Complete the text with the words from the box

then

usually

while

so

First

always

After

usually

sometimes

then

always

My daily routine

On schooldays I get up at ten past six. I take a shower and get dressed and I make breakfast and prepare snacks for my children.

Matthias, my son, gets up at quarter past six. He takes a shower and gets dressed I make breakfast. Martina, my youngest daughter, gets up at twenty-five past six. She is very tired in the morning, she sits down in front of the television, has breakfast and watches the news.

On Mondays and Tuesdays I leave the house at twenty past seven. I go to school by bike – every day! Even if it rains! - and I arrive at twenty-five to eight. Sometimes I'm late and arrive just before school starts at quarter to eight.

After school I stop at the supermarket or the farmer's market and go shopping but usually I go straight home. If I am home for lunch, I cook for the family because I like cooking.

lunch we have coffee and read the newspaper. My cat often comes to me and sits on my lap – or on my newspaper. We relax for about half an hour and we all go back to work.

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