

Exercise 1: Read and write *Before* or *After*:

Hello, my name is Clara. I wake up at 6:30, then I brush my teeth. After that, I eat breakfast with my family. Then I get dressed and go to school. At 5:30, I go home and eat dinner. When I finish dinner, I do homework, then watch TV. I go to sleep at 10:30.

1. Clara goes to school _____ she wakes up.
2. Clara eats breakfast _____ she gets dressed.
3. Clara goes home _____ she finishes school.
4. Clara does homework _____ she eats dinner.
5. Clara watches TV _____ she goes to bed.

Exercise 2: Choose the correct word:

Kevin is 8 years old. Everyday, he 1. **wake/wakes** up at 7 o'clock. He brushes his 2. **teeth/face** before 3. **he/they** eats breakfast with his family. After that, he gets dressed. 4. **At/In** 8:00, he 5. **goes/go** to school. He eats 6. **dinner/lunch** at school. Kevin comes home about 5:30. 7. **Before/After** that, he plays soccer with his friends in the school yard. He eats dinner at 7:00. After he finishes, he does his homework. Kevin goes to bed at 11:00.

Exercise 3: Answer the questions:

1 - What should we use to wash away the bacteria?

2 - Why do we need to brush our teeth?

3 - What can our hands have everyday?

4 - Do you need to wash your hands after you sneeze? Why?

Exercise 4: Fill in the blank:

My friend Monica lives in Prague, which is 5 hours behind me. I wake up at 7 o'clock, but she is still sleeping because it is only 2 o'clock in the morning for her! We can't talk much, because when I go home from my school at 16:00, she is having lunch at 1. _____. When she goes home at 16:00, I am doing my homework at 2. _____. When Monica goes to sleep at 23:00, it is 3. _____ in the morning for me! I can only talk to Monica on the weekends, I really want to visit her one day!

Exercise 5: Write True or False

	Tuesday	Friday	Sunday
Sandra	music lesson 4:30 - 5:30	go shopping 6:30 - 8:30	go swimming 3:30 - 4:30
Lucas	glee club 4:00 - 6:00	eat out 7:00 - 9:00	play soccer 4:00 - 5:30
Bob	hair cut 5:00 - 5:30	free	acting class 2:00 - 6:00

- 1 - Sandra is busy at 5:00 on Friday.
- 2 - Sandra is free at 3:00 on Sunday.
- 3 - Both Sandra and Bob are free at 5:00 on Sunday.
- 4 - Both Lucas and Bob are busy at 4:00 on Tuesday.
- 5 - Everyone is busy at 7:00 on Friday
- 6 - Lucas and Sandra are busy at 4:30 on Sunday
- 7 - Only Bob and Sandra are free at 6:00 on Tuesday.