



Tom's Daily Routines

My name is Tom, and I am a middle school student. On school days, I usually wake up at 7 o'clock. First, I take a shower and brush my teeth. Then, I get dressed and have breakfast. I usually eat bread and drink a glass of milk. After breakfast, I go to school by bus. Classes start at 8:30 a.m.

At school, I study different subjects and learn new things. At lunchtime, I eat lunch with my classmates in the school cafeteria.

After school, I often do my homework before dinner. In the evening, I sometimes watch TV or play video games, but I never go to bed late. I usually go to sleep at 9:30 p.m.

On the weekend, my routine is different. I usually play football with my friends and spend time with my family.

WORKSHEET: TOM'S DAILY ROUTINE

Name: _____

Read the text "Tom's Daily Routine" and complete the following activities.

ACTIVITY 1: MATCH THE ACTIONS

Match the daily routine with the correct description.

1.



Wake up

a. I drink milk and eat bread.

2.



Brush my teeth

b. I clean my teeth.

3.



Have breakfast

c. I start my day.

4.



Eat lunch

d. I eat with my classmates.

5.



Go to sleep

e. I rest at night.

ACTIVITY 2: COMPLETE THE SENTENCES

Word Bank

wake up
take a shower
brush my teeth
eat lunch
do my homework

Complete the sentences using the correct action from the Word Bank.

1. Every morning, Tom _____ at 7 o'clock.
2. After waking up, Tom _____.
3. Then, Tom _____ before breakfast.
4. At school, Tom _____ with his classmates.
5. After school, Tom _____ before dinner.



ACTIVITY 3: TRUE OR FALSE

Write T (True) or F (False).



1. Tom wakes up at 6 o'clock. _____



2. Tom drinks milk for breakfast. _____



3. Tom goes to school by bus. _____



4. Tom eats lunch at home. _____



5. Tom sometimes watches TV in the evening. _____

ACTIVITY 4: CHOOSE THE CORRECT ANSWER

1. What does Tom do after waking up?

- a) Plays football
- b) Takes a shower
- c) Eats lunch

2. What does Tom eat for breakfast?

- a) Bread and milk
- b) Rice and juice
- c) Pizza and soda

3. Where does Tom eat lunch?

- a) At home
- b) In the park
- c) In the school cafeteria

4. What does Tom do after school?

- a) Does his homework
- b) Goes shopping
- c) Watches movies

5. What does Tom do at the weekend?

- a) Studies all day
- b) Plays football with his friends
- c) Goes to bed early



ACTIVITY 5: MY DAILY ROUTINE

Write 3 sentences about your daily routine.

1. _____
2. _____
3. _____