

# My Daily Routine

## 1. Warm-up

Look at the activities in the list. When do you usually do them? Add some more activities that you do in the morning/afternoon/evening.

- get up
- get dressed
- take a shower
- go to work/school
- have a coffee
- have breakfast
- go to bed
- watch TV
- read a book

in the morning

in the afternoon

in the evening

Possible answers:

In the morning: get up/ get dressed/ have breakfast.

In the afternoon: go to work/ read a book.

In the evening: take a shower/ go to bed/ watch TV.

## 2. Lead-in

Answer the questions.

- What time do you usually get up and go to bed?
- Do you have a busy or relaxing morning/ evening?
- What do you always do in the morning/ evening?

### 3. Vocabulary

Look at the pictures and match them with the phrases.



- take a shower
  - do housework
  - wake up at 7:00
  - have lunch at work
  - go shopping
  - go to bed late
  - get home
  - go to work by bus
  - exercise
  - walk to work
  - take a dog for a walk
  - make dinner
  - take a bath
  - check emails
1. go to bed late
  2. get home
  3. have lunch at work
  4. wake up at 7:00
  5. go shopping
  6. take a shower
  7. do housework
  8. check emails
  9. take a dog for a walk
  10. walk to work
  11. go to work by bus
  12. exercise
  13. make dinner
  14. take a bath

## 4. Vocabulary practice

Match the words to make phrases.

check  
take  
take a  
get  
wake  
make  
do  
go to  
go  
go to work

shopping  
housework  
emails  
up at 7 o'clock  
by bus  
bath  
a shower  
home  
dinner  
bed

- check emails
- take a shower
- take a bath
- get home
- wake up at 7 o'clock
- make dinner
- do housework
- go to bed
- go shopping
- go to work by bus

Complete the questions with the correct verb. Then answer them.

1. What time do you usually **wake/get** up?
2. Do you **get** home early or late?
3. How often do you **do** housework?
4. Where do you **have** lunch?
5. How often do you **check** emails?
6. Do you **exercise** in the morning to keep fit?
7. Do you always **make** dinner in your family?

Describe your typical day using the phrases from the lesson. Add the time if it is possible.

## 5. Video

Watch the video about the night routine after work.

Write down the activities that you can see. There will be two parts.

[https://www.youtube.com/watch?v=FORwVSyYs1Y&ab\\_channel=ElainaMichelle](https://www.youtube.com/watch?v=FORwVSyYs1Y&ab_channel=ElainaMichelle)

[https://www.youtube.com/watch?v=7hYiNf3F-E&ab\\_channel=ElainaMichelle](https://www.youtube.com/watch?v=7hYiNf3F-E&ab_channel=ElainaMichelle)

What activities did you see in the video?

Possible answers.

- take a shower
- have dinner
- drink tea
- wash a face
- brush hair
- do housework
- check emails
- exercise

## 6. Grammar

Look at these sentences and find the differences. ( S )

I take a shower.

I wash my face.

I have dinner.

She takes a shower.

She washes her face.

She has dinner.

In Present Simple we use the base form of the verb and add -s for the third person singular (he, she, it).

When the verb ends in -ch, -ss, -sh, -x or -zz, we add -es.

When the verb ends in a consonant + -y we change y to i and add -es.

Have, go, do and be are irregular (has, goes, does, is).

Add the letter S to these verbs.

- eat **eats**
- come **comes**
- have **has**
- go **goes**
- do **does**
- wash **washes**
- study **studies**
- pay **pays**
- watch **watches**

- hurry **hurries**

## 7. Video

Watch two parts of the video one more time and describe her evening.  
For example: She takes a shower at 7:15.

### Possible answers.

- She has dinner.
- She drinks tea.
- She washes her face.
- She brushes her hair.

## 8. Speaking

Choose a person who you know well. Describe his/her typical day.