



### Activity III

## Instructions

- Read the paragraph carefully
- Choose and circle the correct option

## DAILY ROUTINES

- Every day, I 1. .... early in the morning. The first thing I do is head straight to the bathroom to 2. .... and 3. .... Once I am done with my hygiene routine, I move on to the kitchen, and I 4. ...., which is usually a bowl of cereal or some toast with jam. After breakfast, I 5. ...., which takes me 30 minutes. I spend most of my day at school, where I am constantly occupied with my studies. After I 6. ...., rice with roast chicken and fruit juice gives me the energy I need to power through the rest of the day. After, I like to 7. ...., which helps me to stay healthy and relieves my stress. In the evening, I 8. .... for the next day when I finished, I 9. ...., I eat with my family. Finally, before going to bed, I wind down by reading a book or watching some TV, which helps me to 10. .... peacefully throughout the night.