

# My Daily Routine

LET'S OBSERVE!

Order the actions.



6:00 o'clock

1.



9:00 o'clock

4.



7:00 o'clock

2.



1:00 o'clock

5.



8:00 o'clock

3.



have lunch



get up



have breakfast

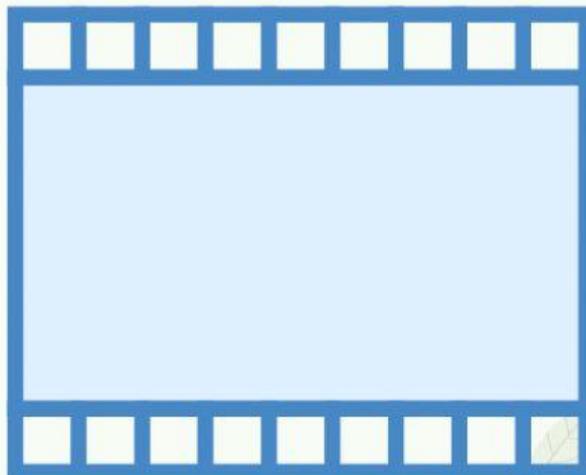


attend online classes



take a shower

Listen to and read Elena's daily routine.



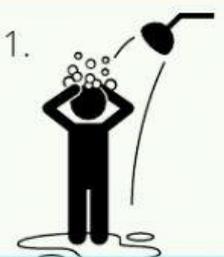
# My eco-friendly, daily routine



Hello! My name is Elena. I am 13 years old.  
This is my eco-friendly, daily routine.

1. 

Usually, I get up at 6:00 o'clock in the morning.

1. 

I take a shower in the morning. I use plastic-free shampoo.



I brush my teeth. I use a biodegradable toothbrush.



Then I get dressed. Usually, I wear recycled clothing.



I have breakfast at 7:00 o'clock. I eat a plant-based breakfast. For example: an apple, cereals, an orange juice and an avocado sandwich.



I attend my online-classes from 8:00am to 12:00pm. I unplug my laptop or mobile phone when I finish.



I have lunch at 1:00pm in the afternoon. I don't eat packaged products.



Generally, I wash the dishes.



I ride my bike in the afternoon.



I chat with my friends on the phone.



I do my homework in the afternoon.



Generally, I water the garden in the afternoon. I use recycled water for the plants.



I watch TV in the evening. I unplug the TV when I finish.



Usually, I have dinner at 7:00pm in the evening.



Finally, I go to bed at 10:00 at night.

Match the pictures.



### Example:

A.  1. I get up.

F.  I go to bed.

B.  I take a shower.

G.  I have a breakfast.

C.  I have dinner.

H.  I get dressed.

D.  I have lunch.

I.  I attend classes.

E.  I brush my teeth.

J.  I wash the dishes.

Complete the sentences about Elena's routine. Go back to the text if necessary.

## Eco-friendly, daily routine

### Let's go green!

Example:



I use plastic-free shampoo.



1. I \_\_\_\_\_ recycled clothing.



2. I \_\_\_\_\_ my laptop when I finish.



3. I \_\_\_\_\_ recycled water for the plants.



4. I \_\_\_\_\_ a plant-based breakfast.



5. I \_\_\_\_\_ the TV when I finish.