



# MY DAY, MY WAY





# TRUE OR FALSE?

Read each sentence and say 'True' if it's right for you, and 'False' if it's not.



I wake up before 7 o'clock.



I brush my teeth twice a day.



I always eat breakfast.



I spend more than an hour on social media each day.



I finish my work/school day at 4 o'clock.



I usually eat dinner alone.



I always go for a walk in the evening.

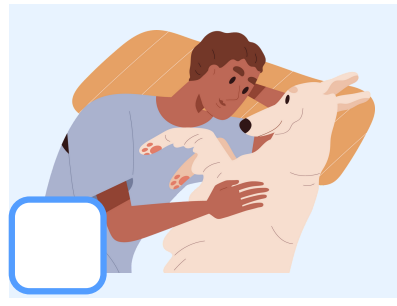
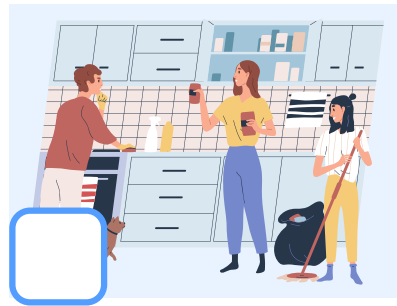
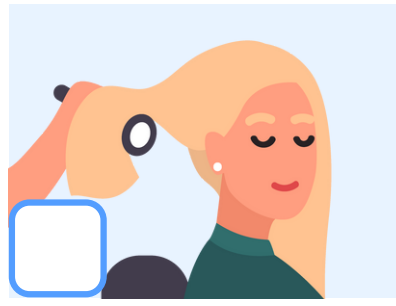
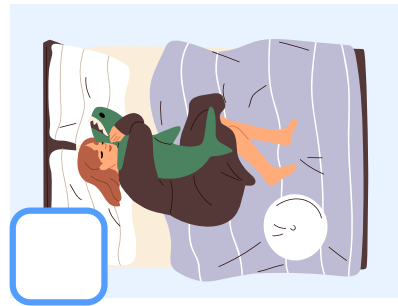


I watch TikTok or read a book before going to bed.



# SOPHIE'S DAILY ROUTINE

Read about Sophie's routine. Match the underlined actions with the pictures.

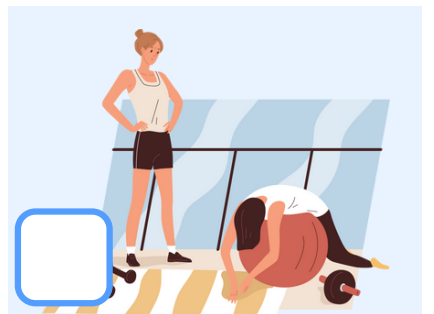


Hi everyone, Sophie here! Today, I want to tell you about my family's day.

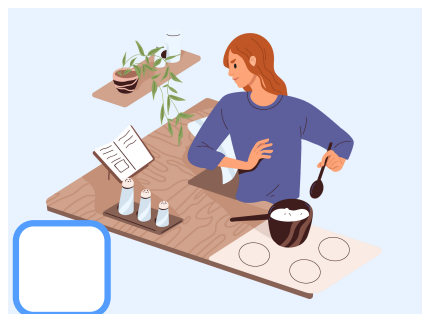
My day starts at 6 o'clock when I wake up. I (1) turn off my alarm, (2) get out of bed, and then I brush my teeth. After that, I take a quick shower, get dressed, and (3) brush my hair. Next, I eat my breakfast - I love toasts and jam! Then, I (4) pack my lunch, and at 8 o'clock, I leave the house to go to school.



Now, let's talk about my mum and dad. They wake up early at 6 o'clock. Mum usually (5) makes tea and dad (6) gets ready for a run. They brush their teeth and get dressed, just like me! After breakfast, they pack their lunches and leave the house at 7.30. They (7) travel to work together because they work in the same place.



