

Reading Comprehension

Many teenagers say they can't imagine life without the internet. For Sofia, a 14-year-old student, going online is an important part of her day, but she tries to use it wisely. She usually checks her messages before school, but she never **replies** immediately because she prefers to get ready calmly in the morning.

After school, Sofia spends some time watching educational videos, especially about art and photography. She says these videos help her improve her drawing skills. However, she **avoids** watching too many entertainment videos because she knows how quickly time can **disappear** online.

In the evening, she posts photos of her artwork twice a week. She doesn't post more often because she wants her pictures to be good quality. She also enjoys reading comments from people who follow her, although she **ignores** negative ones so they don't affect her mood.

Sofia believes that online activities can be positive, but only if people control the time they spend online. She thinks many teenagers forget to take breaks and end up feeling stressed or tired. For her, the internet is a useful **tool** — but it should never replace real life.

LIVEWORKSHEETS



Multipe Choice Exercise:

1 **Why doesn't Sofia reply to messages in the morning?**

a) She has no time before school.

b) She wants a peaceful start to her day.

c) Her phone doesn't work early in the morning.

d) She prefers to answer at night.

2 **What motivates Sofia to watch educational videos?**

a)She needs them for school tests.

b) They help her improve a hobby she cares about.

c) Her parents tell her to watch them.

d) She finds entertainment videos boring.

3 **Why does Sofia avoid watching too many entertainment videos?**

a) They are not interesting to her.

b) They make her feel tired immediately.

c) They take up more time than she realises.

d) She can't find good entertainment online.

4 **How often does Sofia post her artwork?**

a) Every evening

b) Twice a week

c) Once a month

d) Only on weekends

5 **Why doesn't she post more often?**

a) She wants enough time to create good work.

b) She has very few ideas to share.

c) She doesn't like posting photos.

d) People don't follow her regularly.

LIVEWORKSHEETS



6 How does Sofia deal with negative comments?

a) She argues with the writers.

b) She reports them immediately.

c) She ignores them completely.

d) She deletes her posts.

7 What is Sofia's opinion about online activities?

a) They should be avoided by teenagers.

b) They are dangerous and stressful.

c) They are useful when used with self-control.

d) They are more important than real life.

8 What does Sofia think many teenagers forget to do?

a) Share their feelings online

b) Spend time with their families

c) Take regular breaks from screens

d) Post only good quality photos

TRUE / FALSE Exercise

Read the statements and decide if they are True or False.

1. Sofia always answers her messages as soon as she receives them. **TRUE** **FALSE**
2. She watches videos that help her with her drawing. **TRUE** **FALSE**
3. Entertainment videos are her favourite type of videos. **TRUE** **FALSE**
4. She posts her artwork two times a week because she wants it to look good. **TRUE** **FALSE**
5. Negative comments online make her very sad. **TRUE** **FALSE**
6. Sofia thinks being online is good only when you don't spend too much time on it. **TRUE** **FALSE**
7. She believes some teenagers get stressed because they stay online too long. **TRUE** **FALSE**
8. Sofia thinks the internet is more important than real life. **TRUE** **FALSE**

LIVEWORKSHEETS

Match the words to their definitions

wisely	replies	avoid	disappear	ignore	tool

to go away quickly	
something useful to help you do something	
answers (to messages)	
in a careful or sensible way	
to stay away from something	
to not pay attention to something	

LIVEWORKSHEETS