My Daily Routine

LET'S OBSERVE!

Order the actions.

6:00 o'clock 1.

7:00 o'clock 2.

8:00 o'clock 3.

9:00 o'clock 4.

1:00 o'clock 5.



have lunch



get up



have breakfast



attend online clasess



take a shower

Listen to and read Elena's daily routine.

LIVEWORKSHEETS

My eco-friendly, daily routine



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



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



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.

LIVEWORKSHEETS

Match the pictures.



Example:

A. 1. I get up.

B. ____ I take a shower.

C. ____ I have dinner.

D. ____ I have lunch.

E. ____ I brush my teeth.

F. ____ I go to bed.

G. ____ I have a breakfast.

H. ____ I get dressed.

I. ____ I attend classes.

J. ____ I wash the dishes.

LIVEWORKSHEETS

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.

LIVEWORKSHEETS