



Lifestyle and Daily Routines

Article planning bank: screen-free evenings

Exam-style article task

Your class has recently discussed whether teenagers should have one screen-free evening each week. Your teacher has asked you to write an article about this topic for your school magazine. Here are some comments about screen-free evenings to help you:

'It would help people sleep better.'
'There would be more time for hobbies.'

'Friends usually chat online.'
'It might be boring at first.'

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.

Planning

Use the comments to organise your article. Add details and examples.

Section	Ideas / Useful language	Linking phrases
Concise, engaging title	Possible techniques: question / lifestyle phrase / contrast Title idea:	☐ Could you switch off? ☐ One evening offline ☐ Screens or sleep?
Introduction	Context: screen-free evenings; sleep, hobbies and online friendships Hook: question / direct address / lively opening statement My angle:	☐ Most teenagers spend... ☐ After school,... ☐ This matters because...
Possible benefits	Idea: screen-free time helps sleep Example / detail: Extra idea: more time for hobbies Detail / example:	☐ One benefit is... ☐ For example,... ☐ This could give...
Difficulties or limits	Concern: friends chat online Why / effect: Another point: it might be boring at first Possible response:	☐ However,... ☐ The difficulty is... ☐ To make it easier,...
Final view	My opinion: Closing message: would a screen-free evening help teenagers?	☐ In my view,... ☐ Overall,... ☐ Teenagers could...

Write your article

Write an article for your school magazine. Cover the comments, develop your points and make your opinion clear.

Article title _____

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Lifestyle and Daily Routines

Article planning bank: morning routines

Exam-style article task

Your class has recently discussed whether a good morning routine can improve the whole day. Your teacher has asked you to write an article about this topic for your school magazine. Here are some comments about morning routines to help you:

'Getting ready calmly reduces stress.'

'Breakfast helps concentration.'

'Some people are not morning people.'

'There is never enough time.'

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.

Planning

Use the comments to organise your article. Add details and examples.

Section	Ideas / Useful language	Linking phrases
Concise, engaging title	Possible techniques: question / routine phrase / direct address Title idea:	[] How does your day start? [] Morning mood [] Start well, study well
Introduction	Context: morning routines; stress, breakfast and time Hook: question / direct address / lively opening statement My angle:	[] Before school,... [] Many students rush... [] This matters because...
Benefits of routine	Idea: getting ready calmly reduces stress Example / detail: Extra idea: breakfast helps concentration Detail / example:	[] One advantage is... [] For example,... [] This can help...
Challenges or limits	Concern: some people are not morning people Why / effect: Another point: there is never enough time Possible response:	[] However,... [] The problem is... [] A realistic change is...
Final view	My opinion: Closing message: what makes a realistic morning routine?	[] In my view,... [] Overall,... [] A good routine should...

Write your article

Write an article for your school magazine. Cover the comments, develop your points and make your opinion clear.

Article title _____

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Lifestyle and Daily Routines

Article planning bank: weekend routines

Exam-style article task

Your class has recently discussed whether weekends should be planned or kept completely free. Your teacher has asked you to write an article about this topic for your school magazine. Here are some comments about weekends to help you:

'Planning helps you use time well.'
'A routine makes homework easier.'

'Weekends should feel relaxing.'
'Too much planning feels like school.'

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.

Planning

Use the comments to organise your article. Add details and examples.

Section	Ideas / Useful language	Linking phrases
Concise, engaging title	Possible techniques: question / contrast / weekend phrase Title idea:	[] Plan or relax? [] Weekend balance [] Free time or full timetable?
Introduction	Context: weekends; planning, relaxation and homework Hook: question / direct address / lively opening statement My angle:	[] At the weekend,... [] Many students want... [] This matters because...
Reasons to plan	Idea: planning helps use time well Example / detail: Extra idea: a routine makes homework easier Detail / example:	[] One benefit of planning is... [] For example,... [] This can make...
Reasons to relax	Concern: weekends should feel relaxing Why / effect: Another point: too much planning feels like school Possible response:	[] On the other hand,... [] The problem is... [] A balanced idea is...
Final view	My opinion: Closing message: what should a good weekend look like?	[] In my view,... [] Overall,... [] Weekends should...

Write your article

Write an article for your school magazine. Cover the comments, develop your points and make your opinion clear.

Article title _____

[illegible]



Lifestyle and Daily Routines

Article planning bank: daily hobbies

Exam-style article task

Your class has recently discussed whether teenagers should spend time on a hobby every day. Your teacher has asked you to write an article about this topic for your school magazine. Here are some comments about daily hobbies to help you:

'Hobbies help people relax.'

'You can improve if you practise regularly.'

'Homework often takes priority.'

'Some hobbies need money or equipment.'

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.

Planning

Use the comments to organise your article. Add details and examples.

Section	Ideas / Useful language	Linking phrases
Concise, engaging title	Possible techniques: question / hobby phrase / contrast Title idea:	☐ Time for a hobby? ☐ More than free time ☐ Practice makes progress
Introduction	Context: daily hobbies; relaxation, practice and schoolwork Hook: question / direct address / lively opening statement My angle:	☐ After school,... ☐ Hobbies can be... ☐ This matters because...
Benefits of hobbies	Idea: hobbies help people relax Example / detail: Extra idea: regular practice brings improvement Detail / example:	☐ One reason is... ☐ For example,... ☐ This can help...
Limits or problems	Concern: homework often takes priority Why / effect: Another point: some hobbies need money Possible response:	☐ However,... ☐ The difficulty is... ☐ A small daily habit could...
Final view	My opinion: Closing message: should hobbies be part of every day?	☐ In my view,... ☐ Overall,... ☐ Teenagers should...

Write your article

Write an article for your school magazine. Cover the comments, develop your points and make your opinion clear.

Article title _____

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