My Day
Present Simple

I get up.
I go to work.
I enjoy my day!

1 Look at the pictures and choose the correct option.
What do these people do? Choose a / an / the right answer.


1. She _____ at 7 a.m.
a) gets up
b) get up


2. He _____ breakfast.
a) makes
b) make


3. She _____ to work by bus.
a) goes
b) go


4. He _____ emails in the morning.
a) checks
b) check


5. She _____ to music on her way home.
a) listens
b) listen


6. He _____ in the park.
a) runs
b) run


7. She _____ dinner.
a) cooks
b) cook


8. He _____ TV in the evening.
a) watches
b) watch


9. She _____ a book before bed.
a) reads
b) read


10. He _____ at 10 p.m.
a) goes to bed
b) go to bed

2 Complete the sentences with the correct form of the verb in brackets.

1. I _____ (get up) at 6:30 a.m. on weekdays.
2. She _____ (have) a shower in the morning.
3. We _____ (go) to work by car.
4. He _____ (not / like) coffee, he prefers tea.
5. They _____ (watch) TV in the evening.
6. I _____ (read) a book before bed.
7. She _____ (not / eat) meat.
8. We _____ (meet) our friends on Saturday.
9. He _____ (play) the guitar.
10. They _____ (live) in Kraków.

3 Read the sentences. Are they True (T) or False (F)?
Write T or F in the box.

1. She gets up at 7 o'clock. ☐
2. He has breakfast at home. ☐
3. She goes to work by bus. ☐
4. He checks his emails in the evening. ☐
5. She listens to music on her way home. ☐
6. He runs in the park in the morning. ☐
7. She cooks dinner. ☐
8. He watches TV at night. ☐
9. She reads a book before bed. ☐
10. He goes to bed at 10 p.m. ☐

4 Match the questions with the answers.
Write the correct letter (A–J).

1. What time do you get up? ____
2. How do you go to work? ____
3. What do you work for breakfast? ____
4. Do you like coffee? ____
5. What do you do in the evening? ____
6. Do you read books? ____
7. Do you live in a house or a flat? ____
8. What time do you go to bed? ____
9. Do you have a pet? ____
10. What do you do at weekends? ____

A. I have cereal and fruit.
B. I go to work by car.
C. I get up at 6:30.
D. I don't like coffee.
E. I read books.
F. I watch TV or go for a walk.
G. I live in a flat.
H. I go to bed at 10 p.m.
I. I have a dog.
J. I usually go shopping or meet friends.

5 Put the words in the correct order to make sentences.
Use the present simple.

1. to / I / work / go / by / car /. _____
2. she / at / 7 / gets / up /. _____
3. he / doesn't / like / coffee /. _____
4. they / in / the park / run /. _____
5. we / dinner / at / 7 / have /. _____


Good habits make a great day! ♡

6 Drag and drop.
Put the words in the right places.

get up | go to work | have breakfast | go home | do homework | cook dinner | watch TV | go to bed


1. In the morning
I _____.


2. At 8 o'clock
I _____.


3. In the afternoon
I _____.


4. In the evening
I _____.


5. After dinner
I _____.


6. In the evening
I _____.


7. Later
I _____.


8. At night
I _____.

What do you do every day? Make your own sentences.

7 Find and correct the mistakes.
There are 10 mistakes. Write the correct sentences.

1. I go to work by bike. _____
2. She don't like coffee. _____
3. They live in a house. _____
4. He watches TV in the morning. _____
5. We has dinner at 6 p.m. _____
6. I read a book on the evening. _____
7. She doesn't goes to school. _____
8. He get up at 8 o'clock. _____
9. They play football on Saturday. _____
10. I am tired in the evening. _____

8 Choose the correct words.
Circle the right option.

1. I (get / gets) up at 6:30.
2. She (go / goes) to work by bus.
3. He (have / has) breakfast at home.
4. We (do / does) homework in the evening.
5. They (watch / watches) TV.
6. He (play / plays) the guitar.
7. She (not / doesn't) like coffee.
8. I (read / reads) a book.
9. They (live / lives) in a flat.
10. She (go / goes) to bed at 10 p.m.

9 Write about your day.
Use the present simple. Write 5–7 sentences.

I get up at ... _____
I ... _____
I have ... _____
I go ... _____
I ... _____
In the evening I ... _____
I go to bed at ... _____

My day is special!



LIVEWORKSHEETS