

Listening exercise: daily routine



to get up



to take / have
a shower



to take / have
a bath



to wash your hair



to dry your hair



to put on make-up



to get dressed



to brush your
teeth



to wash your face



to brush your hair



to make the bed



to feed the
dog / cat



to have / eat
breakfast



to do the
housework



to check
your emails



to do homework



to watch TV



to cook dinner



to have / eat dinner



to go to bed

Always = sempre
(ól-ueis)

Usually = geralmente, normalmente
(iújuali)

Sometimes = às vezes, de vez em quando
(sãm-táimes)

Almost never = quase nunca
(ólmost néver)

Never = nunca
(néver)