

UNIT 2 DAILY ACTIVITIES 1

1. Read and match the words in the box with the corresponding definitions:

make the bed	do the laundry	get dressed	take out the trash
hang the laundry out to dry	set the table	tidy up	declutter
hang out		work out	check out
sleep in	meet up with	turn in	
wind down	catch up with	take up	drop by
put off	stock up on	chill out	run errands

To exercise to stay fit: _____

To relax/ calm down: _____

To relax after being busy and stressed: _____

To talk to someone you haven't seen in a while: _____

To arrange the dining table with plates, cutlery, etc. in preparation for a meal: _____

To put things back in their proper places so that everything is neat: _____

To spend time relaxing with others: _____

To delay something: _____

To put wet clothes on a clothesline or rack to be dried by the air and sun: _____

To put on clothes: _____

To go out to buy or do something: _____

To carry garbage from one's house to a trash can: _____

To neatly arrange the sheets, blankets, and bedspread on the bed: _____

To buy a large amount of something for future use: _____

To pay a brief visit to a person or a place: _____

To remove things that you do not use so that you have more space: _____

To start doing an activity: _____

To wash dirty clothes: _____

To sleep later than you usual: _____

To see and talk to someone after making an arrangement to do so: _____

To go to bed: _____

To go to a place to see what it's like: _____

2. Read and complete the text with the suitable words:

On weekdays, I usually get up early, _____ the bed, and _____ dressed before breakfast. After eating, I often do the _____ and _____ the laundry out to dry if the weather is nice. Before I start work, I _____ the trash and tidy up my room a bit. I try to _____ my desk every few days so it stays clean and organized.

At lunchtime, I usually help my family prepare the meal and _____. After a short nap, I head to the apartment building's gym and spend an hour _____. If I need supplies, I hit the supermarket on the first floor after the workout and _____ on food for the week.

In the evening, I like to _____ by reading or watching a show. Sometimes when I don't feel like doing anything, I _____ doing small chores until the next day, but I try not to make it a habit. I usually _____ before 11 p.m., especially on workdays.

On weekends, I often _____ in and then _____ with my friends at a café. Sometimes, when we don't know how to spend the weekend, we wander around and _____ new restaurants or cafés in town. Once in a while, I drop by my grandparents' and run some _____ for them since they can't go out really often. When I have free time, I like to _____ new hobbies or just _____ at home with some music.

3. Write a short paragraph about your weekly activities using the vocabulary in Ex.1. You can use the text above for reference.
