

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?