

Routines

1 ● Look at the pictures and complete the activities.



1 exercise



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_____

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

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

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

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

- I *never* have toast for breakfast on weekdays.
- I _____ have toast for breakfast at the weekend.
- I _____ have cereal for breakfast.
- I _____ have fruit and yoghurt for breakfast at the weekend.
- I _____ have cereal for breakfast from Monday to Friday.

5 ●● WORD FRIENDS Match the sentence halves.

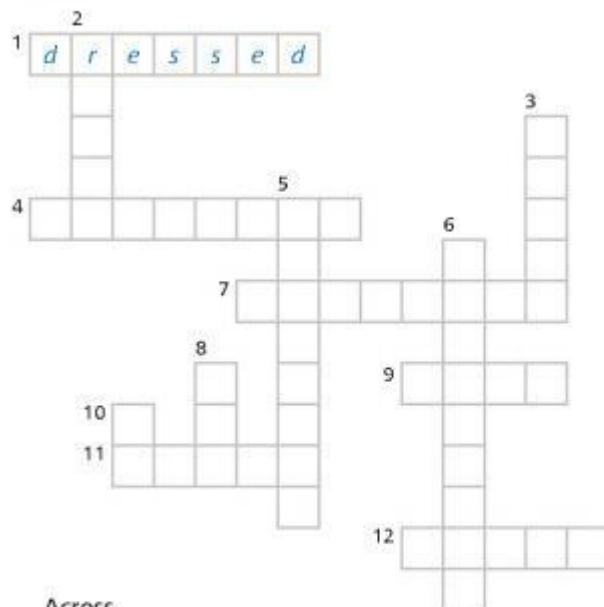
- Let's go to
- When I go to school, I meet
- I check
- Lots of people go
- Teenagers love to message
- I always do

- my friend, Sue, at the bus stop.
- friends on social media.
- swimming to exercise.
- the cinema today.
- my emails on my computer.
- the housework on Saturday.

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

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

7 ●●● Complete the crossword.



Across

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

Down

- It's important to _____ before you go to bed, e.g. read a book.
- I _____ my emails every hour.
- I usually go _____ for clothes with my friends.
- Not often but _____.
- I _____ up five minutes after I wake up.
- 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!