# DAILY ACTIVITIES AND ROUTINES

ENGLISH WORKSHEET | GRADE 7 | CEFR LEVEL A1

**Name :**_____

**Class :** _____

**Learning Objectives**

After completing this worksheet, you can:

• recognize vocabulary about daily activities and routines;

• understand simple sentences about daily routines;

• write a short paragraph about your daily routine; and

• present your daily routine in front of the class.

**Let's Learn the Vocabulary!**

Instruction: Read the words and their meanings. You can use these words in the activities below.

| Vocabulary | Meaning |
|---|---|
| Wake up | Bangun tidur |
| Get up | Beranjak dari tempat tidur |
| Take a shower | Mandi |
| Brush my teeth | Menyikat gigi |
| Wash my face | Mencuci muka |
| Get dressed | Memakai pakaian |
| Have breakfast | Sarapan |
| Go to school | Pergi ke sekolah |
| Study | Belajar |
| Have lunch | Makan siang |
| Go home | Pulang ke rumah |
| Do homework | Mengerjakan PR |
| Play with friends | Bermain dengan teman |
| Help my parents | Membantu orang tua |
| Watch TV | Menonton televisi |
| Read a book | Membaca buku |

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| Vocabulary | Meaning |
| --- | --- |
| Have dinner | Makan malam |
| Go to bed | Pergi tidur |

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**Examples: Let's Make Sentences!**

• I wake up at 5 a.m.

• You have breakfast at 6 a.m.

• We go to school in the morning.

• They play football in the afternoon.

• He brushes his teeth every morning.

• She reads a book at night.

• Rina goes to school at 7 a.m.

**Remember:** With *he*, *she*, or one person's name, we usually add **-s** or **-es** to the verb.
Example: play → plays; go → goes; watch → watches.

**Activity 1 – Choose the Correct Answer!**

Instruction: Read each question and select the correct answer: A, B, C, or D.

**1. What do you usually do after you wake up?**

A. Brush my teeth

B. Go to bed

C. Have dinner

D. Watch TV

**2. What do you usually eat in the morning?**

A. Lunch

B. Dinner

C. Breakfast

D. Snacks

**3. Where do students go to study?**

A. Hospital

B. School

C. Market

D. Restaurant

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**4. What do you use to brush your teeth?**

A. A book

B. A spoon

C. A towel

D. A toothbrush

**5. What do you usually do at night?**

A. Go to bed

B. Go to school

C. Have breakfast

D. Play at school

**6. Which sentence is correct?**

A. She go to school.

B. She going to school.

C. She goes to school.

D. She go school.

**7. Which activity means 'mengerjakan PR'?**

A. Have lunch

B. Get dressed

C. Watch TV

D. Do homework

**8. Which sentence is correct?**

A. They plays football.

B. They play football.

C. They playing football.

D. They is play football.

**Activity 2 – True or False?**

Instruction: Read each sentence. Select the check mark (✓) for True or the cross (✗) for False.

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**1. We usually have breakfast in the morning.**

■ True (✓) ■ False (✗)

**2. We go to bed when we wake up.**

■ True (✓) ■ False (✗)

**3. Students go to school to study.**

■ True (✓) ■ False (✗)

**4. 'Brush my teeth' means menyikat gigi.**

■ True (✓) ■ False (✗)

**5. We usually have dinner in the morning.**

■ True (✓) ■ False (✗)

**6. 'She watches TV' is a correct sentence.**

■ True (✓) ■ False (✗)

**7. 'He go to school' is a correct sentence.**

■ True (✓) ■ False (✗)

**8. We can read a book in the evening.**

■ True (✓) ■ False (✗)

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**Activity 3 – Write and Present Your Daily Routine!**

Instruction: Write a short paragraph about your daily activities. Use the vocabulary and examples on the previous page to help you.

**Step 1 – Think about your daily activities.**

Answer these questions to help you plan your paragraph:

1. What time do you wake up?
2. What do you do in the morning?
3. What do you do after school?
4. What do you do in the evening?
5. What time do you go to bed?

**Step 2 – Write your paragraph.**

Use your answers to write 5–8 simple sentences about your daily routine.

**Example:** My name is Rina. I wake up at 5 a.m. I have breakfast at 6 a.m. I go to school at 7 a.m. After school, I do my homework. At night, I watch TV with my family. I go to bed at 9 p.m.

**My Daily Routine:**

**your daily routine!**

Present your paragraph in front of the class. Speak clearly and confidently.

**Presentation Checklist**

■ Introduce yourself.

■ Tell the class what you do in the morning.

■ Tell the class what you do in the afternoon.

■ Tell the class what you do in the evening.

■ Use simple English sentences.

■ Speak clearly and confidently.

**Opening:** Good morning, everyone. My name is ... Today, I want to tell you about my daily routine.

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**Closing:** That's all about my daily routine. Thank you!

**Great job! Keep practicing your English.**

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