Match the activities to the pictures

Our week is very busy.

On Monday, I wake up **at** 4:00 am. I get up and take a shower **at** 5:00 am. I don't have breakfast, I drink coffee and go to work **at** 7:20.

In the afternoon, ,my children have lunch **at** 2:00 pm. My wife finishes work and goes home **at** 3:10.

At night, My wife cooks dinner and we eat at 7:00. She exercises **at** 8:00; and She goes to bed **at** 10:30.

On weekends, my son goes to the park, and my wife and I watch TV with the children.



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AT

We use "at" to express a precise time

- at 5 o'clock
- at 11:30 pm
- at lunchtime
- at the moment
- at midnight
- at sunrise
- at sunset

ON

We use "on" before days and dates.

- on Friday
- on Mondays
- on 4 July
- on 17 March 1966
- on Children's Day
- on his birthday
- on Mother's Day

IN

We use "in" before months,years,centuries and long period of time.

- in November
- in winter
- in 2001
- in the 20th century
- in Stone Age

The underlined words describe routine / occupations

The words in red describe time.

"ON" hours/ days

"IN" days / general time

"AT" days / hours

LIVEWORKSHEETS

Use the sentences to tell use about your routine

What do you do in the morning?

On Monday I _____ at _____

Then, I _____ at ____,

What do you do in the afternoon?

After lunch, I _____ at _____.

On Saturday I _____ at _____

At night on weekdays , I _____ and _____

I always _____ to bed at _____

What do you do on weekdays Henry?

From Monday to Friday, I _____ at ____.

Then I _____

In the afternoon I _____ .

At night I _____



DAILY ROUTINES

What time do you...?

On .... I ... at ....

Time expressions

on Sunday(s)
on Sunday afternoons(s)
on weekdays
on the weekend
on weekends
in the morning(s)
in the afternoon(s)
in the evening(s)
at noon / midnight
at night
before 7:00
after midnight
every day





LIVEWORKSHEETS