

## READING ACTIVITY

### DAILY ROUTINES

Name:.....

Daily routines are the regular activities that people do every day. Having a routine helps people organize their time and be more productive. For example, many people wake up early in the morning, brush their teeth, take a shower, and have breakfast before starting their day.

Students usually go to school, attend classes, and do homework in the afternoon. Adults often go to work, attend meetings, and complete tasks. In the evening, people may relax, watch TV, exercise, or spend time with their families.



Having a good daily routine is important for both physical and mental health. It helps people manage stress, sleep better, and stay organized. Even simple habits, like going to bed at the same time every night, can make a big difference in a person's life.

#### Multiple Choice Questions (Choose one answer)

1. What is a daily routine?
  - A) Activities done once a year
  - B) Activities done every day
  - C) Activities done only at night
  - D) Activities done on weekends
2. What do many people do in the morning?
  - A) Go to sleep
  - B) Watch TV all day
  - C) Brush their teeth and have breakfast
  - D) Travel abroad
3. What do students usually do in the afternoon?
  - A) Sleep all day
  - B) Go to school and do homework

- C) Go shopping
  - D) Travel
4. Why is a daily routine important?
- A) It wastes time
  - B) It causes stress
  - C) It helps people stay organized and healthy
  - D) It is only for children

**Choose True or False in the following questions**

5. Daily routines help people be more productive.  
True / False
6. People never relax in the evening.  
True / False
7. Sleeping at the same time every night is a good habit.  
True / False

**Matching Questions**

**Match the items in Column A with Column B:**

**Column A**

- 8. Morning
- 9. Afternoon
- 10. Evening

**Column B**

- A. Relax and spend time with family
- B. Wake up and have breakfast
- C. Go to school or work