

DAILY ROUTINES



Wake up



Take a shower



Have breakfast



Drink coffee



Go to work/Go to school



Start work



Have lunch



Finish work



Get home



Watch TV



Have dinner



Brush my teeth



Read books



Tidy my bedroom



Cook



Take a shower (at night)



Have dinner



Brush my teeth (at night)



Go to sleep



Sleep

Activity 1: Choose the correct option.

1. I wake up / go to sleep at 7:00 a.m.
2. I have breakfast / have dinner in the morning.
3. I start work / finish work at 8:00 a.m.
4. I watch TV / go to work in the evening.
5. I brush my teeth / drink coffee before bed.
6. I have lunch / have dinner at noon.

Activity 2: Complete the sentences with the correct verb.

1. I _____ TV at night.
2. My dad _____ breakfast at 7:30 a.m.
3. They _____ a shower in the morning.
4. She _____ coffee before work.
5. He _____ my bedroom on Saturdays.
6. I _____ to sleep at 10:00 p.m.

Activity 3: Match the daily routine with the correct complement.

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|------------------------|-------------------|
| 1. wake up | a. at night |
| 2. go to work / school | b. in the morning |
| 3. have lunch | c. at noon |
| 4. watch TV | d. in the evening |
| 5. brush my teeth | e. before bed |
| 6. go to sleep | f. at 7:00 a.m. |

Activity 4: Write about your daily routine (at least 6 sentences)