

VERBS TO DESCRIBE ROUTINES

ARE YOU AN early bird or night owl?

- 1 ☐ I often wake ^a_____ before 9 a.m.
on Saturday morning.
- 2 ☐ I love breakfast!
- 3 ☐ I can wake up for school without an
^b_____.
- 4 ☐ I often exercise ^c_____ the
morning.
- 5 ☐ I'm never in bed before midnight.
- 6 ☐ Don't speak to me at breakfast!
- 7 ☐ I often text friends late in the evening.
- 8 ☐ In my opinion, the best time to
^d_____ homework is late at night.

I am a/an_____.

1 ● Complete the time phrases with *in* or *at*.

- | | |
|-------------------------|----------------|
| 1 <i>in</i> the morning | 4 _____ night |
| 2 _____ the afternoon | 5 _____ 8 p.m. |
| 3 _____ the evening | |

2 ● Look at the pictures and complete the phrases.



1 exercise



2 r



3 g u



4 w u



5 g h



6 s



7 h
b



8 w



9 h a s



10 g t b



11 g t s



12 h d

- 4** ● Look at the table. Complete the sentences below with *sometimes*, *often* or *never*.

	toast	eggs and bacon	cereal
Monday	X	X	✓
Tuesday	X	X	✓
Wednesday	X	X	✓
Thursday	X	X	✓
Friday	X	X	✓
Saturday	X	✓	X
Sunday	X	✓	X

- 1 I _____ have toast for breakfast.
- 2 I _____ have eggs and bacon for breakfast.
- 3 I _____ have cereal for breakfast.

- 3** ●● Complete the sentences with phrases from Exercise 2.

- 1 Every morning I **wake up** at 7.30.
- 2 I _____ at 7.35.
- 3 I _____ at 7.45. Then I get dressed and go downstairs.
- 4 I _____ with my parents at 8.00. Maybe toast or an egg.
- 5 I _____ by bus at 8.30. My lessons start at 9.00.
- 6 My parents _____ at my school – they're teachers!
- 7 Lessons finish at 4.00. I _____ by bus at 4.30.
- 8 I _____ at home before dinner. I read a book or watch TV.
- 9 I sometimes _____ at the gym after school.
- 10 I _____ with my family at 6.30.
- 11 I _____ after dinner. We have lots of homework.
- 12 By 9.30 I'm very tired and I _____.