

DAILY ROUTINES

Make a list of daily activities

First we need to think about your daily activities.

We can make a list of everyday activities: **wake up/get up, brush my teeth, have/eat breakfast** (or **have something FOR breakfast**), **have a shower...**

Note that we say **go/get home** (NOT ~~go/get to home~~), and we say **go/get to school, go/get to work** and **go to bed** (NOT ~~go to the school/work/bed~~)

Write present simple sentences

When we talk about routines or habits, we use [the present simple](#). So we can write present simple sentences using the verbs in our list of activities: *I have a shower. I brush my teeth. I have coffee and toast for breakfast. Etc.*

Use adverbs of frequency

If we use some [adverbs of frequency](#) in our sentences, our text will be better. For example: *I usually have coffee and toast for breakfast, but sometimes I don't have breakfast.*

Use connectors and time expressions

- **Connectors:** Now we should add connectors in our text, such as [and, or, but, because, so](#). For example, imagine we have these two sentences: *I get up at 7.30. I brush my teeth.* They sound like a list. So we can use **and** to put the two sentences together: *I get up at 7:30 and I brush my teeth*
- **Time Expressions:** In addition, you should use time words to connect the different sentences. Some time words are:
 - o After that, ...
 - o After breakfast/work/school/dinner
 - o In the morning/afternoon/evening...
 - o At (time)...
 - o Then...
 - o Next...
 - o ... and then ...
 - o When I ...

Look at this text:

I get up at 7:30 and I brush my teeth. I have a shower and get dressed. I have breakfast and prepare my lunch. I drive to work.

Now look at the same text with time expressions:

*I get up at 7:00 and I brush my teeth. **After that**, I have a shower and get dressed. **Then**, I have breakfast and I prepare my lunch. **Next**, I drive to work.*

The second paragraph sounds much better.

Write 3 paragraphs

We can organise the sentences into 3 paragraphs:

- Paragraph 1: My morning activities
- Paragraph 2: Activities during the day
- Paragraph 3: Evening activities

PRACTICE

Exercise 1:

| | | | | | | | | | | |
|-----|----|---------|-----|------|----|------|------|------|---------|------|
| and | at | because | but | from | in | next | that | then | usually | when |
|-----|----|---------|-----|------|----|------|------|------|---------|------|

Every morning, I get up _____ 7:30 and I have breakfast. I _____ have coffee and toast for breakfast, _____ sometimes I don't eat breakfast _____ I don't have time. After breakfast, I have a shower and I get dressed. _____, I walk to school.

I have lessons _____ 8:30 AM to 3:30 PM. At 12:30, we have a break for lunch. _____ I finish school, I go home _____ I play video games or watch some YouTube.

_____ the evening, I go to football practice. I train for one hour. Then, I go back home and I do some homework before dinner. _____, I have dinner with my parents, and we watch TV. After, _____ I go to bed.

Exercise 2:

1. I have coffee and toast _____ breakfast.
2. After breakfast, I go _____ school.
3. When I get _____ home, I do my homework.
4. In the afternoon, I work _____ my computer.
5. _____ 12:30, we have a break for lunch.
6. After _____, I have breakfast.
7. After breakfast, I _____ and I leave.
8. Before dinner, I go _____ for 30 minutes.
9. _____ the evening, I watch some TV.
10. I go to bed early _____ I get up very early in the morning.

Exercise 3: Fill in each gap with ONE word.



I _____ up.



I _____ breakfast.



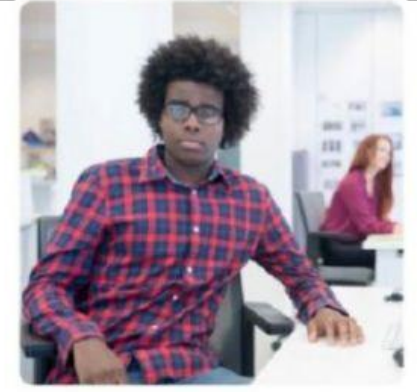
I _____ my teeth.



I _____ a shower.



I _____ dressed.



I _____ to work.



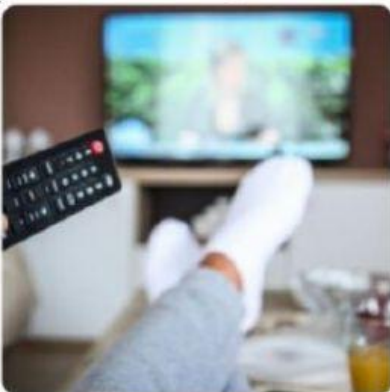
I _____ my emails.



I do my _____.



I go _____.



I _____ TV.