My daily routines past simple

Daily Routines — Write the Past Simple Form

Word Bank: did exercise | got dressed | had breakfast | took a shower | turned off the alarm | went to school | woke up

Part 1: Verb Phrases Instructions: Choose the correct **Past Simple** form from the word bank for each routine expression.

Wake up → _____

Turn off the alarm → _____

Take a shower → _____

Get dressed → _____

Have breakfast → _____

Do exercise → _____

Go to school → _____

Part 2: Complete the Sentences (Yesterday's Routine)Instructions: Complete the story using the **Past Simple** form of the verbs in parentheses.

Yesterday morning, Leo **(1)** _____ *(wake up)* at 6:30 a.m. He quickly **(2)** _____ *(turn off)* the alarm and got out of bed. Next, he **(3)** _____ *(take)* a hot shower and **(4)** _____ *(get)* dressed for the day. After that, he went to the kitchen and **(5)** _____ *(have)* breakfast—

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cereal, toast, and an apple. Before leaving the house, he **(6)** _____ *(do)* some exercise on his yoga mat. Finally, he grabbed his backpack and **(7)** _____ *(go)* to school.

Write the past form of the verbs.













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Past Simple Verbs — Daily Routines

Word Bank

arrived | did | drove | left | rode | took | went

Instructions: Choose the correct past simple verb from the word bank above to complete each phrase from the pictures. *(Note: One verb is used twice.)*

1. go to work → _____ to work
2. leave my house at 7 am → _____ my house at 7 am
3. arrive to school at 8 am *(natural: arrive **at** school)* → _____ to school at 8 am
4. leave school at 1 pm → _____ school at 1 pm
5. drive a car → _____ a car
6. ride my bike → _____ my bike
7. take the bus → _____ the bus
8. do homework → _____ homework

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Write the past form of the verbs.



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Past Simple Verbs — Daily Routines (Set 2)

Word Bank

ate | brushed | cleaned | combed | put | read | went

Instructions: Choose the correct past simple verb from the word bank above to complete each phrase from the pictures. *(Note: One verb is used twice.)*

1. comb my hair → _____ my hair
2. read a book → _____ a book
3. put on makeup → _____ on makeup
4. go out with friends → _____ out with friends
5. clean the house → _____ the house
6. eat lunch → _____ lunch
7. brush my teeth → _____ my teeth
8. brush my hair → _____ my hair

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Write the past form of the activities of the picture.



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Past Simple Verbs — Daily Routines (Set 3)

Word Bank

fed | had | played | took | watched | went

Instructions: Choose the correct past simple verb from the word bank above to complete each phrase from the pictures. *(Note: Some verbs are used more than once.)*

1. take a nap → _____ a nap
2. watch tv → _____ tv
3. go to the gym → _____ to the gym
4. have dinner → _____ dinner
5. feed the cat → _____ the cat
6. play video games → _____ video games
7. play with my friends → _____ with my friends
8. go to bed → _____ to bed

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Write the past form of the pictures below.



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