DAILY ROUTINE



INTRODUCTION

What is your daily routine like? Do you wake up very early in the morning to work out? Or are you a complete couch potato and like to spend the whole day lying on your bed watching your favorite movies and TV series?

Whatever your daily routine habits are, being able to talk about them in English is an essential part of communication as this information reveals a lot about what kind of person you are, what your lifestyle is like and what things you like to do as a regular practice.
Exchanging information about everyday activities is something people usually do when they start getting to know each other. It is a typical conversation starter. So, this time we will introduce some useful language you can use when talking to others about how you normally spend your day. Let’s get started!

MY DAILY ROUTINE

1. Look at the words in the list bellow and write them under the correct picture.

• get up	• get dressed	• get on the bus	• do exercises	• ride a bicycle
• wash face	• prepare breakfast	• have lessons	• have lunch	• drive a car
• brush teeth	• have breakfast	• read books	• surf the net	• drink fruit juice
• get shaved	• leave home	• draw pictures	• do homework	• watch TV
• have a shower	• walk to school	• play games	• listen to music	• sleep



1)_____



2)_____



3)_____



4)_____



5)_____



6)_____



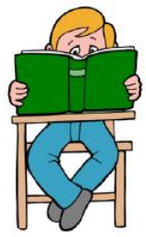
7)_____



8)_____



9)_____



10)_____



11)_____



12)_____



13)_____



14)_____



15)_____



16)_____



17)_____



18)_____



19)_____



20)_____



21)_____



22)_____



23)_____



24)_____



25)_____

2. Complete the missing information to guess some partner´s information.



Partner's name: _____

I think that you …	**Right /Wrong**
1. … wake up at _____ (time) every day.	
2. … have _____ (food) for breakfast.	
3. … leave home at _____ (time) in the morning.	
4. … get to study/work by _____ (transport).	
5. … usually have _____ (food) for lunch.	
6. … have lunch at _____ (place).	
7. … have lunch with _____ (person).	
8. … arrive home at _____ (time).	
9. … _____ (activity) in the evening.	
10. … go to bed at _____ (time).	

3. Match the picture with the text



And plays basketball with his Friends. Then he goes home and does his homework. He has dinner at 7:30.

He arrives at school at 8:55. He studies from 9:00 to 3:30. For lunch he has fish and potatoes. After school he goes to the park

After dinner he watches TV, listens to the radio or reads. Finally, he goes to bed at about 11:00.

Every Monday… gets up at 7:00. Then he goes to the bathroom and has a shower. After that he goes downstairs to the kitchen

And has breakfast with his family. He has fruit juice and cereal. He leaves home at 8:00 and he goes to school by bus.

Let´s talk!

When talking about routines and habits, it is always important to be able to talk about when and how often you do things. In other words, you need to know how to communicate the time of occurrence and the number of times something happens within a particular period of time.

4. Practice the next questions with a partner.

How to ask	How to answer
■ What time do you usually get up? ■ What time do you normally start classes?	■ I get up at 7:00 every day. ■ I start class at 9:00 on Monday, and 10:00 on Thursday.
■ What do you do after class? ■ What do you do in the evening?	■ Sometimes, I go to the library and study a little bit. ■ I often play soccer in the evening.
■ What time do you leave home?	■ I leave my house at 8:00 and ride the bus to school.
■ What do you do in the afternoon?	■ I usually have lunch at 1:00. ■ I finish class at 3:30 p.m.

- Answer the questions from the previous exercise with your own information:

_____
_____
_____
_____
_____
_____

5. Read about Lesley´s day and answer the questions below.



Lesley is an ESOL teacher at Hackney College in London. On weekdays she always gets up at about 7 o'clock. She has a shower and then she has breakfast with her husband and daughter. After breakfast she brushes her teeth and gets dressed and then she takes her daughter to school. She goes to college by bicycle at 8.30 and she starts work at 9 o'clock.

