Think in the morning. Act in the afternoon.
Eat in the evening. Sleep at night.
William Blake, poet and artist

6B A day in my life

1 VOCABULARY a typical day

a Complete the verb phrases.



1 get_____ up



2 f_____ work



3 g_____ shopping



4 h_____ a shower



5 d_____ housework



6 m_____ dinner



7 w_____ TV



8 g_____ to bed

b Write the words in the chart.

~~a bath~~ ~~to bed~~ breakfast a coffee to the gym home lunch a sandwich to school to work

have	go
a bath	*to bed*

c Complete the text with the correct verb.

do	~~finish~~
get up	go (x4)
have (x3)	watch



I'm Hannah and I'm a nurse. I work at night and I sleep during the day. I [1] *finish* work at eight o'clock in the morning and then I [2]_____ home and I [3]_____ to bed. I [4]_____ at about four o'clock in the afternoon and I [5]_____ some cereal and orange juice for breakfast. Then I [6]_____ shopping and I [7]_____ the housework or [8]_____ TV. At seven o'clock in the evening I [9]_____ a shower and I [10]_____ dinner before I [11]_____ to work again.

LIVEWORKSHEETS

2 PRONUNCIATION /j/; sentence rhythm

a iChecker Listen and tick (✓) if the word has a /j/ sound.

1 usually ✓
2 umbrella ✗
3 study
4 student
5 you
6 your
7 music
8 newspaper
9 hurry
10 yellow

b Listen again and repeat the words.

c iChecker Listen and repeat. Copy the rhythm.

1 I **start work** at **nine** in the **morning**.
2 She has a **coffee** at a **quarter** past **ten**.
3 They have a **sandwich** at a **café**.
4 You **finish work** at **six thirty**.
5 We do **housework** at the **weekend**.
6 He **watches TV** in the **evening**.

3 GRAMMAR adverbs of frequency

a Rewrite the sentences. Use the words in brackets.

1 I get up early. (always)
I always get up early.
2 Yasmin goes to school by bus. (usually)
_____.
3 You do housework. (never)
_____.
4 They have fish for dinner. (sometimes)
_____.
5 Andy has lunch at home. (always)
_____.
6 I watch TV in the morning. (never)
_____.
7 We go shopping at the weekend. (sometimes)
_____.
8 They have coffee for breakfast. (usually)
_____.

b Look at the chart and complete the sentences.

✓✓✓✓✓ = always ✓✓✓ = usually ✓ = sometimes ✗ = never	 Diego	 Jen
go to the gym	✗	✓✓✓✓✓
read magazines	✓	✓✓✓
watch football on TV	✓✓✓✓✓	✓
get up early	✓✓✓	✗

1 Diego *never goes* to the gym.
2 He _____ magazines.
3 He _____ football on TV.
4 He _____ early.
5 Jen _____ to the gym.
6 She _____ magazines.
7 She _____ football on TV.
8 She _____ early.

4 LISTENING

iChecker Listen to the conversation. Mark the sentences **T** (true) or **F** (false).

1 Olivia gets up early at the weekend. *F*
2 She has a shower before she has breakfast. _____
3 She doesn't have a hot drink for breakfast. _____
4 After breakfast she always does the housework. _____
5 She usually reads the newspaper after lunch. _____
6 She's never at home in the evening. _____

WORDS AND PHRASES TO LEARN

Learn these words and phrases.

Are you a morning person? /ɑː juː ə ˈmɔːnɪŋ ˈpɜːsn/
hurry (v) /ˈhʌri/
What time do you get up? /wɒt taɪm də juː get ʌp/
At eight o'clock. /ət eɪt əˈklɒk/
He gets up at about 9.30.
/hiː gets ʌp ət əˈbaʊt naɪn ˈθɜːti/
then /ðen/
before (after) lunch /bɪˈfɔː (ˈɑːftə) lʌntʃ/
until two o'clock /ənˈtɪl tuː əˈklɒk/
often /ˈɒfn/

LIVEWORKSHEETS