

Look at the examples below.



**after and then**

Use *after* + another word, e.g. **after** lunch, **after** work, **after** that, etc.

Use *then* to say what happens next, e.g. *I get up and then I have breakfast.*

Read her article again and check you understand the **highlighted** words. Then use them to complete the sentences below.

**DURING - UNTIL - THEN - AFTER - FROM - TO - BEFORE**

- 1 Jack usually gets up at 7.30. \_\_\_\_\_ he has a shower.
- 2 \_\_\_\_\_ lunch I often sleep for half an hour.
- 3 She always has a bath \_\_\_\_\_ she goes to bed.
- 4 \_\_\_\_\_ the week I work \_\_\_\_\_ 9.00 \_\_\_\_\_  
5.00.
- 5 I usually get home at about midnight, and \_\_\_\_\_  
I go to bed.
- 6 We usually watch TV \_\_\_\_\_ it's time to go to bed.