

Alice Brown: Hello, I'm Alice Brown and you're listening to Radio Gold. Today, we're talking about getting up in the morning. For some people, it's really difficult. So, are there ways to make it easier? Well, I'm at Wilton School to find out. With me are some students from class 3B. Now, can I start with you? Tell me about your routine. What's your tip for a perfect morning?

Student 1: Well, my alarm clock goes off at (1)..... and I leave the house at half past. My tip is that when your alarm goes off, (2)..... immediately. Don't lie in bed checking your messages. Open the curtains and make the room really bright. That will wake you up and make you feel good.

Alice Brown: Thanks! And what's your tip?

Student 2: Well, before I have my shower or have my breakfast, I (3)..... I do some star jumps or maybe a bit of yoga. I never feel tired after that.

Alice Brown: Okay, sounds good. And do you have another tip for us?

Student 3: Yes! My favorite tip is to put your (4) on the other side of the room. I always do that. If it's next to me, I switch it off and go back to sleep.

Alice Brown: Great! And what about you?

Student 4: I get up at about seven and have a shower. Then I tidy my room and go downstairs for breakfast. I always have some (5)....., and that really helps me to wake up.

Alice Brown: Okay, well, that's easy. And how about you?

Student 5: Well, my tip is to (6) in the morning. The first time you do it, it's quite difficult, but it makes you feel amazing. Then have a good breakfast after your shower and it's the perfect start to the day!

Alice Brown: Oh, I'm not sure about that one, but thank you.

Okay, we've got time for one more. Tell me about your tip.

Student 6: Well, when I'm having my breakfast, I always (7)
Sometimes it's a Sudoku and sometimes a crossword. It makes me think hard and after that I don't feel tired anymore.

Alice Brown: That's a really unusual idea. Well, thanks everyone for your excellent tips. And we'd love to hear more from our listeners. Just send a text or email to the usual...