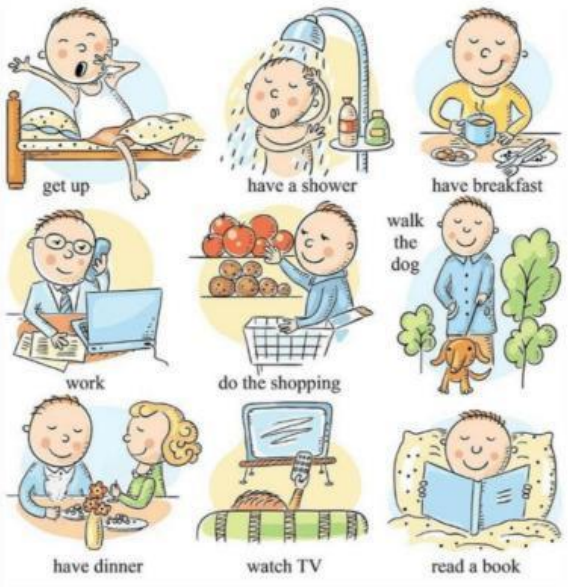
# Daily Routines & Time Expressions

We use the **present simple** to talk about daily routines (things we do every day or regularly).

**Examples:**

- I get up at 7:00.
- I have a shower every day
- She works in the morning.
- I read a book around eleven.




## Time Expressions

We use different prepositions with time expressions.








### AT + clock time

- at 7:00
- at 6:30
- at night
- at midnight

**Example:** I wake up at 6:30.

### IN + parts of the day

- in the morning
- in the afternoon
- in the evening

**Example:** I study in the afternoon.

Note: We say **at night**, NOT *in the night*.

### ON + days

- on weekdays
- on weekends
- on Mondays
- on Fridays

**Example:** I exercise on weekends.

LIVEWORKSHEETS

## Practice Activities

### Exercise 1: Match the sentence halves

Match the daily routine with the correct time expression.

1. I get up ___
2. I go to bed ___
3. I study English ___
4. I exercise ___

a. in the afternoon

b. at 7:00

c. on weekends d. at night

---

### Exercise 2: Choose the correct option

Write **at**, **in**, or **on**.

1. I wake up _____ 6:30.
2. I watch TV _____ the evening.
3. I go to school _____ weekdays.
4. I go to bed _____ night.

---

### Exercise 3: Complete the sentences

Use the correct daily routine verb.

1. I _____ breakfast at 7:00.
2. I _____ home at 5:00 p.m.
3. I _____ TV in the evening.
4. I _____ to bed around eleven.

---

### Exercise 4: Write about you

Complete the sentences with **true information**.

1. I get up _____. (time)
2. I study / work _____. (part of the day)
3. I go to bed _____. (time)
4. On weekends, I _____. (verb)

---

LIVEWORKSHEETS