants
 - d. nice Italian restaurateur
- 7) They then had to rate how much they wanted _____
 - a. a seconds meeting
 - b. a secondly meeting
 - c. a second meeting
 - d. a double meeting
- 8) decide whether being texted the next morning or two days later made _____
 - a. them fell happiest
 - b. them fuel happiest
 - c. them full happiest
 - d. them feel happiest
- 9) a follow-up text the morning after the date made people want to take _____
 - a. the relationship future
 - b. the relationship further
 - c. the relationship far the
 - d. the relationship fur the
- 10) The study looked at texting — the more modern _____
 - a. method to communication
 - b. method oft communication
 - c. method off communication
 - d. method of communication

LISTENING – Listen and fill in the gaps

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

First dates can (1) _____ the start of a beautiful relationship. However, many people wonder when the best time (2) _____ their partner after that first meeting. Scientists studied the best time to send a text after a first date. Researchers at Leuphana University in Germany asked 500 people about this (3) _____ their findings in the Journal of Social and Personal Relationships. The researchers (4) _____ time to text is the morning after the date. This shows the other person you are happy and are (5) _____ second date. They said waiting too long could be a mistake because it sends the (6) _____ you are not interested.

The study involved asking the (7) _____ imagine having an enjoyable first date at a nice Italian restaurant. They then had to rate how much they wanted a second meeting, (8) _____ they received a text from their date. They had to decide whether being texted the next morning or two days later made them feel happiest. The researchers said a (9) _____ the morning after the date made people want to take the relationship further. The Psychology Today website (10) _____: "A next-morning text shows you're interested and had a good time." The study looked at texting — the (11) _____ of communication. It did not (12) _____ phone calls.

COMPREHENSION QUESTIONS

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

1. What does the article say first dates can be the start of?
2. In which country did this research take place?
3. How many people participated in the research in the article?
4. If you text the morning after a first date, how do you feel?
5. What kind of message does waiting too long to text after a date send?
6. Where did the participants have to imagine going on a date?
7. What was the second option mentioned about when to receive a text?
8. What did a text the morning after the date make people want to do?
9. What did a psychology website say you'd had if you texted the next day?
10. What kind of communication did the article not look at?

MULTIPLE CHOICE - QUIZ

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

- 1) What does the article say first dates can be the start of?
 - a) the road to marriage
 - b) something special
 - c) long-lasting friendships
 - d) a beautiful relationship
- 2) In which country did this research take place?
 - a) Georgia
 - b) Germany
 - c) Gambia
 - d) Greece
- 3) How many people participated in the research in the article?
 - a) seven hundred
 - b) six hundred
 - c) five hundred
 - d) three hundred
- 4) If you text the morning after a first date, how do you feel?
 - a) happy
 - b) excited
 - c) nervous
 - d) worried
- 5) What kind of message does waiting too long to text after a date send?
 - a) the right message
 - b) a sad message
 - c) the wrong message
 - d) a painful message
- 6) Where did the participants have to imagine going on a date?
 - a) a paradise beach
 - b) to an Italian restaurant
 - c) a shopping mall
 - d) a movie theatre
- 7) What was the second option mentioned about when to receive a text?
 - a) a week later
 - b) a few hours later
 - c) three days later
 - d) two days later
- 8) What did a text the morning after the date make people want to do?
 - a) take the relationship further
 - b) text back
 - c) fall in love
 - d) sing
- 9) What did a psychology website say you'd had if you texted the next day?
 - a) too much to drink
 - b) a good smartphone
 - c) a good time
 - d) happy memories
- 10) What kind of communication did the article not look at?
 - a) intercultural communication
 - b) phone calls
 - c) body language
 - d) non-verbal communication

ROLE PLAY

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

Role A – An Italian Restaurant

You think an Italian restaurant is the best place for a first date. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these (and why): a museum, a shopping mall or the beach.

Role B – A Museum

You think a museum is the best place for a first date. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these (and why): an Italian restaurant, a shopping mall or the beach.

Role C – A Shopping Mall

You think a shopping mall is the best place for a first date. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these (and why): a museum, an Italian restaurant or the beach.

