

PRESENT SIMPLE vs PRESENT CONTINUOUS

Read the story and fill the gaps.

A Day in Sarah's Life

Every morning, Sarah _____ (wake) up at 7 a.m. and _____ (stretch) in bed for a few minutes before getting up. She _____ (make) herself a cup of hot chocolate and _____ (drink) it while she _____ (watch) her favorite cartoons.



At 8 a.m. Sarah _____ (leave) for school. She usually _____ (walk) to school with her friends, but today she _____ (take) the bus because it's raining. While she _____ (ride) on the bus, she _____ (listen) to her favorite songs on her headphones.

During her classes, Sarah _____ (pay) attention to the teacher's lessons. Right now, she _____ (work) on a math problem. Her friend, Emily, _____ (sit) next to her and _____ (ask) for help.

In the afternoon, Sarah _____ to the park with her classmates. They _____ (play) soccer and _____ (run) around. Sarah's friend, Jack, _____ (take) photos of them with his camera.

After playing, Sarah _____ (go) home. She _____ (do) her homework and _____ (study) for a science test. While she _____ (study), her mom _____ (cook) dinner in the kitchen.

Before bed, Sarah _____ (read) a book for a little while. Then, she _____ (brush) her teeth and _____ (go) to sleep.

✍ **What about you? Can you describe your typical day from morning to night? Include activities you do in the morning, during school, after school, and before bed. Be sure to use both the present simple and present continuous tenses in your description.**