

A Class About the Routine of a Celebrity

Warm up

- Do you have a personal care routine? How long does it take?
- Do you think celebrities have to worry about their discipline?
- How do you invest in yourself during your free time?
- Do you know about the routine of any celebrity (artists, soccer players, etc)?

Vocabulary

Connect the words to their definitions

1. snooze	A. having a strong, unpleasant odor
2. funky	B. A light sleep
3. wind down	C. to take care of the appearance of
4. gallon	D. a system of exercise
5. grooming	E. abstaining from eating food
6. plyometrics	F. relax
7. fast	G. a unit of volume

Listening

 [Everything Terry Crews Does in a Day | Vanity Fair](#)

Listen to the audio from the video above and answer the questions.

1. What is so different about Terry Crews' alarm clock?

2. What does he say about his vitamins? (25 words long)

3. How does he manage his phone?

4. What does he do during his workout?

5. How long is his run?

6. What have his kids complained about?

7. What are the conditions for him to shave?

8. Why does he oil his body?

9. He doesn't have assistants anymore. How does he organize his life?

10. What happens at 2pm?

11. Mention 3 things he does in his free time.

12. Terry Crews is an extremely fit guy. What is the role of sweets in his life?

13. After everything, he and his family wind down and watch tv. What is his favorite kind of show?

14. How does he react when people ask him if he's watching himself?

15. What does he do before going to bed?



Grammar

A - Complete the sentences using either Past Simple or Past Perfect, considering the situations. Use "already" if you think it's needed.

1. Terry's kids _____ (to say) he was funky because he _____ (not to have) a shower.
2. Terry _____ (to show) an empty vitamin baggie, showing that he _____ (to take) his vitamins.
1. Terry _____ (not to brush) his teeth, so his breath _____ (to be) bad.
3. Terry _____ (to start) shaving, but only because he _____ (to make) the room steamy in advance.
4. Terry _____ (to see) Brooklyn 99 with his family again last night. Which means he _____ (to see) it.
5. By the moment Terry _____ (to begin) his acting career, he _____ (to be) a great football player.

B - Read the situations and write sentences from the words in brackets using Past Perfect.

1. You went to your best friend's house, but (s)he wasn't there. ([s]he / go / out)
She had already gone out.
2. You went back to your hometown after many years. It wasn't the same as before. (it / change / a lot)
3. I invited Rachel to the party, but she couldn't come. (she / arrange / to do something else)
4. You went to the cinema last night. You got to the cinema late. (the film / already / start)
5. It was nice to see Daniel again after such a long time. (I / not / see / him for five years)
6. I offered Sue something to eat, but she wasn't hungry. (she / just / have / breakfast)

Writing - A Routine of Champions

We are going to reimagine your routine, as if you used your discipline at your best. Think of the things you do everyday, but maximize the performance of them. Exaggerate as much as you can. Use at least 5 Addition Linking Words (moreover, furthermore, besides, first, second...). Think of:

1. Things to improve your health
2. Things to improve your mind
3. Things to improve your social life
4. Conclusion (the importance of all this by the end of the day)

Your composition must be at least 140 words long.