Role D – The Beach

You think the beach is the best place for a first date. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these (and why): a museum, a shopping mall or an Italian restaurant.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'texts' and 'dates'.

texts	dates

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• start• wonder• 500• shows• happy• wrong	<ul style="list-style-type: none">• asking• rate• decide• take• good• modern
--	---

FIRST DATES SURVEY

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

FIRST DATES DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'date'?
3. What do you think of first dates?
4. What can you do to make a first date successful?
5. Have you ever had a bad first date?
6. When is the best time to contact someone after a first date?
7. Where is the best place to go on a first date?
8. What should people write in a text after a first date?
9. What should you wear on a first date?
10. What advice do you have for people on a first date?

Morning-after texts are best for first dates – 12th February 2026
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FIRST DATES DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'text'?
13. What do you think about what you read?
14. What do you think of Italian restaurants for a first date?
15. Why are Italian restaurants popular for a first date?
16. Are first or second dates better?
17. Should people not use their smartphones on a first date?
18. Have you ever not had a second date?
19. Is it better to phone or text someone after a first date?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

First dates can be (1) _____ and the start of a beautiful relationship. However, many people wonder when the best time is to (2) _____ their partner after that first meeting. Scientists studied the best time to send a text (3) _____ a first date. Researchers at Leuphana University in Germany asked 500 people about this matter and published their (4) _____ in the Journal of Social and Personal Relationships. The researchers found the best time to text is the morning after the date. This shows the other person you are happy and are interested (5) _____ a second date. They said waiting too long could be a mistake because it sends the wrong message that you are not (6) _____.

The study involved asking the test participants to (7) _____ having an enjoyable first date at a nice Italian restaurant. They then had to rate how much they wanted a (8) _____ meeting, depending on when they received a text from their date. They had to decide whether (9) _____ texted the next morning or two days later made them feel happiest. The researchers said a follow-(10) _____ text the morning after the date made people want to take the relationship further. The Psychology Today website agreed and wrote: "A next-morning text shows you're interested and had a (11) _____ time." The study looked at texting — the more modern method (12) _____ communication. It did not look into traditional phone calls.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|------------------|----------------|-------------------|
| 1. | (a) romantic | (b) romantically | (c) romance | (d) romancer |
| 2. | (a) contract | (b) contraction | (c) contact | (d) contacts |
| 3. | (a) earlier | (b) later | (c) before | (d) after |
| 4. | (a) finds | (b) findings | (c) find | (d) finders |
| 5. | (a) of | (b) at | (c) on | (d) in |
| 6. | (a) interest | (b) interests | (c) interested | (d) interestingly |
| 7. | (a) imagined | (b) imagine | (c) imagines | (d) imagination |
| 8. | (a) second | (b) secondly | (c) seconds | (d) secondly |
| 9. | (a) being | (b) been | (c) be | (d) is |
| 10. | (a) down | (b) in | (c) up | (d) on |
| 11. | (a) goodness | (b) best | (c) goods | (d) good |
| 12. | (a) up | (b) of | (c) on | (d) in |

SPELLING

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

Paragraph 1

1. the start of a beautiful olntipheirsa
2. people erwdon when the best time is
3. esitsstinc studied the best time
4. dhsiblpue their findings
5. estterdeni in a second date
6. it sends the wrong semaegs

Paragraph 2

7. asking the test itanitsprpac
8. having an eajonyble first date
9. at a nice Italian usrtenarta
10. gylcsyhoop today
11. the more modern meodth of communication
12. inoritaaltd phone calls

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () at texting — the more modern method of communication. It did not look into traditional phone calls.
- () because it sends the wrong message that you are not interested.
- (**1**) First dates can be romantic and the start of a beautiful relationship. However, many people wonder
- () found the best time to text is the morning after the date. This shows the other
- () Italian restaurant. They then had to rate how much they wanted a second meeting, depending
- () matter and published their findings in the Journal of Social and Personal Relationships. The researchers
- () morning or two days later made them feel happiest. The researchers said a follow-up
- () on when they received a text from their date. They had to decide whether being texted the next
- () person you are happy and are interested in a second date. They said waiting too long could be a mistake
- () text the morning after the date made people want to take the relationship further. The Psychology Today
- () The study involved asking the test participants to imagine having an enjoyable first date at a nice
- () time to send a text after a first date. Researchers at Leuphana University in Germany asked 500 people about this
- () website agreed and wrote: "A next-morning text shows you're interested and had a good time." The study looked
- () when the best time is to contact their partner after that first meeting. Scientists studied the best

