

Name: _____

Part 1 Multiple-choice cloze

For questions 1–12, read the text below and choose the word which best fits each gap.

Screen Time and Teen Stress

It's hard to imagine life without screens. Most teenagers spend a large (1) ____ of their day using their phones, computers or tablets. Whether they are chatting with friends, watching videos, or playing games, screens have (2) ____ an essential part of modern life. However, many studies show that too much screen time can seriously (3) ____ your mental health.

When you are constantly connected, it's difficult to (4) ____ your mind time to rest. Notifications, messages, and endless scrolling keep your brain alert even late at night, which often leads to poor (5) _____. As a result, many teens wake up feeling tired and (6) _____, making it harder to focus in class.

Experts recommend taking regular "digital breaks" to help (7) ____ stress and anxiety. Doing something active, like cycling or walking, can (8) ____ your energy and mood. Meeting friends face to face, rather than online, is another great way to feel more (9) _____.

Parents and teachers can also help by (10) ____ clear rules about phone use, especially during meals or before bedtime. It may be difficult (11) ____ first, but over time, learning to balance screen time with real-life experiences can make teenagers feel calmer, happier, and more (12) ____ overall.

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|-----|-------------|-------------|-------------|------------|
| 1. | A part | B piece | C portion | D amount |
| 2. | A changed | B become | C turned | D taken |
| 3. | A affect | B support | C encourage | D improve |
| 4. | A make | B give | C allow | D have |
| 5. | A rest | B sleeping | C dream | D sleep |
| 6. | A exhausted | B sleepy | C lazy | D weak |
| 7. | A reduce | B cut | C control | D protect |
| 8. | A lift | B rise | C increase | D raise |
| 9. | A alive | B connected | C friendly | D sociable |
| 10. | A doing | B setting | C giving | D making |
| 11. | A for | B at | C in | D on |
| 12. | A balanced | B safe | C peaceful | D silent |

Part 2 – Open cloze

For questions 1–12, read the text below and think of the **word which best fits each gap**. Use only **one word** in each gap.

Finding Balance Beyond the Screen

Many teenagers today find it almost impossible to spend a day (1) _____ using their phones. They check messages, watch videos, and play games almost constantly. However, this behaviour often increases their stress (2) _____ of reducing it. Studies show that people who spend more than four hours a day online are more (3) _____ to feel anxious and lonely.

One reason is that social media often shows only the best moments of others' lives. This can make teens believe that their own life isn't exciting (4) _____, which damages (5) _____ self-esteem. Another issue is the lack (6) _____ sleep caused by late-night screen use. Looking at bright screens before bed makes it difficult for the brain to relax.

Fortunately, there are plenty of ways to improve your mental health without abandoning technology completely. Activities such (7) _____ drawing, cooking, or playing an instrument help your mind focus on the present. Physical exercise, especially outdoors, can do wonders (8) _____ your mood by releasing endorphins.

It's also important to spend time with family or friends (9) _____ person. Sharing your feelings or simply laughing together can reduce anxiety more effectively (10) _____ scrolling online. You don't need to change everything at once, but taking small steps, such as setting screen-free hours, can make a real (11) _____ over time. Remember, balance is not about perfection, it's about (12) _____ choices that make you feel good inside and out.