

# Balancing Screen Time and Hobbies

COMPREHENSION • VOCABULARY • DISCUSSION

## INTERACTIVE ONLINE TEST

Take the full interactive test with instant feedback →

<https://www.esl-tests.com/reading/b1/balancing-screen-time-hobbies>



## Reading Passage

Read the passage carefully. Each paragraph is labelled with a letter for easy reference.

- A** In today's digital age, many people spend a lot of time in front of screens. Children and teenagers often play video games, watch movies, or browse social media for hours each day. While screen time can be enjoyable and even educational, it is important to balance it with other activities. For instance, Sarah, a 14-year-old girl from Seattle, loves to play games but also enjoys painting and reading. She spends two hours on her tablet after school but ensures she dedicates at least one hour to her hobbies. Sarah believes that painting helps her relax and express her creativity.
- B** On weekends, Sarah often invites her friends over for art sessions. They paint together, share ideas, and sometimes even create art challenges. This not only strengthens their friendship but also encourages them to explore their artistic talents. Sarah's parents support her hobbies by providing art supplies and encouraging her to take part in local art competitions. Finding this balance between screen time and hobbies has made Sarah happier and more fulfilled. She has learned that while technology is a great tool, engaging in offline activities is essential for her overall well-being.

## Vocabulary Glossary

---

Key words and phrases from the passage. Study them before attempting the exercise below.

WORD / PHRASE	DEFINITION	EXAMPLE SENTENCE
<b>browse</b>	to look through things in a relaxed way without a specific purpose	<i>She likes to browse through books at the library.</i>
<b>dedicate</b>	to give time or effort to something important	<i>He dedicates his evenings to learning the guitar.</i>
<b>creativity</b>	the use of imagination to make new ideas or things	<i>Drawing helps her express her creativity.</i>
<b>artistic</b>	related to art or artists	<i>He has an artistic talent for drawing.</i>
<b>challenge</b>	a difficult task or problem that tests a person's ability	<i>The puzzle gave him a fun challenge.</i>
<b>encourage</b>	to give someone support or hope to do something	<i>Teachers encourage students to ask questions.</i>
<b>competition</b>	an event where people try to win a prize by being better than others	<i>She won first place in the singing competition.</i>
<b>fulfill</b>	to make someone feel happy and satisfied	<i>Helping others makes him feel fulfilled.</i>

### Vocabulary Exercise — Fill in the Blank

Use one word or phrase from the glossary above to complete each sentence. Each item is used only once. Answers are on the final page.

1. Many people like to \_\_\_\_\_ through shops without buying anything.
2. She \_\_\_\_\_ an hour each day to practicing the piano.
3. His \_\_\_\_\_ shines when he writes stories.
4. The \_\_\_\_\_ design of the building attracted many visitors.
5. Solving this math problem is a real \_\_\_\_\_ for me.
6. Parents should \_\_\_\_\_ their children to try new activities.

## Comprehension Questions

---

*These questions are different from the online practice test. Choose the best answer (A, B, C, or D). Answers and explanations are on the final page.*

### Question 1

#### **What is the main idea of the passage?**

- A. The importance of balancing screen time and hobbies.
- B. The benefits of playing video games.
- C. How to become an artist.
- D. Sarah's daily routine.

### Question 2

#### **Why does Sarah invite her friends for art sessions?**

- A. To compete with them.
- B. To explore their artistic talents together.
- C. To watch movies together.
- D. To play video games together.

### Question 3

#### **What can be inferred about Sarah's parents?**

- A. They dislike her painting.
- B. They encourage her artistic activities.
- C. They prefer she plays video games.
- D. They don't care about her hobbies.

### Question 4

#### **What is one benefit Sarah finds in painting?**

- A. It helps her with math.
- B. It makes her famous.
- C. It helps her relax and express creativity.
- D. It improves her screen time skills.

### Question 5

#### Why does the author mention Sarah's weekend activities?

- A. To show how weekends are for rest.
- B. To illustrate the balance between hobbies and socializing.
- C. To describe her art skills.
- D. To explain how she uses technology on weekends.

### Discussion & Writing Prompts

---

*Each prompt references a specific detail from the passage above. Use for classroom discussion or a short written response (150–200 words).*

1. The passage mentions Sarah spending two hours on her tablet after school. What are some strategies you use to manage your screen time effectively?

2. According to the passage, Sarah's parents support her art by providing supplies. How important do you think parental support is for developing hobbies, and why?

3. Paragraph two describes how Sarah and her friends create art challenges. Can you think of other group activities that promote creativity and why they might be beneficial?

# Answer Key

## COMPREHENSION QUESTIONS

Q1 A

Q2 B

Q3 B

Q4 C

Q5 B

## VOCABULARY EXERCISE

FIB1 browse

FIB2 dedicates

FIB3 creativity

FIB4 artistic

FIB5 challenge

FIB6 encourage

## Comprehension Question Explanations

Why the correct answer is right — and why each wrong option is incorrect.

### 1. What is the main idea of the passage?

✓ A — The importance of balancing screen time and hobbies.

The passage focuses on balancing screen time and hobbies for better well-being.

✗ B — The benefits of playing video games.

The passage mentions video games but focuses on balance, not benefits.

✗ C — How to become an artist.

It discusses art as a hobby, not how to become an artist.

✗ D — Sarah's daily routine.

Sarah's routine is an example, not the main focus of the passage.

### 2. Why does Sarah invite her friends for art sessions?

✓ B — To explore their artistic talents together.

The passage states that art sessions encourage exploring artistic talents.

✗ A — To compete with them.

The passage mentions sharing ideas, not competing.

✗ C — To watch movies together.

They paint together, not watch movies.

✗ D — To play video games together.

They paint, not play video games.

### 3. What can be inferred about Sarah's parents?

✓ B — They encourage her artistic activities.

The passage states they support her by providing art supplies and encouragement.

✗ A — They dislike her painting.

The passage shows support, not dislike.

✗ C — They prefer she plays video games.

They support her art, not video games.

✗ D — They don't care about her hobbies.

They actively support her hobbies, showing they care.

### 4. What is one benefit Sarah finds in painting?

✓ C — It helps her relax and express creativity.

The passage states that painting helps her relax and express her creativity.

✗ A — It helps her with math.

The passage does not mention math.

✗ B — It makes her famous.

The passage does not mention fame.

✗ D — It improves her screen time skills.

The passage says painting, not screen time, helps her relax.

### 5. Why does the author mention Sarah's weekend activities?

✓ **B — To illustrate the balance between hobbies and socializing.**

The author uses Sarah's weekend activities to show the balance between hobbies and socializing.

✗ **A — To show how weekends are for rest.** *The focus is on balance, not rest.*

✗ **C — To describe her art skills.** *The passage highlights socializing, not just her skills.*

✗ **D — To explain how she uses technology on weekends.** *The passage does not focus on technology use on weekends.*

---

### MORE B1 LEVEL READING PRACTICE

Understanding Climate Change — <https://www.esl-tests.com/reading/b1/understanding-climate-change>

Exploring Health Fitness Trends — <https://www.esl-tests.com/reading/b1/exploring-health-fitness-trends>

Exploring Street Food Culture — <https://www.esl-tests.com/reading/b1/exploring-street-food-culture>