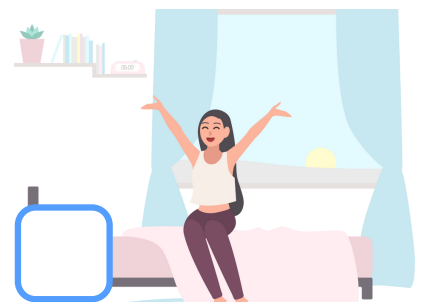
In the afternoon, mum and dad have lunch at work. They work more after lunch and finish work at 5 o'clock. They travel home and sometimes (8) go to the gym before they come home.



At home, mum (9) cooks dinner while I do my homework. We eat dinner together, and then (10) clean up the kitchen. After dinner, mum and dad like to watch TV, and I watch TikTok on my phone. Before bed, we all brush our teeth. Mum reads a book, and dad (11) takes care of our pet dog.

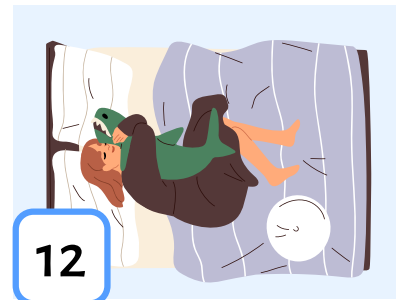
At 10 o'clock, we all (12) go to bed. And that's a day in our lives! What about you? What is your day like? Share with me in the comments below!

Bye for now, friends!



# ANSWERS

Read about Sophie's routine. Match the underlined actions with the pictures.



12



3



10



7



5



11



1



4

Hi everyone, Sophie here! Today, I want to tell you about my family's day.

My day starts at 6 o'clock when I wake up. I (1) turn off my alarm, (2) get out of bed, and then I brush my teeth. After that, I take a quick shower, get dressed, and (3) brush my hair. Next, I eat my breakfast - I love toasts and jam! Then, I (4) pack my lunch, and at 8 o'clock, I leave the house to go to school.

Now, let's talk about my mum and dad. They wake up early at 6 o'clock. Mum usually (5) makes tea and dad (6) gets ready for a run. They brush their teeth and get dressed, just like me! After breakfast, they pack their lunches and leave the house at 7.30. They (7) travel to work together because they work in the same place.

In the afternoon, mum and dad have lunch at work. They work more after lunch and finish work at 5 o'clock. They travel home and sometimes (8) go to the gym before they come home.

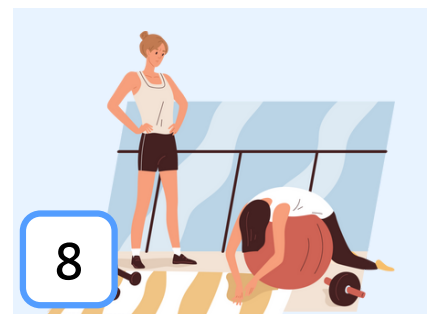
At home, mum (9) cooks dinner while I do my homework. We eat dinner together, and then (10) clean up the kitchen. After dinner, mum and dad like to watch TV, and I watch TikTok on my phone. Before bed, we all brush our teeth. Mum reads a book, and dad (11) takes care of our pet dog.

At 10 o'clock, we all (12) go to bed. And that's a day in our lives! What about you? What is your day like? Share with me in the comments below!

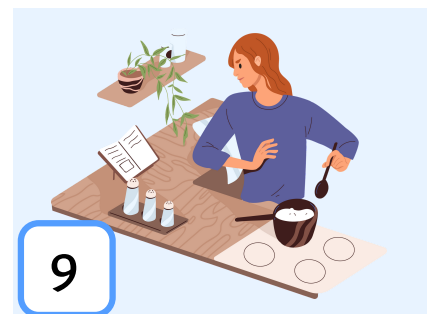
Bye for now, friends!



6



8



9




2



# PRESENT SIMPLE

1. Read the sentences below and complete the rules of forming sentences when talking about routines. Underline the correct variants in the rules.

My day starts at 6 o'clock when I wake up.  
Mum usually makes tea and dad gets ready for a run.  
They work more after lunch and finish work at 5 o'clock.  
She doesn't drink coffee in the morning.  
We don't go together by car.  
Do you start your day early?  
Does she usually go for a walk after work?

 usually, sometimes, always, never, often, seldom, on Mondays, every day...

