

LISTENING ACTIVITY



Daily Routine:

Listen, Catch, and Discover!

Name: _____
Class: _____
Date: _____



- Topic: Daily Routines
- Focus: Simple Present Tense
- Skill: Listening
- Grade: 8



PART 1 BEFORE LISTENING

What Is a Daily Routine?

Before watching the video, think about your own daily routine.

A Complete the sentences.

- 1 I usually _____ at _____.
- 2 I _____ breakfast in the morning.
- 3 I _____ to school.
- 4 I _____ English at school.
- 5 I _____ at night.

B Think!

Look at the verbs in your sentences.

wake up – have – go – study – relax

What do these verbs have in common?

- ☐ They describe actions happening right now.
- ☐ They describe things we usually do.
- ☐ They describe actions that happened yesterday.

My answer: _____

PART 2 FIRST LISTENING



Listen for the Routine

Watch the video once. **Do not write complete sentences yet!**
Write down five activities that you hear.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Note!

The beginning of the video introduces the speaker's morning routine, including taking a walk, exercising, dental hygiene, and having coffee.

Put Them in Order

Number the activities according to the order in which they happen.

- ☐ Have breakfast
- ☐ Take a walk
- ☐ Wash hands
- ☐ Brush teeth
- ☐ Drink coffee



PART 3 LISTEN & COMPLETE

Catch the Simple Present Verbs

Listen again and complete the sentences.

Morning Routine

- | | |
|--|--------------------------------|
| 1 Every morning, I _____ up at 6:59 a.m. | 6 I _____ my teeth. |
| 2 I _____ outside for a morning walk. | 7 I _____ my teeth. |
| 3 I _____ my watch. | 8 I _____ the kettle. |
| 4 I _____ home. | 9 I _____ down with my coffee. |
| 5 I _____ one pull-up and two press-ups. | |

Grammar Detective

Underline the verbs you have written.

What do they describe?

- ☐ An action happening right now
- ☐ A daily routine or habit
- ☐ An action that happened yesterday



Listen carefully, catch the words, and discover the routine!

LIVEWORKSHEETS

PART 4 LOOK CLOSER AT THE SIMPLE PRESENT

Let's investigate! ✨

Look at these sentences from the video.

- Every morning, I wake up at 6:59 a.m.
- I always drink water.
- I prefer to take a stroll.

What do you notice?

1. "Every morning" tells us that the activity _____.
2. "Always" tells us that the activity _____.
3. "Usually" tells us that the activity _____.

These words are called: _____

PART 5 ROUTINE OR RIGHT NOW?

Listen carefully and classify the sentences.

Write **R** for Routine/Habit and **N** for Now/Current Action.

1. _____ "I always drink water."
Why? _____
2. _____ "I'm carrying the bucket."
Why? _____
3. _____ "I prefer to take a stroll."
Why? _____
4. _____ "I'm washing my hands."
Why? _____
5. _____ "I love to go out when everybody else is inside."
Why? _____
6. _____ "I'm slicing the cucumber."
Why? _____

REMEMBER!

Simple Present = routine, habit, general truth

Present Continuous = action happening now

PART 6 DISCOVER THE DIFFERENCE

Compare the two patterns.

1 Simple Present

I always drink water.

Form:

Subject + _____

Meaning: _____

2 Present Continuous

I'm carrying the bucket.

Form:

Subject + _____ + verb-ing

Meaning: _____

Complete the comparison.

Simple Present	Present Continuous
I drink water.	I am drinking water.
I walk every morning.	I am walking now.
I work every day.	I am working now.
Describes _____	Describes _____

PART 7 FINAL LISTENING CHECK

Listen to the beginning of the video one more time.

Complete the chart.

What I Hear	Verb	Tense	Routine or Now?
1. I _____ up.			
2. I _____ outside.			
3. I _____ my watch.			
4. I _____ home.			
5. I _____ the kettle.			

Think!

Why does the speaker use Simple Present for some activities?

FINAL REFLECTION

Complete the sentences.

Today I discovered that Simple Present is used to talk about _____

One Simple Present sentence from the video is: _____

One frequency expression I heard is: _____

One new verb I learned is: _____

My listening today:

- ☐ 1 - I need a lot of help
- ☐ 2 - I can catch some words
- ☐ 3 - I understand the main ideas
- ☐ 4 - I can catch most sentences
- ☐ 5 - I listened very well!