

Uni KET_ Lesson 1: Daily life and routines

Exercise 1: Match the words on the left with their correct meanings on the right.

Word	Meaning
1. organise	☐ A. To choose something after thinking about it
2. prepare	☐ B. To plan or arrange the parts of something so it works well
3. continue	☐ C. To keep doing something without stopping
4. finish	☐ D. To make something ready for use
5. manage	☐ E. To put things in a neat or correct order
6. prefer	☐ F. To handle or control time/tasks successfully
7. avoid	☐ G. To like one thing better than another
8. happen	☐ H. To stay away from something
9. decide	☐ I. To take place or occur
10. arrange	☐ J. To complete an action or task
11. routine	☐ K. A regular way of doing things in a specific order
12. habit	☐ L. Something that you do often and regularly
13. schedule	☐ M. A plan of things that will happen and when
14. activity	☐ N. A thing that you do or take part in

Exercise 2: Read the sentences below and fill in the missing words from the box.

- organise | prepare | continue | finish | manage | prefer
- avoid | happen | decide | arrange | routine | habit | schedule | activity

1. Every morning, I like to wake up early to _____ a healthy breakfast.
2. If you want to get good grades, you need to _____ your time well and not waste hours on social media.
3. It is important to _____ distractions while studying so you can focus on your tasks.
4. I always _____ what to wear the night before to save time in the morning.
5. My younger brother loves to join an outdoor _____ like football or cycling after school.
6. It's hard to _____ a busy schedule when you have both school and piano lessons on the same day.
7. To keep my bedroom tidy, I like to _____ my desk neatly every Sunday afternoon.
8. Waking up at 6:00 AM every day has become a strict morning _____ for me.
9. I usually _____ studying alone in my room because it is much quieter

Exercise 3: Choose 3 words or phrases from the list above and write your own sentences about your real daily life.

1.....

2.....

3.....

Exercise 4: Fill in the blanks with the correct form of the verbs in brackets.

1. What time ____ you usually finish _____ school on weekdays?
2. I (not / prefer) _____ studying late at night because I need a lot of sleep.
3. Look at Mark! He (organize) _____ his desk neatly right now so he can find his books.
4. she / manage _____ her busy schedule well this week, or is she stressed?
5. We (not / avoid) _____ mistakes; instead, we learn from them every day.
6. Every evening, my sister (decide) _____ what to wear the next morning to save time.
7. Why ____ they / continue _____ working on that project at the moment? It's time for a break!
8. My brother (not / prepare) _____ a healthy breakfast today because he is running late.
9. Fun and unexpected things often (happen) _____ during our English classes!

Exercise 5: Read the paragraph below and circle the correct word (A, B, or C) for each gap.

Hi! My name is Anna. Every weekday, I follow a simple routine because I have a busy schedule. In the morning, I wake up early to (1) _____ for school and (2) _____ what to wear. This helps me (3) _____ my time well and (4) _____ being late for my first lesson. Before I start studying, I always (5) _____ my desk neatly so I can find my books easily. During classes, a fun activity can sometimes (6) _____, like a surprise quiz in English. After school, I (7) _____ all my homework before dinner. Sometimes, I (8) _____ doing homework in the evening, but I (9) _____ working in the morning when I am fresh!

1. A) prepare B) happen C) organise

6. A) decide B) prefer C) happen

2. A) arrange B) decide C) finish

7. A) finish B) continue C) manage

3. A) continue B) avoid C) manage

8. A) avoid B) continue C) decide

4. A) finish B) avoid C) prefer

9. A) prefer B) arrange C) happen

5. A) arrange B) happen C) prepare

Exercise 6: Read the story below and fill in the blanks using your own ideas to describe your own day.

My Daily Routine

"Have you ever wondered what a typical day looks like for me? Let me tell you all about my daily routine!

Hi, my name is.....

Every morning, I wake up early to prepareand decide

So, I can manage and avoid.....

Because I always have a lot of, I try to organise

After school, I try to finish, and

Finally, in the evening, I prefer to relax and then go to bed."