

Writing Guide: Starting Your Day Positively

1. Analyze the Task



Topic: Starting Your Day Positively

We want to know about your morning routine! You will write a short article for a school magazine answering these questions:

- How do you start your day in a positive way?
- Do you do any activities or have routines to help you wake up?
- How do they make you feel?



2. Step-by-Step Brainstorming



Before you write, think about your routine. Fill in the table below with your ideas.

- **Activity:** What do you do? (e.g., listen to music, cold shower)
- **The Feeling:** Describe the activity using **-ing** adjectives (e.g., relaxing, exciting).
- **Your Reaction:** How do you feel? Use **-ed** adjectives (e.g., relaxed, excited).

Morning Activity	The Feeling (-ing)	Your Reaction (-ed)
Example: Doing yoga	<i>It is relaxing</i>	<i>I feel relaxed</i>

3. Grammar Toolbox



A. Adjectives: -ed vs -ing

- **-ing:** Describes the **thing** or situation.
- "My alarm clock is **annoying**."
- "Music is **interesting**."
- **-ed:** Describes how **you feel**.

- "I was **tired**."
- "I'm **interested** in music."

B. Present Perfect

Use the Present Perfect to talk about things you have done recently in your morning routine.

- **Just:** "I have woken up."
- **Already:** "I have had my breakfast."
- **Yet:** "I haven't checked my phone."



4. Structure & Useful Phrases



Use these phrases to organize your article and make it interesting.

1. Catch Attention

- "Are you one of those people who find it difficult to get up?"
- "Have you ever felt really stressed in the morning?"
- "Can you imagine starting a day without music?"

2. Make it Lively

- "I absolutely love..."
- "It makes me feel more alive."
- "It makes me want to move."

3. Give Your Opinion

- "For me... is the best way to..."
- "Speaking personally..."
- "In my opinion..."

5. Draft Your Article



Write your article below. Remember to follow this structure:

1. **Introduction:** Catch the reader's attention.
2. **Main Body:** Describe your routine. Use *just*, *already*, *yet* and adjectives (-ed/-ing).
3. **Conclusion:** Summarize your opinion.

6. Final Checklist

Before you hand in your work, check the boxes below:

Criteria	Check
I have organized my article into clear paragraphs.	
I have used phrases from the "Structure & Useful Phrases" section.	
I have used the Present Perfect (<i>just, already, yet</i>) correctly.	
I have used adjectives (-ed / -ing) correctly.	
I have checked my spelling and grammar.	

My article is about _____ words.