- + I/you/we/they + **base form of the verb/verb + ending -s/-es/-ies**
- he/she/it + **base form of the verb/verb + ending -s/-es/-ies**
- I/you/we/they + **don't/doesn't** + base form of the verb
- he/she/it + **don't/doesn't** + base form of the verb
- ? Do + I/you/we/they + **base form of the verb/verb + ending -s/-es/-ies**
- Does + he/she/it + **base form of the verb/verb + ending -s/-es/-ies**

2. Look at the photos below. Use the words under the photos to describe what these people do/don't do every day.



Emily/always/drink/  
water/morning.



Jane/often/do/yoga/  
on/Mondays.



Mike/not/eat/lunch/  
alone/at work.



They/usually/work  
out/together.



Mum/not/order/food/  
she/cook/it.



We/often/watch/  
Netflix/before/bed.

# ANSWERS

1. Read the sentences below and complete the rules of forming sentences when talking about routines. Underline the correct variants in the rules.

My day starts at 6 o'clock when I wake up.

Mum usually makes tea and dad gets ready for a run.


They work more after lunch and finish work at 5 o'clock.

She doesn't drink coffee in the morning.

We don't go together by car.

Do you start your day early?

Does she usually go for a walk after work?

 usually, sometimes, always, never, often, seldom, on Mondays, every day...

+ I/you/we/they + **base form of the verb**

he/she/it + **verb + ending -s/-es/-ies**

- I/you/we/they + **don't** + base form of the verb

he/she/it + **doesn't** + base form of the verb

? Do + I/you/we/they + **base form of the verb**

Does + he/she/it + **base form of the verb**

2. Look at the photos below. Use the words under the photos to describe what these people do/don't do every day.



Emily always drinks water in the morning.



Jane often does yoga on Mondays.



Mike doesn't eat lunch alone at work.



They usually work out together.



Mum doesn't order food, she cooks it.



We often watch Netflix before bed.



# LET'S PRACTICE!

1. Use the words below to describe Harper's daily routine. Use present simple.

scroll through Instagram

get up

do the grocery shopping

work out

ride a bike

watch favourite series

meet her friend for a coffee

work

2. Complete the following questions about morning routines. Then, answer them based on your own routine.

1. What time \_\_\_\_\_ you \_\_\_\_\_ in the morning? (wake up)
2. \_\_\_\_\_ you \_\_\_\_\_ breakfast? (eat)
3. How \_\_\_\_\_ you \_\_\_\_\_ to school/work? (get)
4. What \_\_\_\_\_ you usually \_\_\_\_\_ for breakfast? (eat)
5. \_\_\_\_\_ you \_\_\_\_\_ your teeth after breakfast? (brush)
6. What time \_\_\_\_\_ you \_\_\_\_\_ the house for school/work? (leave)
7. \_\_\_\_\_ you \_\_\_\_\_ through Instagram in the morning? (scroll)
8. \_\_\_\_\_ you usually \_\_\_\_\_ in the morning? (exercise)
9. \_\_\_\_\_ you \_\_\_\_\_ a shower in the morning or at night? (take)
10. What \_\_\_\_\_ you usually \_\_\_\_\_ to work/school? (wear)





# POSSIBLE ANSWERS

1. Use the words below to describe Harper's daily routine. Use present simple.



do the grocery shopping

work out

meet her friend for a coffee

work

scroll through Instagram

get up

watch favourite series

ride a bike

1. Harper usually gets up at 9 o'clock.
2. Then, she scrolls through Instagram for a few minutes and eats her breakfast.
3. After that, she works from home till 1 o'clock.
4. Then, she goes to the gym and works out.
5. Next, she rides her bike in a park.
6. She usually meets her friend for a coffee at 5 pm.
7. Then, she goes grocery shopping.
8. In the evening, she usually watches her favourite series.

