

VOCABULARY

Describing routines | Adverbs of frequency | Collocations | Free-time activities | Feelings

GRAMMAR

Present Simple (affirmative and negative) | Present Simple (questions and answers)

COMMUNICATION

Talking about likes and dislikes | A blog post about daily routine

1 Look at the pictures and complete the activities.



1 e x e r c i s e



2 r _____



3 g _____ u _____



4 w _____ u _____



5 g _____ h _____



6 g _____ t _____ d _____ d _____



7 h _____
b _____



8 h _____
a s _____



9 g _____ t _____ b _____



10 g _____ t _____
s _____



11 h _____
d _____

2 Complete the sentences with verbs from Exercise 1.

- Every morning I wake up at 7.30.
- I stay in bed for five minutes and then I _____ at 7.35.
- I go to the bathroom and I _____ at 7.40.
- Then, I _____ in my favourite jeans and T-shirt and go downstairs.
- I _____ with my mum and dad at 8.00. Usually toast or an egg.
- I _____ by bus at 8.30. My lessons start at 9.00.
- Lessons finish at 4.00. I _____ by bus at 4.30.
- I sometimes _____ at the gym after school.
- I _____ at home before dinner. I read a book or watch TV.
- I _____ with my family at 8.30.
- By 9.30, I'm very tired and I _____.

3 Choose the correct answer.

- I never go _____ late because I like to sleep for nine hours.
a home **b) to bed** c to school
- I have _____ every day in the morning at home. I usually eat an omelette.
a breakfast b lunch c a shower
- I _____ at 9 o'clock on Saturdays. Then I lie in bed and listen to music for an hour.
a get up b wake up c get dressed
- It's a good idea to _____ every day, so I run in the park after school.
a go home b get dressed c exercise