1. Look at the pictures and choose the ones which can help you describe your typical morning.

2. Read the words and divide them into 3 columns:

stressful	*amused*	*enjoyable*	*tiring*
energetic	*awful*	*busy*	*joyful*
eventful	*enthusiastic*	*calm*	*pleased*
gloomy	*pleasant*	*anxious*	*refreshing*
delighted	*dull*	*annoyed*	*sad*

My morning is	**BOTH**	**I am/ I feel**
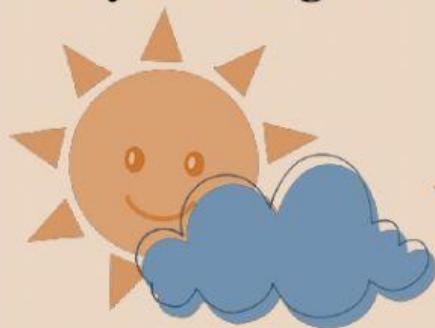
3. Complete the sentences with **TO** or **ING**

1. What do you **manage**   in the morning if you get up early?

2. What do you **fail**   in the morning if you get up late?

3. Can you mention things you **avoid**   at the beginning of your day?

4. What do your parents **encourage** you   in the morning?

5. What would you **offer** your friend   if you could spend next morning together?

6. What do your parents usually **suggest**   on Sunday mornings?

7. Where would you **decide**   if you didn't have to study tomorrow?

8. What would you like to **take up** and **give up**   in the morning, e.g. jogging, yoga, chatting, making your bed, drinking coffee, eating sweets..?

9. Can you **afford**   an episode or two of your favorite series when you wake up?

10. Do you sometimes **consider**   somewhere else? What is the best place for you?

4. Look at the picture. Emily wants to be healthier and more energetic in the morning. Give her some advice.

iPhone
네시 (4 O'CLOCK) - R&V
BTS — SoundCloud
1:15   -2:38

Wake Up !

NETFLIX

5. Listen and complete the task.
Describe your typical and perfect morning