2. Complete the following questions about morning routines. Then, answer them based on your own routine.

1. What time **do** you **wake up** in the morning?
2. **Do** you **eat** breakfast?
3. How **do** you **get** to school/work?
4. What **do** you usually **eat** for breakfast?
5. **Do** you **brush** your teeth after breakfast?
6. What time **do** you **leave** the house for school/work?
7. **Do** you **scroll** through Instagram in the morning?
8. **Do** you usually **exercise** in the morning?
9. **Do** you **take** a shower in the morning or at night?
10. What **do** you usually **wear** to work/school?







# DAILY ROUTINE ACTIONS

1. Match the first part of each daily routine action from the left column with the correct ending from the right column to form a complete phrase.

1.wake

2.brush

3.take a

4.get

5.eat

6.leave the

7.start

8.cook

9.watch

10.travel/go

11.get ready

12.go

a)home

b)your teeth

c)work/school

d)dressed

e)shopping

f)up

g)shower/bath

h)TV/Netflix/TikTok

i)house

j)for bed

k)breakfast/lunch/dinner

l)something to eat

2. Let's revise!

- 10:00 - Ten o'clock
- 8:15 - Eight fifteen/ a quarter past eight
- 3:30 - Three thirty/ half past three
- 5:45 - Five forty-five/a quarter to six
- 2:05 - Two oh five/ five past two
- 6:50 - Six fifty/ ten to seven
- 11:10 - Eleven ten/ ten past eleven
- 1:55 - One fifty-five/ five to two

3. Make sentences about what Luna does each day. Add the time for each thing she does.



8.15



8.50



10.00



1.30



6.00



7.30



10.15



11.00

# ANSWERS

1.f. 2.b. 3.g. 4.d. 5.k. 6.i.  
7.c. 8.l. 9.h. 10.a. 1.j. 12.e.

1.wake

f)up

2.brush

b)your teeth

3.take a

g)shower/bath

4.get

d)dressed

5.eat

k)breakfast/lunch/dinner

6.leave the

i)house

7.start

c)work/school

8.cook

l)something to eat

9.watch

h)TV/Netflix/TikTok

10.travel/go

a)home

11.get ready

j)for bed

12.go

e)shopping

## 2. Let's revise!

- 10:00 - Ten o'clock
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- 11:10 - Eleven ten/ ten past eleven
- 1:55 - One fifty-five/ five to two

## 3. Make sentences about what Luna does each day. Add the time for each thing she does.

Luna **brushes her teeth** at quarter past eight/eight fifteen.

She **gets dressed** at ten to nine/eight fifty.

She **starts work** at ten o'clock.

Luna **has lunch** at half past one/one thirty.

She **travels/goes home** at six o'clock.

At half past seven/ seven thirty, she usually **goes shopping**.

She **takes/has a bath** at quarter past ten/ten fifteen.

She **goes to bed/to sleep** at eleven o'clock.



8.15



8.50



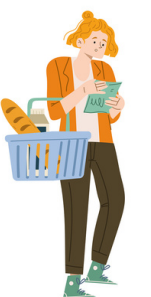
10.00



1.30



6.00



7.30



10.15



11.00



# NAME 3...

Try to be as fast as possible to give your answer.

Name 3 things you do before breakfast.

Name 3 things you do only at weekends.

Name 3 things you do in your free time.

Name 3 things you do before going to bed.

