



Level A2 Beginner English Reading: My Daily Routine

Hello. My name is Tina, and today I want to tell you about my daily routine.

I usually wake up at 6 o'clock, but I don't get up right away. I like staying in bed for an extra ten or fifteen minutes. When I finally get out of bed, I go to the washroom, wash up, get dressed, and brush my hair. Then, I go to the kitchen, have a glass of water, and prepare my breakfast. Usually, I have toast with peanut butter and a banana on the side. I know that many people drink coffee in the morning, but I don't because it gives me a headache. I prefer to have a cup of tea.

I know that many people check their phones in the morning, but not me. I prefer to listen to gentle music and read a book. These days, I'm reading one called *Atomic Habits*. It's very interesting. I'm learning a lot from it.

After I finish my breakfast, I wash the dishes and brush my teeth. Then, I'm ready to go to work! I'm a nurse at my local hospital. I work from 8 to 4. My job is difficult, but I like it because I like helping people.

After work, I usually go home, but sometimes, I visit my parents. My mom is an excellent cook, and she still loves making dinner for me. My dad likes playing chess, so while my mom cooks, my dad and I usually play chess together. He usually wins, but sometimes, I beat him.

After dinner—at home or at my parents' house—I like to relax on the couch. I usually watch TV for an hour, or I just text my friends on my phone. I know that many people are more active than me after work, but I am on my feet all day, so I like to take it easy in the evening. I usually take a shower around 7:30. Then, I put on my pajamas, brush my teeth one more time, and read in bed until I feel tired. I usually fall asleep around 9:30 or 10 p.m.

And that's it! Thank you for reading about my day. What's *your* daily routine?

Comprehension Questions

1. What time does Tina get out of bed?

- a) 6 o'clock. b) 6:05. c) 6:10 or 6:15.

2. Why doesn't Tina drink coffee?

- a) It tastes bad. b) It gives her a headache. c) It doesn't give her energy.

3. What does Tina do during breakfast?

- a) She reads a book. b) She checks her phone. c) She listens to pop music.

4. Who usually wins at chess?

- a) Tina. b) Tina's dad. c) Tina's mom.

5. Why isn't Tina very active after work?

- a) She is tired. b) She doesn't have time. c) She likes playing chess.

6. What does Tina do before she falls asleep?

- a) She reads. b) She looks at her phone. c) She listens to music.