Focus Vlog About daily routines

What was your daily routine when you were younger and how does it compare to now?

What did you use to do when you were a teenager that you miss doing now?



1 **Name a person you know well who is in their twenties or older. Think about their daily routine when they were teenagers. Which statements could describe what they used to do?**

1 He/she used to have a structured routine.

2 He/she used to make their own breakfast.

3 He/she used to play football with friends.

4 He/she used to belong to an athletics club.

5 He/she used to go to dance classes.

6 He/she used to chill at home in the evenings.

7 He/she used to do stretches in the morning.

8 He/she used to drive around listening to music.

2 **Does the person you know do any of the things in Exercise 1 now?**

3 3 **Watch the video and match the statements in Exercise 1 with the teenage daily routine of the speakers in the box.**

Aaron Hannah Harriet Natasha Nobuse

4 SPEAKING **Compare your daily routine now with the one your parents had. Discuss how similar or different they are.**

5 3 **Put the words in the correct order to make questions. Then watch the first part of the video (up to 3:18) again and answer the questions.**

1 Hannah / with / Who / to / would / school / walk ?

2 school / would / to / Aaron / How / get ?

3 use / Why / 'quite intense' / be / routine / Natasha's / to / daily / did ?

4 eat / school / home / to / way / use / the / What / Nobuse / did / from / on ?

5 routine / structure / to / What / some / Harriet's / used / daily / give ?

6 3 **Discuss the questions. Then watch the rest of the video (3:19–4:26) and check your answers.**

1 What would Hannah like to get back into?
2 Why did Aaron use to drive around a lot?
3 Why did Natasha use to see her friends much more?
4 What does Nobuse miss doing?
5 Why did Harriet use to get more things done?

7 SPEAKING **Are you a person who likes to have structure or variety in your day-to-day life? Why?**

FOCUS ON LIFE SKILLS

Communication • Critical thinking

8 SPEAKING **Discuss these sayings about youth. What do they mean and how much do you agree with them?**

- School days are the best days of your life.
- Youth is wasted on the young.
- Youth is the best time to be rich and the best time to be poor.

9 **Think about how life as a teenager was different for your grandparents. Write notes under the headings. Think about daily routines, free time, friends, school and your own ideas.**

Ways life is easier for teenagers now	Ways life was easier for teenagers in the past

10 SPEAKING **Discuss your notes. What is your conclusion?**

LIVEWORKSHEETS