

4.3 My day

GOALS ■ Ask present simple *yes/no* questions ■ Talk about your day

Vocabulary & Listening daily activities

- 1a 4.9 » Listen and put the days in the correct place in the calendar.

Friday Monday Saturday Sunday Thursday Tuesday Wednesday

MARCH						
M	T	W	T	F	S	S
1	2	3	4	5	6	7

- b 4.9 » Listen again and repeat.

- 2 Work in small groups. Answer the questions.

- What's your favourite day? Why?
- What's a day you don't like? Why not?

My favourite day is Saturday. I don't go to work and I watch football.

- 3a 4.10 » Look at the illustrations. Listen and repeat the verbs.



get up



have a shower



get dressed



check emails



have breakfast



go to work



start work



finish work



get home



have dinner



go out



go to bed

- b Work with a partner. Student A, say the second part of one of the daily activities. Student B, say the complete phrase.

A *breakfast*

B *have breakfast*

- 4 Look at the profile of Helena Morrissey. What is surprising about her?



Name: Helena Morrissey

Job: CEO of Newton Investment Management

Home: London

Family: Married with nine children

Hobbies: Pilates, activities with the family

- 5a 4.11 » Listen to Helena talking about her day*. Note down three things she does with her family.

- b 4.11 » Listen again and underline the correct options.

- I get up at 5 a.m. and *have a shower / check my emails*.
- I have breakfast with my *husband / children*.
- I go to work by *train / taxi*.
- I start work at 8.00 a.m. and *finish / get home* at about 6.30 p.m.
- I have dinner at 7.30 / 8.30 p.m.
- After dinner I *work again / go to bed*.
- I *work / don't work* at the weekend.
- On Saturdays, we watch a film or *have dinner / go out* with friends.

- c Compare your answers with a partner.

- 6 Work with a partner. Look at two other profiles. Student A, turn to page 108. Student B, turn to page 113.

*This interview with Helena Morrissey is fictitious and is based on media reporting.