

# DAILY ROUTINES



WAKE UP



GET UP



MAKE THE BED



HAVE A WASH



BRUSH YOUR TEETH



COMB YOUR HAIR



PUT YOUR MAKEUP ON



HAVE A BATH



TAKE A SHOWER



HAVE BREAKFAST



DRINK COFFEE



PACK YOUR BAG



GET DRESSED



DO YOGA



MEDITATE



WORK



READ A BOOK



GO CYCLING



GO SHOPPING



CLEAN THE HOUSE



IRON THE CLOTHES



RELAX



DRINK WATER



TALK WITH YOUR FRIEND



DANCE

## I. LISTEN AND COLOUR

# DAILY ROUTINES

## 2. ANSWER THESE QUESTIONS ABOUT YOUR MORNING ROUTINE

1. WHAT DO YOU USUALLY DO AT 7 AM?

2. WHAT DO YOU USUALLY DO AT 10 AM?

3. WHAT DO YOU USUALLY DO AT 2 PM?

4. WHAT DO YOU USUALLY DO AT 6 PM?

5. WHAT DO YOU USUALLY DO AT 9 PM?

## 3. DO THE WORD SEARCH

W	H	A	V	E	A	W	A	S	H	H	B
M	A	K	E	T	H	E	B	E	D	U	D
K	S	M	E	D	I	T	A	T	E	G	O
Q	R	V	W	A	K	E	U	P	B	Y	Y
H	A	V	E	A	B	A	T	H	M	M	O
Q	G	E	T	D	R	E	S	S	E	D	G
F	G	G	E	T	U	P	F	U	L	V	A
D	R	I	N	K	C	O	F	F	E	E	H

DRINK COFFEE  
MAKE THE BED  
GET DRESSED  
HAVE A WASH

HAVE A BATH  
MEDITATE  
WAKE UP  
DO YOGA

GET UP

# DAILY ROUTINES

4. READ THE STORY. CHOOSE A WORD FROM THE BOX. WRITE THE CORRECT WORD IN THE BLANK SPACES.



COMB MY HAIR	GET DRESSED	DO YOGA	TAKE A SHOWER	RELAX
PACK MY BAG	WAKE UP	DANCE	CLEAN THE HOUSE	HAVE BREAKFAST

EVERY DAY, AT 7 O'CLOCK. I DON'T STAY IN BED BECAUSE I NEED TO GET UP QUICKLY. FIRST, I MAKE THE BED. AFTER THAT, I GO TO THE BATHROOM TO BRUSH MY TEETH AND HAVE A WASH. SOMETIMES, I ALSO WHEN I HAVE MORE TIME.

AFTER THE BATHROOM, I STAND IN FRONT OF THE MIRROR TO . IF I WANT TO LOOK NICE, I ALSO PUT MY MAKEUP ON. THEN, I GO TO THE KITCHEN TO . I USUALLY EAT SOME TOAST AND DRINK TEA, BUT SOMETIMES I DRINK COFFEE.

BEFORE I LEAVE THE HOUSE, I NEED TO FOR SCHOOL. THEN, I CHOOSE MY CLOTHES AND . AT 8 O'CLOCK, I AM READY TO GO.

IN THE AFTERNOON, I LIKE TO DO MANY THINGS. SOMETIMES, I BECAUSE IT HELPS ME RELAX. OTHER TIMES, I LIKE TO SIT QUIETLY AND READ A BOOK. ON SUNNY DAYS, I GO OUTSIDE TO GO CYCLING. WHEN I AM VERY TIRED, I JUST ON THE SOFA AND DRINK WATER.

IN THE EVENING, I NEED TO DO SOME WORK. I USUALLY BECAUSE I LIKE WHEN MY ROOM LOOKS NICE. SOMETIMES, I ALSO HELP MY FAMILY AND IRON THE CLOTHES. BEFORE BED, I LIKE TO HAVE FUN. I SOMETIMES TO MUSIC OR TALK WITH MY FRIEND ON THE PHONE. AFTER A LONG DAY, I FEEL HAPPY AND READY TO SLEEP.

5. WRITE A STORY ABOUT YOUR OWN DAILY ROUTINE!