

## WEEK 1: A DAY IN MY LIFE



Hello. My name is **(Alex)**. Every day I **wake up** at 6:30. I **brush my teeth** and **wash my face**.

Then I **get dressed**. I usually **wear my uniform** to school on the weekdays. I **eat breakfast** at 7 o'clock and I **go to school** at 7:30. My first lessons **start** at 8 o'clock and will **end** at 11 o'clock. Then I **eat lunch** at school. In the afternoon, I have 3 classes.

I **go home** at 4 o'clock. At home, I **do my homework** and eat snacks. Then I **take a bath** or shower at 6 o'clock.

I **have dinner** at 7 o'clock. After that, me and my family usually **watch TV** for 1 hour, then at 9 o'clock, I go to bed and **go to sleep**.

Bye-bye and thanks for listening.