

MY DAILY ROUTINE

Exercises

1

Warm Up Work with a partner.

Tell your partner three things about daily routine.

2

Vocabulary Match the verb to the activity.



WAKE

BRUSH

TAKE

EAT

DO

GO

_____ to bed

_____ up at 6:00 AM

_____ my homework

_____ a shower

_____ breakfast

_____ my teeth

3

Language Work #1

Read the conversation and fill in the missing words.



Scene: Leo and Sophia are talking about their daily routines.

Leo: So, Sophia, what time do you wake up on school days?

Sophia: I wake up at six (1) _____.

Leo: Really? What do you do next?

Sophia: Well, I take a (2) _____ and eat breakfast.

Leo: Do you eat (3) _____ at home?

Sophia: Yes, I do! After school, I do my (4) _____ and play with my dog.

Missing Words:

breakfast | o'clock | homework | shower

4

Language Work #2

Write answers to these questions.

What time does Sophia wake up?

What does she do after waking up?

Does she eat breakfast at home?

What does she do after school?

5

Question Practice How well do you remember? Write the questions in the blanks.

Leo: So, Sophia, _____
on school days?

Sophia: I wake up at six o'clock.

Leo: Really? _____?

Sophia: Well, I take a shower and eat breakfast.

Leo: _____ at home?

Sophia: Yes, I do!

Leo: _____ after school?

Sophia: I do my homework and play with my dog.

6

Quiz Time Look at the pictures below. Which actions do they show?



(1) _____



(2) _____



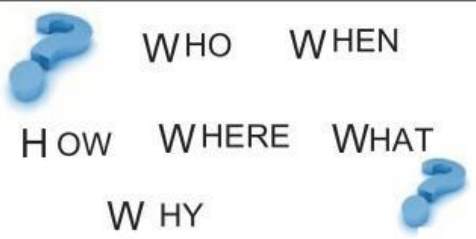
(3) _____



(4) _____

Imagine your partner's daily routine. Have conversations with a partner.

- Use your imagination or vocabulary from exercise two.
- Use question words from the box to help you



Discussion

Work with a partner, or in small groups. Ask follow-up questions.

- What is your favorite part of the day? (Morning, afternoon, or night?)
- What time do you go to bed on weekends?
- Do you watch TV or play video games after doing your homework?
- What is one activity you do every single day?

My Daily Routine Teaching Notes

Target Structure: Present Simple for routine actions (1st and 3rd person)

Vocabulary: Daily Routine Collocations

Level: Elementary (A1)

Time: 45 minutes

Preparation: None

Suggested Teaching Method

- **1. Warm Up:** Give one worksheet to each student. Students ask the lead-in with a partner. Elicit a couple of answers from the group. Keep this brief.
- **2. Vocabulary:** This collocation exercise should be completed alone and checked in pairs. Practice oral drills using the Present Simple (e.g., "I wake up at six").
- **3. Language Work #1:** Students read the conversation and fill in the blanks using the word box. Have students practice the conversation in pairs with eye contact.
- **4. Language Work #2:** Elicit the first full-sentence answer, then let students work individually before checking in pairs.
- **5. Question Practice:** Students reconstruct the missing questions without looking back at Section #3.
- **6. Quiz Time:** Students identify the actions in the pictures and practice asking each other routine questions using the question prompts.
- **7. Discussion:** Put students in small groups to discuss their personal routines. Monitor without interrupting to encourage fluency.

Answer Key

- **2. Vocabulary:**

- take a shower / go to bed
- wake up at 6:00 AM / eat breakfast
- do my homework / brush my teeth

- **3. Language Work #1:**

1. o'clock 2) shower 3) breakfast 4) homework

- **4. Language Work #2:**

1. She wakes up at six o'clock.
2. She takes a shower and eats breakfast.
3. Yes, she eats breakfast at home.
4. She does her homework and plays with her dog.

- **5. Question Practice:**

- What time do you wake up...
- What do you do next?
- Do you eat breakfast...
- What do you do...

- **6. Quiz Time:**

1. Brush teeth 2) Do homework 3) Eat lunch/breakfast 4) Go to bed / Sleep