PUT THE WORDS IN THE RIGHT ORDER

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

1. best is . Many people the time when wonder
2. after . is morning text The the time to
3. a and are date . happy second want You're
4. a be could long mistake . too Waiting
5. interested . It message not sends that the you're
6. a how meeting . much Rate second they wanted
7. days feel happiest . later made them Two
8. A after date . follow-up morning text the the
9. a and are good had interested time . You
10. calls . did into It look not phone traditional

CIRCLE THE CORRECT WORD (20 PAIRS)

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

First dates can be *romantic* / *romance* and the start of a beautiful relationship. However, many people *wander* / *wonder* when the best time is to *contact* / *contract* their partner after that first *met* / *meeting*. Scientists studied the best time to *sending* / *send* a text after a first date. Researchers at Leuphana University in Germany asked 500 people about *this* / *a* matter and published their findings in *a* / *the* Journal of Social and Personal Relationships. The researchers found the best time to text *is* / *for* the morning after the date. This shows the other person you are *happy* / *happily* and are interested in a second date. They said waiting too long could be a mistake because it sends the *wrongly* / *wrong* message that you are not interested.

The study *involving* / *involved* asking the test participants to imagine having an enjoyable first date at a nice Italian restaurant. They then had to *date* / *rate* how much they wanted a second meeting, *depends* / *depending* on when they received a text from *their* / *them* date. They had to decide whether *being* / *been* texted the next morning or two days later made them feel happiest. The researchers said a follow-up text the morning *later* / *after* the date made people want to take the relationship *fur* / *further*. The Psychology Today website agreed and wrote: "A next-morning text *show* / *shows* you're interested and had a good time." The study looked at texting — the *much* / *more* modern method of communication. It did not look into traditional *phone* / *phoning* calls.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

F_rst d_t_s c_n b_ r_m_nt_c _nd th_ st_rt _f _
b__t_f_l r_l_t__nsh_p. H_w_v_r, m_ny p__pl_ w_nd_r
wh_n th_ b_st t_m_ _s t_ c_nt_ct th__r p_rtn_r _ft_r
th_t f_rst m__t_ng. Sc__nt_sts st_d__d th_ b_st t_m_
t_ s_nd _ t_xt _ft_r _ f_rst d_t_. R_s__rch_rs _t
L__ph_n_ _n_v_rs_ty _n G_rm_ny _sk_d 500 p__pl_
_b__t th_s m_tt_r _nd p_bl_sh_d th__r f_nd_ngs _n
th_ J__rn_l _f S_c__l _nd P_rs_n_l R_l_t__nsh_ps. Th_
r_s__rch_rs f__nd th_ b_st t_m_ t_ t_xt _s th_
m_rn_ng _ft_r th_ d_t_. Th_s sh_ws th_ _th_r p_rs_n
y__ _r_ h_ppy _nd _r_ _nt_r_st_d _n _ s_c_nd d_t_.
Th_y s__d w__t_ng t__ l_ng c__ld b_ _ m_st_k_
b_c__s_ _t s_nds th_ wr_ng m_ss_g_ th_t y__ _r_ n_t
_nt_r_st_d.

