

New English File Elementary Student Book

Vocabulary. The purpose of this activity is for students to get familiar with a daily routine vocabulary.

2 VOCABULARY daily routine



a Look at Vicky's typical morning. Match the pictures and phrases.

get dressed	☐	have a shower	☐
get up	☐	have breakfast	☐
go to (work)	☐	wake up	☐

b In pairs, describe her morning.
She wakes up at 7.00.

2. Reading and listening. Students should read the article and guess the meaning of the highlighted words. The purpose of this activity is for students to learn how to stress.

3 READING & LISTENING

a Read the article. How stressed is Louisa? Why?

b In pairs, guess the meaning of the **highlighted** words. Check with your teacher or a dictionary.

How stressed

Professor Parker, a stress expert from the University of London, looks at two people's typical day and tries to help...

Louisa works as a **guide** at the National Gallery in London and lives with her son George, aged 9.

6.30 I get up and I make George's sandwiches. **Then** I do some housework. Then I wake up George and make his breakfast. I'm **always** in a hurry and I don't have time for breakfast **at home**.

8.00 We **cycle** to school because the bus is expensive. Then I cycle six miles* to work.

9.00 I have a sandwich for breakfast in the **canteen**, and then I start work. My first tour is usually at 9.30. I like my job but I don't earn much money and I stand all day.

5.00 I finish work and I go to **pick up** George at 5.30. We go shopping.

6.30 I cook dinner and help George with his homework. **After** dinner I do more housework or answer emails **until** 9.00. I don't go out in the evening because a **babysitter** is very expensive.

9.00 George goes to bed and I read him **a story**. Then I go to bed - I'm really tired!

Professor Parker's advice Have breakfast with your son. Do all the housework in the evening. Don't cycle, get the bus. It's important to see other people. Invite a friend for a drink once a week.

Louisa, a single mother



3. Listening. Students will have to listen to an audio, then answer the questions based on what they heard in the audio.

e **3.6** You are going to listen to Simon talking to Professor Parker. Listen to five things Simon says. Number the pictures 1-5.



f Listen again. What are the five sentences?

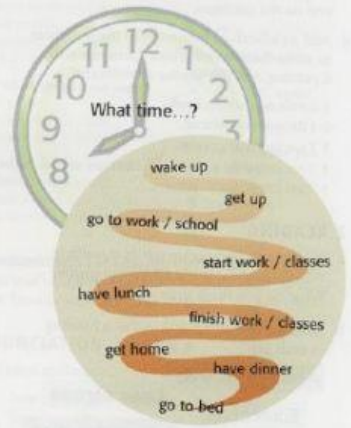
g **3.7** Now listen to Simon. Answer the questions.

- 1 How many children does Simon have?
- 2 What time does he get up?
- 3 Why doesn't he have breakfast?
- 4 What time does he start work?
- 5 How many cups of coffee does he drink?
- 6 What does he have for lunch?
- 7 What time does he finish work?
- 8 Why doesn't he have dinner with his family?
- 9 What time does he get home?
- 10 What does he do after dinner?

Speaking. The purpose of this activity is for students to discuss in pairs their typical day.

5 SPEAKING

In pairs, interview your partner about a typical day. Who is more stressed?



What time do you wake up?

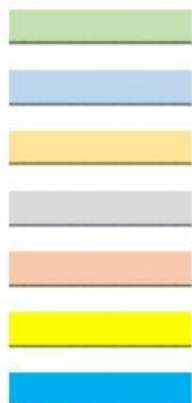
(It depends.) At about eight o'clock.

ACTIVITY 1 – WARM UP

DAYS OF THE WEEK

Write the days of the week using the correct spelling, then create a sentence based on your daily routine: Example: On Monday, I cook dinner for all my family....

