

Activity 2

Match the words to the sentences.

brush my teeth

watch TV

go jogging

study

go to work

cook

sleep

read

1. My doctor said I need to _____ twice every day.
2. I _____ from 11pm to about 7am.
3. Do you _____ or are you a student?
4. I _____ every morning to stay healthy.
5. I am a student, so I _____ every day.
6. I _____ a book at night to help me relax.
7. I like dramas, so I _____ at night.
8. I don't have a big kitchen, so I don't _____ often.

Activity 3

We can create a negative form by adding 'don't' to the sentence. Put these sentences in a negative form.

1. I run every morning.

2. I go to work on Saturdays.

3. I watch a lot of TV.

4. I sleep in until 10am.

5. I usually read comic books.

Activity 4

Put these sentences into the correct order.

1. I / book / . / a / each / night / read

2. like / run / the / afternoon / . / in / to / I

3. 6AM / . / work / I / go / at / to

4. study / I / like / to / .

5. wife / I / for / cook / . / my

6. brush / I / teeth / before / my / . / bed

Activity 5

Think about routines that you have. Write some sentences below.

In the mornings, I...

In the evenings, I...

On the weekend, I...

This resource has been made for the purpose of teaching English language learners. We know that students can be learning English in many different places, in many different ways and at age, so we try to keep these resources as general as possible.

There are many acronyms associated with English language teaching. These include (but are not limited to) ELT, TEFL, EFL, ELL, EAL and ESOL. While the term ESL may not fully represent the linguistic backgrounds of all students, it is the most widely recognised term for English language teaching globally. Therefore, we use the term 'ESL' in the names of our resources to make them easy to find but they are suitable for any student learning to speak English.

Disclaimer for Adult Resources: This resource is designed to support teaching of English as a second language to working-age adults. Please be aware that the content includes some references to working life and business English and may not be applicable to all learners.