Morning & Evening Routine

Vocabulary

- wake up – acordar
- get up – levantar-se
- brush my teeth – escovar os dentes
- wash my face – lavar o rosto
- have breakfast – tomar café da manhã
- go to school – ir para a escola
- do homework – fazer a lição de casa
- take a shower – tomar banho
- have dinner – jantar
- watch TV – assistir TV
- read a book – ler um livro
- go to bed – ir para a cama

Grammar Point: Present Simple (affirmative)

We use the **Present Simple** to talk about habits and daily routines.

Examples:

- I wake up at 7 o'clock.
- She brushes her teeth in the morning.
- We watch TV in the evening.

Rule:

- He/She/It → add **-s** or **-es** to the verb.
- I/You/We/They → use the base form.

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Exercise – Fill in the blanks (use the verb in parentheses)

1. I _____ (wake up) at 7:00.
2. She _____ (brush) her teeth in the morning.
3. They _____ (go) to school at 8:00.
4. He _____ (have) breakfast at 7:30.
5. We _____ (watch) TV in the evening.
6. My brother _____ (read) a book before bed.
7. I _____ (do) my homework after school.
8. She _____ (take) a shower at night.
9. They _____ (have) dinner at 8:00.
10. He _____ (go) to bed at 10:00.

Speaking Practice

👉 Create a **short routine script with at least 5 sentences** about your morning and evening. Example:

- "In the morning, I wake up at 7 o'clock. I brush my teeth and have breakfast. In the evening, I watch TV, read a book, and go to bed at 10."

_____

_____

_____

_____

_____

_____

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We will practice this script together in class.

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Reading & Comprehension

Text:
Laura is a student. In the morning, she wakes up at 6:30 and gets up at 7:00. She washes her face and brushes her teeth. Then she has breakfast and goes to school. In the evening, she does her homework and takes a shower. After dinner, she reads a book and goes to bed at 10:00.

Questions:

1. What time does Laura wake up?

_____
_____

2. What does she do after she gets up?

_____
_____

3. Does she go to school in the morning or in the evening?

_____
_____

4. What does she do after dinner?

_____
_____

5. What time does she go to bed?

_____
_____

Links

- 🎥 My Morning Routine – YouTube
- 🃏 Quizlet deck: Morning & Evening Routine Vocabulary

Answer Key

Exercise:

1. wake up

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2. brushes
3. go
4. has
5. watch
6. reads
7. do
8. takes
9. have
10. goes

Reading:

1. At 6:30
2. She washes her face and brushes her teeth
3. In the morning
4. She reads a book
5. At 10:00

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