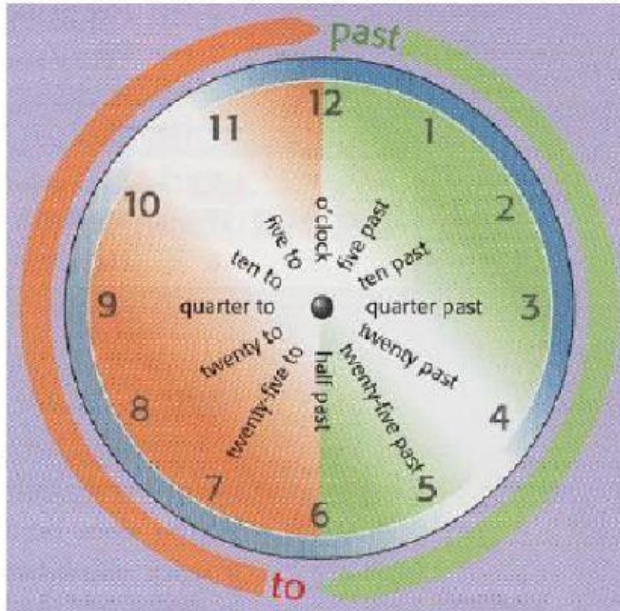


## WAKE UP, GET OUT OF BED...

### GRAMMAR – Telling the time

1. What time does your class start? What time does it finish?



- Use **It's** + time to say what time it is.  
*It's six o'clock.*
- You can ask *What's the time?* Or *What time is it?*
- Use **at** + time to say when you do something.  
*I get up at half past seven.*
- You can also say the time like this  
*1:25 = It's one twenty-five*

2. Write the time.

- a. 7:20 It's \_\_\_\_\_
- b. 8:15 It's \_\_\_\_\_
- c. 3:50 It's \_\_\_\_\_
- d. 6:00 It's \_\_\_\_\_
- e. 8:55 It's \_\_\_\_\_
- f. 2:30 It's \_\_\_\_\_
- g. 10:45 It's \_\_\_\_\_

3. Listen to Vicky's morning. Write the seven times you hear. What's her job?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_

### VOCABULARY – Daily Routine



4. Look at Vicky's typical morning. Match the pictures and phrases.

- Get dressed
- Get up
- Go to (work)
- Have a shower
- Have breakfast
- Wake up

## READING & LISTENING

1. Read the article. How stressed is Louisa? Why?
2. In pairs, guess the meaning of the highlighted words. Check with your teacher or a dictionary.

# How stressed are these people?

Professor Parker, a stress expert from the University of London, looks at two people's typical day and tries to help...

Louisa works as a guide at the National Gallery in London and lives with her son, George, aged 9.

**6:30** I get up and I make George's sandwiches. Then, I do some housework. Then I wake up George and make his breakfast. I'm always in a hurry and I don't have time for breakfast at home.

**8:00** We cycle to school because the bus is expensive. Then I cycle six miles to work.

**9:00** I have a sandwich for breakfast in the canteen, and then I start work. My first tour is usually at 9:30. I like my job but I don't earn much money and I stand all day.

**5:00** I finish work and I go to pick up George at 5:30. We go shopping.

**6:30** I cook dinner and help George with his homework. After dinner I do more housework or answer emails until 9:00. I don't go out because a babysitter is very expensive

**9:00** George goes to bed and I read him a story. Then I go to bed – I'm really tired!

3. What do you think about Professor Parker's advice to Louisa?
4. You are going to listen to Simon talking to Professor Park. Listen to five things Simon says. Number the pictures 1-5.



Simon works for a computer company. He lives in Brighton, but he works in London.

5. Now listen to Simon. Answer the questions.

a. How many children does Simon have?

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b. What time does he get up?

---

c. Why doesn't he have breakfast?

---

d. What time does he start work?

---

e. How many cups of coffee does he drink?

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f. What does he have for lunch?

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g. What time does he finish work?

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h. What does he do after dinner?

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**Professor  
Parker's  
Advice**

Have breakfast with your son. Do all the housework in the evening. Don't cycle, get the bus. It's important to see other people. Invite a friend for a drink once a week.