



Lifestyle and Daily Routines

Article: should teenagers have screen-free evenings?

1. Lead-in discussion

Talk with a partner before you write.

1. How much time do teenagers spend on screens after school?
2. What can make evening routines stressful?
3. Would a screen-free evening feel helpful or unrealistic?

Exercise 6 at a glance

Write an article, often for a school magazine.

Use a catchy title and opening hook.

Develop ideas with reasons and examples.

Use a semi-formal, engaging style.

2. Exam-style task

Your class has recently discussed whether teenagers should have one screen-free evening each week. Write an article for your school magazine about this topic.

Here are some comments from students to help you:

'It would help us sleep better.'
'It could give families more time to talk.'

'Most homework is online now.'
'Some people relax by watching videos or gaming.'

Now write an article for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

3. Model article

One Evening Without Screens?

Could you spend one evening a week without a phone, laptop or television? For many teenagers, that question sounds harder than it should. Screens are part of our routines, but perhaps that is exactly why a short break could help.

A screen-free evening might improve sleep and reduce stress. Without constant messages, videos and notifications, students may find it easier to relax properly. It could also give families more time to talk, cook together or simply sit in the same room without everyone looking down.

On the other hand, banning screens completely is not realistic for everyone. Much of our homework is online, and some students relax by gaming or watching videos with friends. A strict rule could become another source of pressure rather than a healthy habit.

In my view, teenagers should try a flexible screen-free evening, not a perfect one. Turning off social media for a few hours, finishing online homework earlier or replacing scrolling with music or exercise could make daily life feel calmer.

4. Explore the model: structure, content and register

Work with the model article. Underline, label or make short notes.

| Focus | What to find | Done? |
|-----------------------|---|-------|
| Article structure | Find the title, opening question, benefits, other side and final view. | |
| Content point 1 | Where does the writer explain benefits of less screen time? | |
| Content point 2 | Where does the writer explain why a ban may be unrealistic? | |
| Final view | Where does the writer suggest a flexible approach? | |
| Audience and register | Find two places where the article sounds engaging but suitable for a school magazine. | |
| Development | Find one example, reason or alternative that improves the answer. | |

5. Language from the task prompts

The task prompts can guide your grammar and content choices. Notice which language each prompt naturally needs.

| Prompt | Useful language | Why it fits | Example from the model |
|------------------------------|-------------------------------|--|---|
| benefits of less screen time | modal verbs + result language | You are explaining possible effects on routines. | might improve sleep / may find it easier to relax |
| why it is difficult | contrast + real-life examples | You are showing why the idea is not simple. | On the other hand / homework is online |
| your view | flexible suggestion language | You are suggesting a manageable change. | try a flexible screen-free evening / Turning off social media for a few hours |

6. Build an engaging article

Notice how article phrases help you interest the reader and organise ideas clearly.

| Job | Useful article phrases |
|--------------------|--|
| hook the reader | Could you spend one evening...? / One evening without screens? / Is your phone controlling your evening? |
| add context | For many teenagers... / Screens are part of our routines / perhaps that is exactly why... |
| introduce benefits | might improve sleep / reduce stress / give families more time to... |
| show contrast | On the other hand... / not realistic for everyone / A strict rule could... |
| show alternatives | Turning off social media / finishing homework earlier / replacing scrolling with... |
| finish with a view | In my view... / not a perfect one / could make daily life feel calmer |

7. Vocabulary and useful article phrases

Use chunks that sound natural for this task. You can also upgrade your writing with precise words and phrases.

| Purpose | Useful chunks / language | Add your own |
|--------------------|---|--------------|
| describe routines | evening routine / phone / laptop / notifications | |
| describe benefits | sleep better / relax properly / time to talk | |
| describe problems | homework is online / strict rule / source of pressure | |
| sound article-like | harder than it should / everyone looking down | |
| upgrade ideas | flexible / screen-free / daily life feel calmer | |

8. Plan your own article

Use the same task, or change the details to another daily routine issue.

| Section | My idea | Useful language |
|-------------------------|---------|-----------------|
| catchy title | | |
| opening hook / context | | |
| benefits of change | | |
| problems / other side | | |
| final view / suggestion | | |

