

MY DAY, YOUR DAY

Daily Activities | Grade 7 | Listening, Reading, Speaking and Writing

Name: _____ Class: _____ Date: _____

A. Get Ready

Read the descriptions. Write the correct letter (A-F). Use each letter once.

- A. wake up B. have breakfast C. go to school
D. do homework E. have dinner F. go to bed

1. You stop sleeping in the morning. _____
2. You eat your morning meal. _____
3. You travel to the place where you study. _____
4. You complete school tasks at home. _____
5. You eat your evening meal. _____
6. You lie down to sleep at night. _____

Quick pair talk

Ask a partner: "What time do you wake up?" and "What time do you go to bed?" Answer: "I wake up at ..." / "I go to bed at ..."

B. Listen to Bima's Day

Listen once. Choose the best answer for Question 1. Listen again and answer Questions 2-5. You do not need the audio script.

1. What is the recording mainly about?
A. Bima's favourite food B. Bima's school-day routine C. Bima's holiday
2. What time does Bima wake up?
A. 5:00 a.m. B. 5:30 a.m. C. 6:00 a.m.
3. What does Bima do at 4:00 p.m.?
A. He plays football. B. He has dinner. C. He does his homework.
4. What does Bima do after dinner?
A. He takes a shower. B. He reads a book. C. He goes to school.
5. What time does Bima go to bed?
A. 8:00 p.m. B. 8:30 p.m. C. 9:00 p.m.

C. Read Sinta's School Day

My name is Sinta. On school days, I wake up at five o'clock. First, I make my bed and take a shower. Next, I have breakfast at six o'clock. I go to school at half past six. After school, I have lunch and rest. I do my homework at four o'clock. In the evening, I have dinner with my family at seven o'clock. Then, I prepare my school bag. Finally, I go to bed at nine o'clock.

Choose the correct answer.

1. What is the main idea of the text?

A. Sinta's favourite lesson B. Sinta's school-day routine C. Sinta's family holiday

2. What does Sinta do before taking a shower?

A. She makes her bed. B. She has lunch. C. She does her homework.

3. What time does Sinta have breakfast?

A. 5:00 a.m. B. 6:00 a.m. C. 6:30 a.m.

4. What does Sinta do after dinner?

A. She plays football. B. She goes to school. C. She prepares her school bag.

5. What is Sinta's final activity of the day?

A. Going to bed B. Having breakfast C. Doing homework

D. Build Dika's Routine Together

Work in a group. Imagine you are Dika. Use the schedule to complete the paragraph. Use "I", not "he".

Time	Activity
5:00 a.m.	wake up
6:00 a.m.	have breakfast
6:30 a.m.	go to school
4:00 p.m.	do homework
7:00 p.m.	have dinner
9:00 p.m.	go to bed

My name is Dika. First, I (1) _____ at five o'clock. Next, I have breakfast at (2) _____. After that, I (3) _____ at half past six. In the afternoon, I (4) _____ at four o'clock. In the evening, I have dinner at (5) _____. Finally, I (6) _____ at nine o'clock.

Read your paragraph aloud. Your group listens and checks the activities and times.

E. Interview Your Partner

Take turns. Ask all three questions without reading a full dialogue. Listen and write short notes. Your partner's routine may be different from yours.

Partner's name: _____

Ask your partner	Write your partner's answer
1. What time do you wake up?	_____
2. What do you do after school?	_____
3. What time do you go to bed?	_____

Useful language: "What time do you ...?" / "What do you do ...?" "I ...
at ..." / "After school, I ..."

F. Write About Your Day

Write 6-8 sentences about your own usual school day. Include at least six activities, three expressions, and two sequence markers. Use "I" and the simple present tense. Do not copy Sinta's or Dika's paragraph.

My Daily Activities

Check your work

☐ I wrote 6-8 sentences. ☐ I included six activities.
☐ I used three time expressions. ☐ I used two sequence markers. ☐ I
used capital letters and full stops.

G. Reflection

One thing I can do now: _____

One thing I want to practise: _____