Daily routine
for adults





Read the composition then put the pictures in order and write the correct numbers into the circles next to the pictures.

On weekdays I get up at six o'clock.

I go to the bathroom, have a shower, then I feel a bit fresher. I brush my teeth, comb my hair and get dressed.

I don't have breakfast at home. / I have breakfast, and then I eat a sandwich and drink a cup of coffee or tea. That's why I can concentrate better at work.

At about 7 o'clock I go to work on foot / by car / by bus.

I work from half past seven am to five pm.

I have lunch at about noon.

After work I do the shopping, pick up my children from school and we go home.

At home I cook something for dinner or make some sandwiches.

At about half past six we have dinner. We usually eat something warm / cold food.

After dinner I wash up and tidy up the flat.

Then I play with my children or watch TV or read a book / a magazine / a newspaper. I seldom surf the net.

I always tell a tale to my children before they go to bed, then I have a bath, clean my teeth and go to sleep.

I fall asleep at ten pm.

Pictures





























LIVEWORKSHEETS