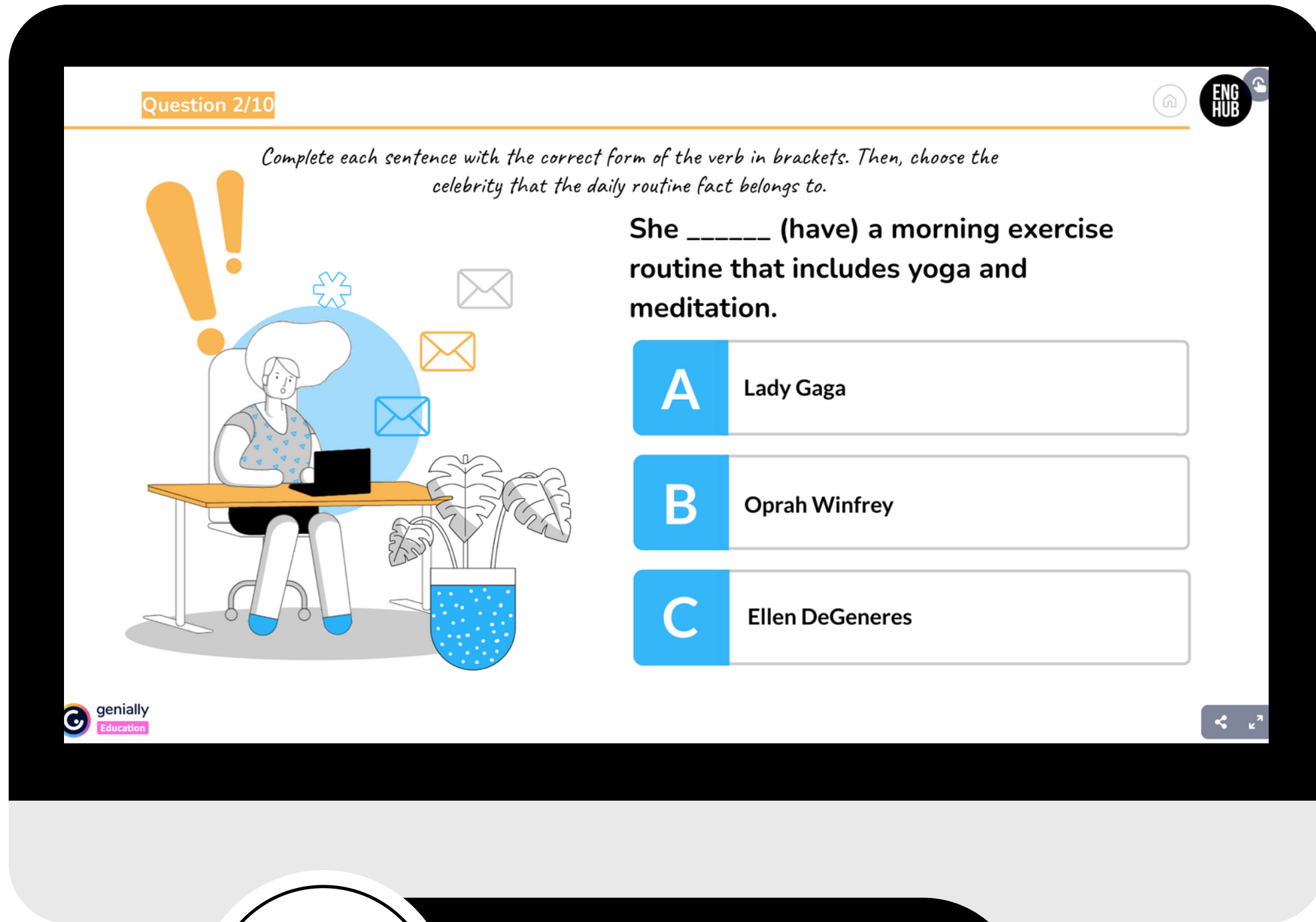


Name 3 things you do when you get home from school/work.

Name 3 things you do before a big trip.

Name 3 things you do when you're cooking dinner.

