

Simple Present – Daily Activities

- 1) Watch the video and complete the script with the words from the box.

catch computer exercise like go
out bed drink house
sandwich normally shower sleep
usually

I _____ wake up at seven o'clock, except on Sundays when I like to _____ in. The first thing I do after getting up is have a _____.

After my shower I get dressed and have breakfast. I _____ have milk and cereal with a cup of coffee. When I have finished breakfast, I always clean my teeth. Most days, I leave the _____ at 7.45 and walk to the subway station, which is two minutes from my flat. I usually take the subway because it's quicker, but sometimes I _____ the bus. From nine to five I work in an office. If I'm busy, I have a _____ at my desk for lunch, otherwise I go to the nearby coffee shop with a colleague. After sitting in front of a _____ screen for most of the day, I need to get some _____, so after work I always go the gym. In the evening I _____ to relax by listening to some music with a glass of wine. I rarely _____ during the week, but on Saturdays I often go to the movies with my girlfriend.

I usually go to _____ at 10.30, but if I'm tired, I go to bed earlier.

One thing I never do is _____ coffee in the evening. It stops me from sleeping!

2) Read the questions and answer with information from the video:

- a) What time does he get up?
- b) What does he have for breakfast?
- c) Does he walk to work?
- d) Where does he have lunch when he's busy?
- e) Where does he go after work?
- f) What does he do on Saturdays?

3) Make true sentences about the video. YOU decide if the sentences are affirmative or negative.

Example: He / wake up / at 8 o'clock

He **doesn't wake up** at 8 o'clock.

- a) He / have a shower / in the morning
- b) He / go / to work by car
- c) He / work / from 9 to 5
- d) He / like / to relax watching TV
- e) He / drink / coffee / in the evening