DAYS



DAYUNS

MNOAYD

ESUTDYA

WDNSEEYAD

HURTSDAY

IRDFAY

ASUTDRYA

SENTENCES

ACTIVITY 2 - PRESENTATION

DESCRIBING DAILY ACTIVITIES

Describe each daily activity based on the image:



TAKE A SHOWER

GO TO WORK

GO FOR A WALK

HAVE BREAKFAST

GO TO SCHOOL

WAKE UP

WATCH TV

GO TO BED

ACTIVITY 3 - PRACTICE
LISTENING DAILY ACTIVITIES

Listen the audio and select the correct daily activity, then listen again and repeat:



ACTIVITY 4 - PRODUCTION
SIMON'S ROUTINE

Listen to Simon talking to professor Parker. First number the pictures 1 – 5 with the correct order.



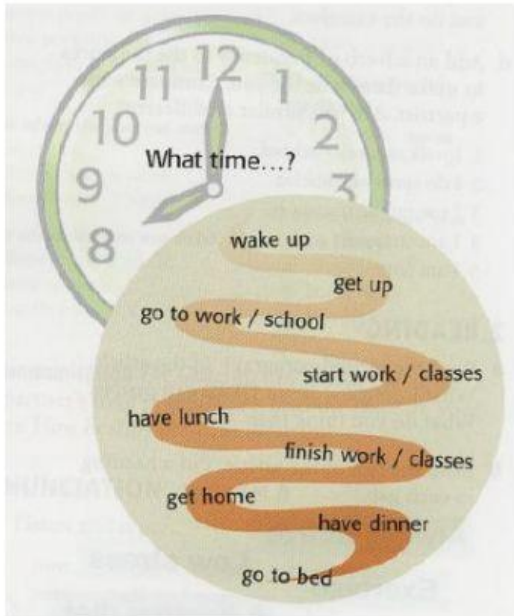
Listen again and answer the following questions, then compare your answers with one of your classmates and practice:

1. How many children does Simon Have?
2. What time does he get up?
3. Why doesn't he have breakfast?
4. What time does he start work?
5. How many cups of coffee does he drink?
6. What does he have for lunch?
7. What time does he finish work?
8. Why doesn't he have dinner with his family?
9. What time does he get home?
10. What does he do after dinner?

ACTIVITY 5 - PRODUCTION

TYPICAL DAY

Get in pairs and talk about your daily routine including all days of the week and using simple present structure. Example: What do you do on Monday? I usually get up at 6 o'clock, then I take a shower..... but on Tuesday I go to my music school...



ACTIVITY 6 – WRAP UP

READING AND COMPREHENSION

Check on Emely's daily routine, then answer the questions below by selecting either true or false. FREEZE DANCE: The teacher will play a song and the students will begin to dance, once the music stops, the students must sit down, the student who remains standing must answer one of the questions below.

Emely's daily Routine

My name is Emely, I am 15 years old, and I live in the United States with my mom, dad, and brother. From Monday to Friday, my day starts very early. I always wake up at 5:30 am but I get up at 6:00 am and I take a 20-minute shower. Then, I get dressed and I love to comb my hair. At 07:00 am I have breakfast, I usually have coffee and cereal. Later, I go to school at 8:00 am and I get home at 3:00 pm. On Monday, Tuesday and Wednesday I do the homework with my dad and on Thursday, Friday and Saturday, I do the homework with my mom. We always go to church on Sunday morning and we go to a restaurant to eat lunch, then we cook dinner around 6:00 pm. From Monday to Sunday, my parents always ask me to go to bed at 8:00 PM, and that's how my day ends.

Emely goes to the church on Saturday	TRUE	FALSE
From Monday to Friday, she wakes up at 6:00 AM	TRUE	FALSE
She does not comb her hair	TRUE	FALSE
She has breakfasts at 7:00 AM	TRUE	FALSE
On Saturday, she gets home at night	TRUE	FALSE
Her dad helps her to do the homework on Wednesday	TRUE	FALSE
On Sunday, she goes to a restaurant for dinner	TRUE	FALSE