

#### 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

#### 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.

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

#### 3 Choose the correct answer.

- I never go \_\_\_\_\_ late because I like to sleep for nine hours.  
a home      **b) to bed**      c to school
- I have \_\_\_\_\_ every day in the morning at home. I usually eat an omelette.  
a breakfast      b lunch      c a shower
- 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
- It's a good idea to \_\_\_\_\_ every day, so I run in the park after school.  
a go home      b get dressed      c exercise