

Morning & Evening Routine

Vocabulary

- wake up – acordar
 - get up – levantar-se
 - brush my teeth – escovar os dentes
 - wash my face – lavar o rosto
 - have breakfast – tomar café da manhã
 - go to school – ir para a escola
 - do homework – fazer a lição de casa
 - take a shower – tomar banho
 - have dinner – jantar
 - watch TV – assistir TV
 - read a book – ler um livro
 - go to bed – ir para a cama
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Grammar Point: Present Simple (affirmative)

We use the **Present Simple** to talk about habits and daily routines.

Examples:

- I wake up at 7 o'clock.
- She brushes her teeth in the morning.
- We watch TV in the evening.

Rule:

- He/She/It → add **-s** or **-es** to the verb.
 - I/You/We/They → use the base form.
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Exercise – Fill in the blanks (use the verb in parentheses)

1. I _____ (wake up) at 7:00.
 2. She _____ (brush) her teeth in the morning.
 3. They _____ (go) to school at 8:00.
 4. He _____ (have) breakfast at 7:30.
 5. We _____ (watch) TV in the evening.
 6. My brother _____ (read) a book before bed.
 7. I _____ (do) my homework after school.
 8. She _____ (take) a shower at night.
 9. They _____ (have) dinner at 8:00.
 10. He _____ (go) to bed at 10:00.
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Speaking Practice

👉 Create a **short routine script with at least 5 sentences** about your morning and evening. Example:

- “In the morning, I wake up at 7 o’clock. I brush my teeth and have breakfast. In the evening, I watch TV, read a book, and go to bed at 10.”

We will practice this script together in class.

Reading & Comprehension

Text:

Laura is a student. In the morning, she wakes up at 6:30 and gets up at 7:00. She washes her face and brushes her teeth. Then she has breakfast and goes to school. In the evening, she does her homework and takes a shower. After dinner, she reads a book and goes to bed at 10:00.

Questions:

1. What time does Laura wake up?

2. What does she do after she gets up?

3. Does she go to school in the morning or in the evening?

4. What does she do after dinner?

5. What time does she go to bed?

Links

-  [My Morning Routine – YouTube](#)
-  Quizlet deck: [Morning & Evening Routine Vocabulary](#)

Answer Key

Exercise:

1. wake up

2. brushes

3. go

4. has

5. watch

6. reads

7. do

8. takes

9. have

10. goes

Reading:

1. At 6:30

2. She washes her face and brushes her teeth

3. In the morning

4. She reads a book

5. At 10:00