Daily Routine Worksheet

Part 4: Drag and Drop

Instructions: Drag the activities to the correct time of day they are commonly done.

Activities:

- Eat breakfast
- Attend meetings
- Go to bed
- Exercise
- Check social media

Time slots:

- Morning
- Afternoon
- Evening

Part 5: Listening Comprehension

Video Reference: My Daily Routine (for Learners of English)

Task: Watch the video about a daily routine. Then answer the questions:

1. What is the first activity mentioned in the speaker's routine?

1. How does the speaker balance work and leisure?

1. What advice does the speaker give about creating a productive routine?

Part 6: Reading Comprehension

Short Paragraph:

"Jane starts her day with a cup of coffee and some light reading before heading to work. At the office, she focuses on her tasks using time-blocking methods. During her lunch break, she likes to take a short walk to refresh her mind. After work, Jane spends time with her family and prepares for the next day by reviewing her to-do list. Her consistent routine helps her achieve her personal and professional goals."

Questions:

1. What does Jane do to start her day?

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1. How does Jane refresh her mind during lunch?

1. Why is Jane's routine effective?

Part 7: Speaking Activities

1. Record a 1-minute description of your own daily routine, including specific times and activities. Use advanced linking words like *meanwhile, consequently, subsequently, in addition,* and *therefore.*
2. Share your thoughts on how routines can improve productivity. Discuss for at least 2 minutes, providing examples.



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