My Day
Morning Routines



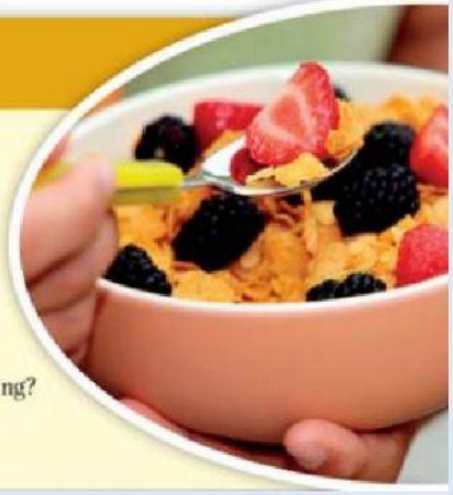
How do you start your day?

Get going

1 How do you start your day? What's the first thing you do?

2 14 Read and listen to the magazine article. Which advice do you agree with?

Are mornings difficult for you?
Read on for some helpful advice.



Do you always get up late?
When you get up early, you've got more time. It's simple!

When do you have a shower – in the morning or in the evening?
A quick shower in the morning helps you to wake up.

Do you have breakfast every day?
A good breakfast gives you lots of energy.

Do you do exercise every day?
Exercise also gives you energy. Why not walk to school in the morning?

Our tips can give you a great start to the day.
Mornings? Easy!

3. Read the article again. Which meal is important?

4. Write the missing words to complete the daily routines. Listen and check.






1……..a snack 2. ……..your hair 3. ……..dressed 4. wash your ……..






5. ……. your hair 6. Do …….. 7. Have a …….. 8. Have a ……

5. Listen again. Click on the mic and repeat










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

LIVEWORKSHEETS

6. Read the mini conversations. Complete the questions and answers with the words below

brushes do ~~do you get~~ don't eat has have have
how often play when does your sister brush you have

A: 1. __*Do you get*_____dressed or do you_____breakfast first?

B: We always 3_____breakfast first. It´s food first, clothes second!

A: 4_____her teeth?

B: She always 5_____breakfast first, and then she 6. _____her teeth. She hates it when there´s food between her teeth.

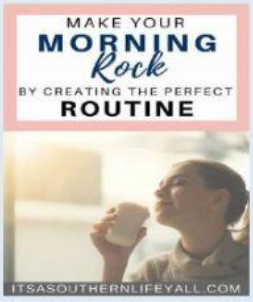
A: 7_____do you 8_____exercise?

B. Twice a week. I 9._____football on Tuesdays and Fridays

A: Do you have breakfast every day?

B: I 10_____early in the morning. But I 11. _____a snack at about 10 a.m.

7. What about you? What do you do in the morning? Write a paragraph (50/80 words)



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8. Watch the video. What does she do in the morning? Write five sentences

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https://www.youtube.com/watch?v=LPOpVJ22GTw

LIVEWORKSHEETS