At about 1.30 she usually has lunch. She has a sandwich and some fruit in her office. She finishes work at 5 o'clock and picks up her daughter from her after-school club. She usually has dinner at about 7 o'clock and then she has a cup of coffee. In the evening she watches television or sometimes she listens to the radio. She likes listening to music. She usually goes to bed at about 11.30. Then she reads her book for about half an hour. She goes to sleep at midnight.

- Circle **true** or **false**.
  - Lesley gets up at seven o'clock. True False
  - She has a shower in the morning. True False
  - She goes to work by bus. True False
  - She picks up her daughter after work. True False
  - She likes listening to music on the radio. True False
  - She goes to bed at eleven o'clock. True False

- Choose the correct answer for the following questions about Lesly´s routine.

1. Who does she have breakfast with?
a. She has breakfast with her mother
b. She has breakfast with her husband and child
c. She has breakfast with her son and daughter

4. What does she have for lunch?
a. She has fruit and sandwich
b. She has rice and beans
c. She has a chicken sandwich

2. How does she go to work?
a. She goes by motorbike
b. She goes by Car
c. She goes by bike

3. Where does she have lunch?
a. She has lunch in her house
b. She has lunch in her office
She has lunch in the restaurant

5. What time does she pick up her daughter?
a. She picks her up after 6 PM
b. She picks her up after lunch
c. She picks her up after 5 PM

6. What time does she go to bed?
a. She goes to bed after midnight
b. She goes to bed before 11 PM
c. She goes to bed after 11 PM

GRAMMAR • *The simple present tense: spelling rules with he, she, and it*

Add –s to the base form of most verbs
gets shaves combs

Add –es to verbs that end in –s, –sh, –ch, or –x.
brushes watches

Remember:
do → does
go → goes
have → has
study → studies

6. Complete the statements. Use the simple present tense.

1 Tom ..... (get) up at 6:00, but his wife, Kate, ... (get) up at 7:00.
2 Kate ..... (eat) breakfast at 7:30 A.M., but Tom ..... (eat) breakfast at 6:30.
3 After breakfast, Tom ....., (shave) and Kate ..... (put) on makeup.
4 Tom and Kate ..... (watch) TV in the evening.
5 Kate ..... (go) to bed at 10:00 P.M., but Tom ..... (go) to bed at 11:00.
6 Kate ..... (make) dinner on weekdays, and Tom ..... (make) dinner on weekends.
7 Tom ..... (take) a shower in the morning, but Kate ..... (take) a bath.
8 Tom and Kate ..... (brush) their teeth in the morning and in the evening.

7. Write the routine that belongs to each picture, then write a short paragraph about Mike's daily day.



a. Wake up_____ b. _____ c. _____ d. _____ e. _____
f. _____ g. _____ h. _____ i. _____ j. _____

Mike_wakes_up_at_7:00_o'clock_in_the_morning_then_...

FREQUENCY ADVERBS

Frequency	Adverb of Frequency	Example Sentence
100%	always	I **always** go to bed before 11 p.m.
90%	usually	I **usually** have cereal for breakfast.
80%	normally / generally	I **normally** go to the gym.
70%	often* / frequently	I **often** surf the internet.
50%	sometimes	I **sometimes** forget my wife's birthday.
30%	occasionally	I **occasionally** eat junk food.
10%	seldom	I **seldom** read the newspaper.
5%	hardly ever / rarely	I **hardly ever** drink alcohol.
0%	never	I **never** swim in the sea.

A. Choose the correct verb from the list below to complete the following sentences. Use the correct form of the simple present tense.

eat / travel / play / listen to / help / shop / drink / rain / take / do

1. I never _____ coffee before I go to bed.
2. She always _____ her mother with the housework.
3. Her husband never _____ the laundry.
4. They usually _____ the bus to school.
5. We seldom _____ dinner in a restaurant.
6. They rarely _____ to different countries.
7. She usually _____ at the supermarket near her home.
8. We sometimes _____ cards on the weekend.
9. It often _____ in April.
10. Teenagers seldom _____ their parents.

