

8 Complete the text with one word in each gap.

I'm Jenny Middleton. I'm a teacher. I ¹ **wake** up at 7.30 and I ² _____ up five minutes later. I ³ _____ a shower and then I ⁴ _____ breakfast with my family. I ⁵ _____ to work by car at 8.30. Lessons start at 9.15. I ⁶ _____ lunch with the other teachers at 12.30. I ⁷ _____ home at 4.30. I sometimes ⁸ _____ after school at the gym – it's good for me! I have dinner with my husband and children at 6.30. I sometimes ⁹ _____ some housework after dinner and then I ¹⁰ _____ watch TV or read a book. I read my students' homework and ¹¹ _____ my emails before bed. I ¹² _____ go to bed before 12.00 – I'm a night owl!

Verbs to describe routines

1 Decide if the times are *in the morning*, *in the afternoon*, *in the evening* or *at night*.

- | | |
|--------------|--|
| 0 7 a.m. | <u>in the morning</u> / in the afternoon / in the evening / at night |
| 1 8 p.m. | in the morning / in the afternoon / in the evening / at night |
| 2 11.30 p.m. | in the morning / in the afternoon / in the evening / at night |
| 3 6 a.m. | in the morning / in the afternoon / in the evening / at night |
| 4 3.30 p.m. | in the morning / in the afternoon / in the evening / at night |
| 5 12 p.m. | in the morning / in the afternoon / in the evening / at night |
| 6 12 a.m. | in the morning / in the afternoon / in the evening / at night |

2 Match a beginning of a sentence in Column A with an ending in Column B.

Column A		Column B
0 I wake	<u> D </u>	A at school for seven hours.
1 I go	<u> </u>	B to school at 8.30 a.m.
2 I study	<u> </u>	C my homework after school.
3 I do	<u> </u>	D up at 7 a.m.
4 I meet	<u> </u>	E dinner at 7 p.m.
5 I have	<u> </u>	F my friends in the evening.
6 I check	<u> </u>	G Facebook then go to bed
7 I relax	<u> </u>	H in a hot bath at 8 p.m.

3 Complete the text using the correct verbs from the boxes.

A day in the life of Jing Chung

get up have live study

Hi! My name is Jing and I am from China, but I ⁰ *live* in the USA at the moment.

Every morning, I ¹ _____ at 7 a.m.

then I ² _____ breakfast with my family.

I ³ _____ my school books for half an hour – usually just to finish my homework.

exercise check text go

Then I ⁴ _____ my friends to see how they are.

I ⁵ _____ on the way to school – I run about half of the way there.

I ⁶ _____ home at 4 o'clock

and then I ⁷ _____ my emails.

It's a long day!