Th_ st_dy _nv_lv_d _sk_ng th_ t_st p_rt_c_p_nts t_
_m_g_n_ h_v_ng _n _nj_y_bl_ f_rst d_t_ _t _ n_c_
_t_l__n r_st__r_nt. Th_y th_n h_d t_ r_t_ h_w m_ch
th_y w_nt_d _ s_c_nd m__t_ng, d_p_nd_ng _n wh_n
th_y r_c__v_d _ t_xt fr_m th__r d_t_. Th_y h_d t_
d_c_d_ wh_th_r b__ng t_xt_d th_ n_xt m_rn_ng _r tw_
d_ys l_t_r m_d_ th_m f__l h_pp__st. Th_ r_s__rch_rs
s__d _ f_ll_w-_p t_xt th_ m_rn_ng _ft_r th_ d_t_
m_d_ p__pl_ w_nt t_ t_k_ th_ r_l_t__nsh_p f_rth_r.
Th_ Psych_l_gy T_d_y w_bs_t_ _gr__d _nd wr_t_: "_
n_xt-m_rn_ng t_xt sh_ws y__'r_ _nt_r_st_d _nd h_d _
g__d t_m_." Th_ st_dy l__k_d _t t_xt_ng - th_ m_r_
m_d_rn m_th_d _f c_mm_n_c_t__n. _t d_d n_t l__k
nt tr_d_t__n_l ph_n_ c_lls.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

first dates can be romantic and the start of a beautiful relationship however many people wonder when the best time is to contact their partner after that first meeting scientists studied the best time to send a text after a first date researchers at leuphana university in germany asked 500 people about this matter 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 the other person you are happy and are interested in a second date they said waiting too long could be a mistake because it sends the wrong message that you are not interested

the study involved asking the test participants to imagine having an enjoyable first date at a nice italian restaurant they then had to rate how much they wanted a second meeting depending on when they received a text from their date they had to decide whether being texted the next morning or two days later made them feel happiest the researchers said a followup text the morning after the date made people want to take the relationship further the psychology today website agreed and wrote a nextmorning text shows youre interested and had a good time the study looked at texting the more modern method of communication it did not look into traditional phone calls

PUT A SLASH (/) WHERE THE SPACES ARE

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

First dates can be romantic and the start of a beautiful relationship. However, many people wonder when the best time is to contact their partner after that first meeting. Scientists studied the best time to send a text after a first date. Researchers at Leuphana University in Germany asked 500 people about this matter 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 the other person you are happy and are interested in a second date. They said waiting too long could be a mistake because it sends the wrong message that you are not interested. The study involved asking the test participants to imagine having an enjoyable first date at a nice Italian restaurant. They then had to rate how much they wanted a second meeting, depending on when they received a text from their date. They had to decide whether being texted the next morning or two days later made them feel happiest. 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 and wrote: "A next-morning text shows you're interested and had a good time." The study looked at texting - the more modern method of communication. It did not look into traditional phone calls.

FREE WRITING

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

Write about **first dates** for 10 minutes. Comment on your partner's paper.

[illegible]

ACADEMIC WRITING

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

A text is better than a phone call the morning after a romantic date. Discuss.

[illegible]

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. FIRST DATES: Make a poster about first dates. Show your work to your classmates in the next lesson. Did you all have similar things?

4. NO TEXTING: Write a magazine article about banning texting during first dates. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on first dates. Ask him/her three questions about them. Give him/her three of your ideas on how to make a first date successful. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. b 2. e 3. a 4. c 5. d 6. g 7. f
8. j 9. h 10. k 11. m 12. i 13. l 14. n

TRUE / FALSE (p.5)

- 1 F 2 T 3 F 4 F 5 F 6 T 7 T 8 F

SYNONYM MATCH (p.5)

1. f	2. i	3. d	4. b	5. g
6. c	7. a	8. j	9. h	10. e

COMPREHENSION QUESTIONS (p.9)

1. A beautiful relationship
2. Germany
3. Five hundred
4. Happy
5. The wrong message
6. To an Italian restaurant
7. Two days later
8. Take the relationship further
9. A good time
10. Phone calls

WORDS IN THE RIGHT ORDER (p.19)

1. Many people wonder when the best time is.
2. The time to text is the morning after.
3. You're happy and are want a second date.
4. Waiting too long could be a mistake.
5. It sends the message that you're not interested.
6. Rate how much they wanted a second meeting.
7. Two days later made them feel happiest.
8. A follow-up text the morning after the date.
9. You are interested and had a good time.
10. It did not look into traditional phone calls.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. c 4. a 5. c 6. b 7. d 8. a 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)