Get moving in the morning and prepare for success!

We asked four teenagers to tell us about the stuff they do in the morning



A Ben

What makes me get out of bed is my horse, Goldie. I feed her, groom her, clean out her stable, and if there's time before school, I'll put the saddle on and set off for a quick ride. I've lived on a farm all my life and I love animals. My ambition's to become a vet, so whenever one comes to the farm I start following them around asking questions. Sometimes they don't mind me helping out, which is amazing because I never thought they'd let me do anything. I think my parents thought it would put me off, but no way! I often notice something's wrong with one of our cows when my parents haven't – I've got a special talent for it! Most weekends I help out at a local wildlife park, too. They can't give me much responsibility, but it's a great opportunity to find out about different species.



B Sophie

I'm big into motocross and I've got a competition coming up which I'm desperate to do well in, so I've been getting up most mornings at about six and heading down to the practice track for an hour before classes. I've been doing motocross since I was seven but I've never competed until now. A lot of people get put off motocross pretty quickly because you fall off the bike a lot and it can hurt like crazy! Now and then riders crash into each other, too, so it's really important to wear the right gear – helmet, goggles, gloves, boots … even a chest protector. Going out riding without being properly protected just isn't worth it. People ask me why I love motocross, especially as it's still not that popular with girls. It's because it gives me an incredible sense of freedom I don't get doing anything else!



C Olly

No matter how exhausted I am, I always get up the minute the alarm goes off. Why? Because it gives me time to do a bit of vlogging before I run for the bus. I've been making vlogs for as long as I can remember and I've got hundreds of followers now – mainly friends but other people have started checking out my site too, which is cool because I'm trying to reach a wider audience. I vlog about whatever's going on in my life because I think it helps other people my age deal with stuff. It isn't always easy being a teenager and if you know other people are going through the same things, it gives you a bit of support, doesn't it? I try to cover serious topics in my vlogs but in a funny way. Right now I'm making one about 'sleep health' – which I think will help people who feel they don't get enough.



D Talia

I get up at sunrise if I can – though it's not something I can do all year round. In summer it gets light almost as soon as it's gone dark and in winter I'm already at school by the time it gets light! But in spring and autumn, it's the perfect time to go hill-running – basically running over the hills! The views are spectacular – you see fantastic sunrises where the sky turns red and I take a few shots on my phone. I've built up a collection of pictures now which I upload to a weather website. What I love about being up so early is that I never come across anyone else – it's like the countryside's all mine. Some of my mates say I'm mad when I chat to them about it, but running gives me loads of energy, keeps me fit, and I'm sure it helps me with my schoolwork, too. Maybe it's something to do with the oxygen my brain gets while I'm exercising. Who knows? It's a brilliant way to start the day, though!

LIVEWORKSHEETS

Activity 1Extend, Exercise 4

Find these phrasal verbs in the article……

set off (Ben)
coming up (Sophie)
going on (Olly)
deal with (Olly)
going through (Olly)
built up (Talia)

Choose the correct words to complete the sentences.

1 - I just can't _____ getting up early at the weekend. I prefer to sleep in!
(deal with / go throug)

2 - Sally's _____ a bad time at the moment. I wish I could make her feel better.
(coming up / going through)

3 - Megan's _____ a lot of experience in fashion design and her clothes are amazing!
(dealt with / built up)

4 - Adam's got an important exam _____, so he's studying a lot for it at the moment.
(coming on / going on)

5 - Dad's car's broken down so we'll have to walk to school in the morning. What time do we need to _____?
(set off / build up)

6 - What's _____ outside? There's a lot of noise!

(going on / setting off)

LIVEWORKSHEETS