DAILY ROUTINE

MORNING ROUTINE

I get up / I wake up

I take a shower

I make breakfast

I wake the children up

I have breakfast

I give kids a bath

I make the bed

I brush my teeth

I wash the dishes

AFTERNOON ROUTINE

I make lunch

I have lunch

I walk the dog

LIVEWORKSHEETS

I tidy kid's bedroom

I feed the kids

I get home – I arrive home

EVENING ROUTINE

I go to the gym

I watch tv

I do my homework

I make dinner

I have dinner with my family

I go to bed at 10:30 pm

LET'S TALK

What time do you normally get up in the morning?

I normally get up at _____ in the morning.

Do you brush your teeth before or after breakfast?

I brush my teeth _____ breakfast.

How many showers do you take per day?

I normally take _____ showers per day.

What do you do after work?

I normally _____.

LIVEWORKSHEETS

Listen and complete: https://www.liveworksheets.com/w/en/english-second-language-esl/929043

A DAY IN LIFE AS AN AU PAIR

My name is Tina, I am 22 years old. I was born in Italy, but I moved to the United States last year. I'm an au pair in Seatle and I love my new life.

I normally get up at 07:00 in the morning, **after that**, I take a shower, brush my teeth, **then** I have breakfast.

My host parents go to work at 08:00 am, so I normally wait for Hanna to wake up. **After that**, I normally feed Hanna, **then** I give Hanna a bath.

At 10:00 am we normally watch tv, **after that** it's time to relax and wait for lunch.

I normally make lunch at 12:00 pm, **after that** we play with the toys.

My host parents normally get home at 06:00 pm, so I finish working at 06:30 pm. **Then** I take a shower and get ready for dinner. My host mom makes dinner on Monday and Wednesday.

My host dad makes lunch on Tuesday and Thursday, **then** we have dinner. **After that** we watch tv, then we go to bed.

My routine is very busy, but very nice.

Write a text about your routine:

LIVEWORKSHEETS

HOUSEHOLD CHORES

sweep the floor

go grocery shopping

take out the garbage

clean the house

do the laundry

fold the clothes

LET'S TALK

What chores do you normally do at home?

I normally _____

What is your favorite chore to do?

_____

What chores an au pair can do?

Au pairs normally _____

What is your last favorite household chore?

_____ is my last favorite household chore.

Read and write: https://www.liveworksheets.com/w/en/english-language/1093797

LIVEWORKSHEETS

HOUSEHOLD SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
make breakfast	make breakfast	make breakfast	make breakfast	make breakfast
feed the dog	feed the dog	feed the dog	feed the dog	feed the dog
walk the dog	walk the dog	walk the dog	walk the dog	walk the dog
make dinner	do the laundry	make dinner	do the laundry	make dinner
wash the dishes	do the grocery shopping	fold the clothes	sweep the floor	tidy my room

MY SCHEDULE

I am an au pair in New York. I moved here in January. I hate my schedule. I normally work from Monday to Friday – 8 hours per day. On Monday I have to make breakfast, drive the kids to school, feed and walk the dog. It's such a crazy day. On Tuesday I have to do the grocery shopping, do the laundry, and drive the kids to French lessons. On Wednesday I have to fold the clothes and drive the kids to school again. On Thursday I have to do the laundry again, but now I just wash my clothes. On Friday I finally tidy my room. On Saturday and Sunday, I just get some rest.

Write your weekly schedule and your tasks:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

LET'S TALK

What chores do you have to do on Monday?

On Monday I have to _____.

What chores do you have to do on Tuesday?

On Tuesday I have to _____.

LIVEWORKSHEETS

What chores do you have to do on Wednesday?

On Wednesday I have to _____.

What chores do you have to do on Thursday?

On Thursday I have to _____.

What chores do you have to do on Friday?

On Friday I have to _____.

AGENCY – INTERVIEW **HOST FAMILY – INTERVIEW**

What do you think is the most difficult part of caring for children? What do you like most about taking care of them?

EXEMPLE:

The most difficult part is waking children up in the morning.

Playing with them in the playground is what I like the most.

The most difficult part is _____

_____ is what I like the most.

Do you live with your family? What are your responsibilities at home? (do the laundry, wash the dishes, cooking)

I live _____. I normally _____.

(alone – with my family – with my friends) (wash the dishes – do the laundry – go grocery shopping – sweep the floor, etc)

Please describe what do you imagine your typical au pair schedule will be like?

Yeah. Au pairs can work 45 hours per week. They normally have many responsibilities, like:

_____

(wake children up – give children a bath – make breakfast - make lunch – make dinner – do the laundry – fold the clothes)

LIVEWORKSHEETS

Homework

1 Listen to the video and complete the exercise: https://www.youtube.com/watch?v=mywQ28Uldgs

A: Paul, you're _____ again!

B: Sorry, I never get up before _____.

A: 08:45?! That's _____!

B: What time do you _____ _____?

A: _____ a.m

B: _____ a.m?!?! That's early! What do you do in the _____?

A: Well, after I get up, I usually make _____, take out the garbage, do the _____.

B: The _____?

A: Yes. Then I read the newspaper, check my _____. Sometimes I take a nap...

B: You take a nap in the _____?

A: Just _____minutes. On _____, Wednesday and _____ I exercise and on the other days I _____ the house. Then I take a _____, get dressed, put on my makeup, and go to work.

B: WOW! You never sleep late?

A: On the _____ I sleep 'till 06:00.

B: That's really late. You do the laundry in the _____?

A: And evening. Why? When do you do the _____?

B: Usually in March and _____.

Write a text about your routine including the chores you do:

_____

_____

_____

_____

Flashcards: https://wordwall.net/pt/resource/71769284/daily-routine

LIVEWORKSHEETS