

ACTIVITY 1

Listen to the audio and sequence from 2 to 6 Mike's routine.

Click here to listen.



<https://drive.google.com/file/d/15Bv6fmsUbj8jSDTAzqORQoYR-KISMIHH/view?usp=sharing>

# 1 Hi, I'm Mike and this is my daily routine. 	# Then I'll return home, and as I work from my home, I turn on my computer and start working on what needs to be done. 	# I get up early every day, around 6:30 and I go to the gym for a work-out before I go to work. I usually do aerobic exercise for a while and then do some weight lifting for maybe half an hour at the gym. 
# I usually skip breakfast and I'll work until about 12:00 then I'll prepare lunch and have a fairly big lunch because I don't eat breakfast. 	# Then I'm speaking to people on the Internet or on my phone and that pretty much sums up my usual daily routine. 	# Then after lunch, I'll go back, continue working on Internet or whatever I have to do for work, until about 6:00 when I usually start getting phone calls from friends of mine who live abroad and then in the evenings if I'm not using my time doing things with the Internet or surfing the web.  

ACTIVITY 2

Practice vocabulary and pronunciation with your teacher

What do you do every day?		
1 I/we/you/they get up early/late He/she gets up early/late 	2 I/we/you/they take a shower He/she takes a shower 	3 I/we/you/they brush teeth He/she brushes teeth 
4 I/we/you/they get dressed He/she gets dressed 	5 I/we/you/they have breakfast He/she has breakfast 	6 I/we/you/they do the hair He/she does the hair 
7 I/we/you/they make the bed He/she makes the bed 	8 I/we/you/they put on make-up He/she puts on make-up 	9 I/we/you/they go to work/college He/she goes to work/college 
10 I/we/you/they make breakfast/lunch/dinner He/she makes breakfast/lunch/dinner 	11 I/we/you/they clean the room/apartment/house He/she cleans the room/apartment/house 	12 I/we/you/they take a taxi/the bus He/she takes a taxi/the bus 
13 I/we/you/they walk to work/college He/she walks to work/college 	14 I/we/you/they get home He/she gets home 	15 I/we/you/they have lunch He/she has lunch 

What do you do every day?		
1 I/we/you/they read He/she reads 	2 I/we/you/they listen to music He/she listens to music 	3 I/we/you/they surf the net He/she surfs the net 
4 I/we/you/they do the homework He/she does the homework 	5 I/we/you/they play sports He/she plays sports 	6 I/we/you/they take a rest/a nap He/she takes a rest/a nap 
7 I/we/you/they exercise He/she exercises 	8 I/we/you/they walk the dog He/she walks the dog 	9 I/we/you/they hang out with friends He/she hangs out with friends 
10 I/we/you/they spend time with friends/family He/she spends time with friends/family 	11 I/we/you/they check social networks He/she checks social networks 	12 I/we/you/they eat out He/she eats out 
13 I/we/you/they have dinner He/she has dinner 	14 I/we/you/they talk on the phone/chat He/she talks on the phone/chats 	15 I/we/you/they go to bed early/late He/she goes to bed early/late 

CLASS ACTIVITY 3

Write a personal answer for the question

What do you do every day? 	Example: I study, work, watch TV

CLASS ACTIVITY 4

Answer the survey and share your ideas with the class

Survey on daily habits	
Choose A, B, C, D... More than one answer is possible	
1 How do you travel to college every day? I usually travel to college...	
☐	A by bus
☐	B by car
☐	C by taxi
☐	D by bicycle
☐	E by motorbike
☐	F on foot

2 How often do you play sport?

I

- ☐ always
- ☐ usually/normally
- ☐ often
- ☐ sometimes
- ☐ occasionally
- ☐ hardly ever/seldom
- ☐ never

Play sports.



3 How many times do you brush your teeth?

I brush my teeth...

- ☐ A once a day
- ☐ B twice a day
- ☐ C three times a day
- ☐ D more than three times a day



4 How much time do you spend online a week?

I spend online...

- ☐ A one to three hours a week
- ☐ B four to eight hours a week
- ☐ C ten to thirteen hours a week
- ☐ D more than fifteen hours a week



5 How often do you prepare or cook your own food?



- I
- ☐ always
 - ☐ usually/normally
 - ☐ often
 - ☐ sometimes
 - ☐ occasionally
 - ☐ hardly ever/seldom
 - ☐ never

cook my own food.

6 How often do you go to bed late?



- I
- ☐ always
 - ☐ usually/normally
 - ☐ often
 - ☐ sometimes
 - ☐ occasionally
 - ☐ hardly ever/seldom
 - ☐ never

Go to bed late.

7 How many times do you clean your bedroom/apartment/house?



I clean my bedroom/apartment/house...

- ☐ A once a day
- ☐ B twice a week
- ☐ C three times a week
- ☐ D more than four times a week
- ☐ E Once a week
- ☐ F every day

ACTIVITY 5

Look at the example, write an activity you do every day, then share with the class.

My week routine				
On Mondays	On Tuesdays	On Wednesdays	On Thursdays	On Fridays
I go to the city center.	I exercise.	I play video games.	I watch movies.	I don't have classes.
My weekend routine				
On Saturdays		On Sundays		
I have classes in the morning. In the afternoon, I eat out. I drink some beers and relax.		I don't work. I sleep and rest all day.		

On Mondays I...

On Tuesdays I...

On Wednesdays I...

On Thursdays I...

On Fridays I...

On Saturdays I...

On Sundays I...

ACTIVITY 6

ENTREGABLE # 2

Look at the example and write about your routine. Then, share with the class.

A usual day in my life	
 Good Morning	In the morning... I get up at 6 or 7 am. Then, I take a shower, get dressed and have breakfast. After, I get ready to start work. I work from home. I have classes from 8:00 to 10:00 am. Then, I take a rest till midday.
 Good Afternoon	In the afternoon... I have lunch at 12:30 Or 1:00 pm. Also, I watch the news; I spend time with family and take a rest.
	In the evening... I have dinner at 6:00 pm. I start class at 6:30 pm till 9:00 pm. After class, I watch the Simpsons. Finally, I go to bed at 10:00 or 11:00 pm.

A usual day in my life

In the morning...

In the afternoon...

In the evening...