Daily life

VOCABULARY
Describing routines | Adverbs of frequency | Collocations | Free-time activities | Feelings

GRAMMAR
Present Simple (affirmative and negative) | Present Simple (questions and answers)

COMMUNICATION
Talking about likes and dislikes | A blog post about daily routine

3 3.1 Vocabulary

Routines

1 ● Look at the pictures and complete the activities.



1 e*x e r c i s e*



2 r_ _ _ _



3 g_ _ u_



4 w_ _ _ u_



5 g_ h_ _ _



6 g t d_ _ _ _ _ d



7 h_ _ _
b_ _ _ _ _ _ _ _



8 h_ _ _
a s_ _ _ _ _



9 g_ t_ b_ _



10 g_ t_
s_ _ _ _ _



11 h_ _ _
d_ _ _ _ _

2 ●● Complete the sentences with verbs from Exercise 1.

1 Every morning I *wake up* at 7.30.
2 I stay in bed for five minutes and then I _____ at 7.35.
3 I go to the bathroom and I _____ at 7.40.
4 Then, I _____ in my favourite jeans and T-shirt and go downstairs.
5 I _____ with my mum and dad at 8.00. Usually toast or an egg.
6 I _____ by bus at 8.30. My lessons start at 9.00.
7 Lessons finish at 4.00. I _____ by bus at 4.30.
8 I sometimes _____ at the gym after school.
9 I _____ at home before dinner. I read a book or watch TV.
10 I _____ with my family at 8.30.
11 By 9.30, I'm very tired and I _____.

3 ●● Choose the correct answer.

1 I never go ___ late because I like to sleep for nine hours.
a home (b) to bed c to school

2 I have ___ every day in the morning at home. I usually eat an omelette.
a breakfast b lunch c a shower

3 I ___ at 9 o'clock on Saturdays. Then I lie in bed and listen to music for an hour.
a get up b wake up c get dressed

4 It's a good idea to ___ every day, so I run in the park after school.
a go home b get dressed c exercise

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4 ●● Look at the table. Complete the sentences with *always, usually, often, sometimes* or *never*.

	toast	fruit and yoghurt	cereal
Monday	✗	✗	✓
Tuesday	✗	✓	✓
Wednesday	✗	✗	✓
Thursday	✗	✗	✓
Friday	✗	✗	✗
Saturday	✗	✓	✗
Sunday	✓	✓	✗

1 I *never* have toast for breakfast on weekdays.
2 I _____ have toast for breakfast at the weekend.
3 I _____ have cereal for breakfast.
4 I _____ have fruit and yoghurt for breakfast at the weekend.
5 I _____ have cereal for breakfast from Monday to Friday.

5 ● **WORD FRIENDS** Match the sentence halves.

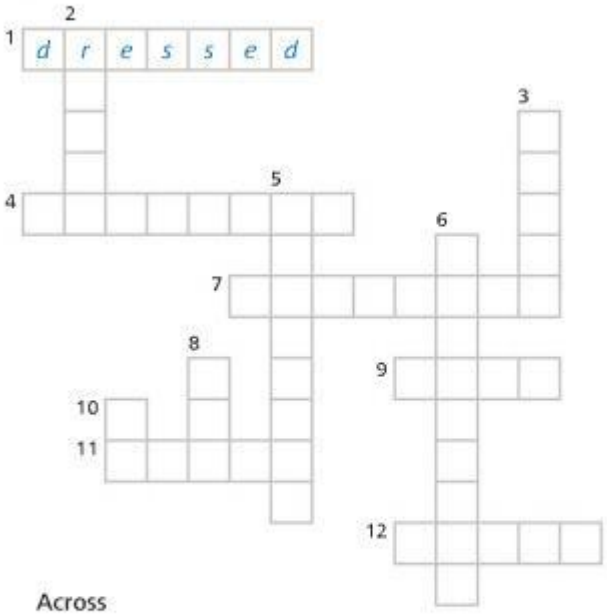
1 [d] Let's go to
2 [ ] When I go to school, I meet
3 [ ] I check
4 [ ] Lots of people go
5 [ ] Teenagers love to message
6 [ ] I always do

a my friend, Sue, at the bus stop.
b friends on social media.
c swimming to exercise.
d ~~the cinema today.~~
e my emails on my computer.
f the housework on Saturday.

6 ●● Complete the sentences with expressions from Exercise 5.

1 I like films. I often *go to the cinema* with my friends.
2 My friends write a lot of emails. I _____ after every lesson.
3 I go to school by bus. I often _____ at the bus stop so we can go together.
4 I _____ at the pool on Fridays.
5 After school, I sometimes _____ on my phone.

7 ●● Complete the crossword.



Across

1 I get _____ after I have a shower.
4 You do _____ at the gym.
7 Our teacher gives us a lot of _____.
9 I often _____ my friends at the bus stop.
11 Not sometimes but _____.
12 Not always but _____.

Down

2 It's important to _____ before you go to bed, e.g. read a book.
3 I _____ my emails every hour.
5 I usually go _____ for clothes with my friends.
6 Not often but _____.
8 I _____ up five minutes after I wake up.
10 I often _____ swimming in the sea during summer.

8 ●●● Complete the text with one word in each gap.

I'm Jenny Middleton. I'm a teacher. I [1] *wake* up at 7.30 and I [2] _____ up five minutes later. I [3] _____ a shower and then I [4] _____ breakfast. I [5] _____ to school by car at 8.30. Lessons start at 9.15. I [6] _____ lunch at 12.30. I [7] _____ home at 4.30. I sometimes [8] _____ after school at the gym. I have dinner with my husband and children at 6.30. I sometimes [9] _____ my friends on social media after dinner and then I [10] _____ watch TV or read a book – I do that every day! I [11] _____ my emails before bed. I [12] _____ go to bed before 11.30 p.m. – I'm a night owl!

LIVEWORKSHEETS