

## DAILY ROUTINES



Wake up



Take a shower



Have breakfast



Drink coffee



Go to work/Go to school



Start work



Have lunch



Finish work



Get home



Watch TV



Have dinner



Brush my teeth



Read books



Tidy my bedroom



Cook



Take a shower (at night)



Have dinner



Brush my teeth (at night)



Go to sleep



Sleep

### Activity 1: Choose the correct option.

1. I wake up / go to sleep at 7:00 a.m.
2. I have breakfast / have dinner in the morning.
3. I start work / finish work at 8:00 a.m.
4. I watch TV / go to work in the evening.
5. I brush my teeth / drink coffee before bed.
6. I have lunch / have dinner at noon.

### Activity 2: Complete the sentences with the correct verb.

1. I \_\_\_\_\_ TV at night.
2. My dad \_\_\_\_\_ breakfast at 7:30 a.m.
3. They \_\_\_\_\_ a shower in the morning.
4. She \_\_\_\_\_ coffee before work.
5. He \_\_\_\_\_ my bedroom on Saturdays.
6. I \_\_\_\_\_ to sleep at 10:00 p.m.

### Activity 3: Match the daily routine with the correct complement.

1. wake up	a. at night
2. go to work / school	b. in the morning
3. have lunch	c. at noon
4. watch TV	d. in the evening
5. brush my teeth	e. before bed
6. go to sleep	f. at 7:00 a.m.

### Activity 4: Write about your daily routine (at least 6 sentences)