

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

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 get up at 7.35.
- 3 I go to the bathroom and I have a shower at 7.40.
- 4 Then, I get dressed in my favourite jeans and T-shirt and go downstairs.
- 5 I have breakfast with my mum and dad at 8.00. Usually toast or an egg.
- 6 I go to school by bus at 8.30. My lessons start at 9.00.
- 7 Lessons finish at 4.00. I get home by bus at 4.30.
- 8 I sometimes go to the gym after school.
- 9 I read a book at home before dinner. I read a book or watch TV.
- 10 I have dinner with my family at 8.30.
- 11 By 9.30, I'm very tired and I go to bed.

3 ● Choose the correct answer.

- 1 I never go to late because I like to sleep for nine hours.
a home b to bed c to school
- 2 I have breakfast every day in the morning at home. I usually eat an omelette.
a breakfast b lunch c a shower
- 3 I get up 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 get dressed every day, so I run in the park after school.
a go home b get dressed c exercise