B. Write sentences about yourself using each of the frequency adverbs below.

always / usually / often / sometimes / seldom / rarely / never

1. I always _____.

2. I usually _____.

3. I often _____.

4. I sometimes _____.

1. Use the frequency adverbs to write true sentence about you. Remember the correct position of the adverbs.

1. I do homework at night. I usually do my homework at night
2. I buy things online. _____
3. I watch horror films. _____
4. I play football on Saturdays. _____
5. I listen to music in the morning _____
6. I´m happy on Monday morning _____

2. Listen to the conversation between Josh and Katie and complete the sentences with the correct names.

1. _____ play tennis.
2. _____ watches tennis.
3. _____ plays football.
4. _____ Often goes out at weekends.



3. Work in pairs. Use the cues to make sentences about Josh and Katie.

Josh	Katie
e.g. Often/ watch football games on TV	**e.g. Never/ watch TV**
Sometimes/ go to the cinema	Often/ go to the disco
Usually/ go shopping at the weekend	Sometimes / go shopping on Saturday
Never/ do his homework	Always/ do her homework

1. **Josh often watches football on TV**
2. _____
3. _____
4. _____
5. **Katie never watches TV**
6. _____
7. _____
8. _____

4. Use the clues to say true things about your life using frequency adverbs.

Clues

e.g. Start English class at 6:00 AM	Do my homework	Relax at home
Go shopping on Saturday	Do my house chores	Listen to my parents
Listen to pop music	Go running	Go to discos

e.g. I usually start English class at 6:00 AM__

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Let´s talk!

5. Practice the next questions with a partner.

To ask and answer about how repeatedly an action or event occurs you can use the following expressions:

How to ask	How to answer
■ **How often** do you go to the movies?	■ I go to the movies twice a week.
■ **How often** do you brush your teeth?	■ I brush my teeth three times a day.
■ **How often** do you eat out?	■ No often, I never go to eat at restaurants, I like eating home food.
■ **How often** do you exercise?	■ I rarely exercise. I'm not very fit.

- Answer the questions from the previous exercise with your own information:

1. _____
2. _____
3. _____
4. _____

6. Read the following text and answer the reading comprehension exercise, then compare with your classmates

Tom works at a National Park. He is the manager. He starts work every day at 8:00 am. He finishes work every day at 6:00 pm. He lives very close to his work. He walks to work every day. His brother and sister also work over there. But, they do not live close to the National Park. They drive cars to work. They start work at 9:00 am. Tom is the boss. He helps all the workers and tells them what to do. He likes his job. He is also very good at his job. Many customers like Tom, and they say hello to him when they come to the Park. Tom likes to talk to the customers and make them feel happy. Tom really likes his job



Choose the correct answer for the following questions.

1. **What time does Tom start work?**
a. 8:00 AM
b. 9:00 AM

2. **Does Tome drive a car to work?**
a. Yes, he does
b. No, he doesn´t

3. **Does Tom live close to the bank?**
a. Yes, he does
b. No, he doesn´t

4. **Does Tom talk with customers?**
a. Yes, he does
b. No, he doesn´t

5. **How does Tom feel about his job?**
a. Good
b. Bad

7. Check the next chart. Then write your own ***DAILY ROUTINE*** using time expressions, frequency adverbs and adverbs of time.

TIME EXPRESSIONS	**ADVERBS OF FREQUENCY**
Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.	Always, generally, usually, often, sometimes, rarely, seldom, hardly ever, never.
	ADVERBS OF TIME
Every day, every afternoon, every night, every week, every Monday, every Tuesday, every Wednesday, every Saturday morning, every Sunday afternoon, every Monday evening, every month, every year, every hour, every two hours, every morning, every afternoon, every evening, every night. In the morning, in the afternoon, in the evening, **at** night.	Once, Twice, Three times, Four times, Five times, several times, many times, a day, a week a month, a year, once in a day, twice in a month, three times in a month, ten times in a year, once in an hour.

MY DAILY ROUTINE

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