

2

THIS IS MY DAY



ABOUT YOU

What time does your alarm go off on a school day?
What do you do in the morning before you go to school?



A

0:03 / 4:05

MY MORNING ROUTINE

11,345 views

1k

Share



Maddie's mad life

FOLLOW

B

1 Match the photos to the phrases in the box.

brush your hair check your messages
clean your teeth get dressed have breakfast
leave the house prepare your school bag
put on your shoes tidy your room wake up



Listen and check. Then repeat.



Listen to Maddie talking about her morning routine.
Number the photos in the order that you hear them.



1



2



3



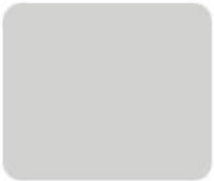
4



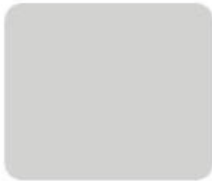
5



6



7



8



9



10



Can you remember Maddie's routine? Complete the sentences with the times in the box. You don't need to use all the times.

6.00	6.30	6.45	6.50	7.00	7.10
7.15	7.30	7.40	8.00	8.10	

- 1 My alarm goes off at _____.
- 2 I get up at _____.
- 3 I clean my teeth at _____.
- 4 I get dressed at _____.
- 5 I prepare my school bag at _____.
- 6 I put my shoes on and leave home at _____.

Listen again and check.

4 In pairs or small groups, talk about your morning routine.

I wake up at seven o'clock.

I get dressed and then I have breakfast.

1 Complete the phrases with the verbs in the box.

brush	check	clean	get
have	leave	prepare	
put	tidy	wake	

- 0 *clean* your teeth
- 1 your room
- 2 the house
- 3 up
- 4 breakfast
- 5 your messages
- 6 dressed
- 7 your school bag
- 8 on your shoes
- 9 your hair

2 Match the phrases in Exercise 1 to the photos.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



10 _____

3 Complete the text with the correct form of phrases in Exercise 1.

Hi, I'm Keisha and this is my morning routine. On school days, I usually ⁰ wake up at 7 o'clock. Before I get out of bed, I ¹ _____ on my phone.

Then, I ² _____ in the kitchen with my parents. I usually have fruit, biscuits or bread, but I don't really like breakfast. I ³ _____

in my room. I usually wear jeans and a T-shirt. Then, I ⁴ _____ (I do this at least twice a day and after every meal!) and brush my hair. After,

I ⁵ _____: I take my homework, books, lunch and my phone – that's very important! Then, I put on my shoes and ⁶ _____ at 8 o'clock.

I always walk to school with my friend Lucas.