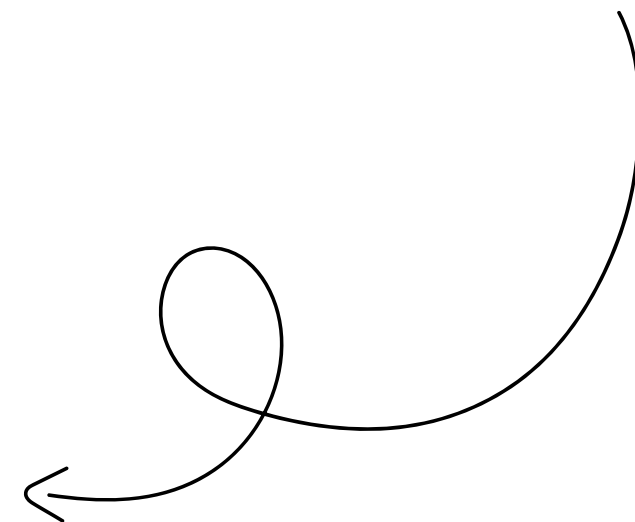
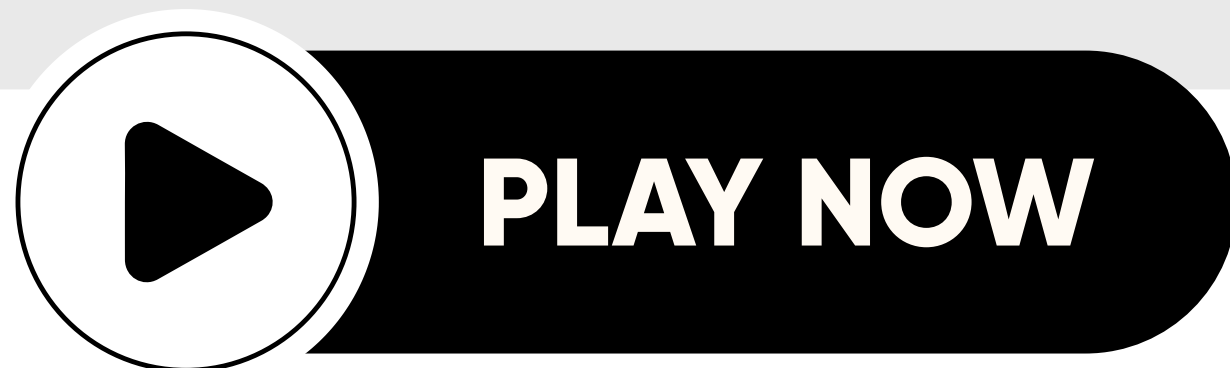
# CELEB DAILY ROUTINE QUIZ



The image shows a tablet screen displaying a quiz question. At the top left, it says 'Question 2/10'. The instruction reads: 'Complete each sentence with the correct form of the verb in brackets. Then, choose the celebrity that the daily routine fact belongs to.' The question is: 'She \_\_\_\_\_ (have) a morning exercise routine that includes yoga and meditation.' There are three multiple-choice options: A Lady Gaga, B Oprah Winfrey, and C Ellen DeGeneres. To the left of the text is an illustration of a person sitting at a desk with a laptop, surrounded by icons of a lightbulb, a snowflake, and envelopes. A potted plant is on the desk. The 'genially Education' logo is in the bottom left corner of the screen.

*Complete each sentence with the correct form of the verb in brackets. Then, choose the celebrity that the daily routine fact belongs to.*

*Have fun!*



# EXTRA TASKS

1. Complete the sentences with the correct form of the verb in brackets.

1. I usually \_\_\_\_\_ (wake up) at 7 a.m. every weekday.
2. Before leaving my bed, I always \_\_\_\_\_ (scroll) through Instagram.
3. We never \_\_\_\_\_ (get) out of bed before 8 on weekends.
4. After breakfast, I \_\_\_\_\_ (brush) my teeth and \_\_\_\_\_ (take) a shower.
5. My brother never \_\_\_\_\_ (skip) his morning workout, he \_\_\_\_\_ (do) it in the living room.
6. Our parents \_\_\_\_\_ (drink) coffee while they \_\_\_\_\_ (check) their emails.
7. In the afternoon, I usually \_\_\_\_\_ (attend) online meetings and \_\_\_\_\_ (work) on my projects.
8. My friend usually \_\_\_\_\_ (finish) work at 6 p.m and then she \_\_\_\_\_ (travel) home.
9. They usually \_\_\_\_\_ (go) to the gym after work.
10. After dinner, we sometimes \_\_\_\_\_ (watch) Netflix or \_\_\_\_\_ (play) video games.
11. She never \_\_\_\_\_ (go) to bed without brushing her teeth.
12. Dan \_\_\_\_\_ (take care) of his pet before he \_\_\_\_\_ (get) ready for bed.

2. Match the sentence halves to create a logical routine action.

1. I usually have a coffee break...
  2. I brush my hair...
  3. I never skip...
  4. I catch up with my friends...
  5. I always clean up...
  6. I exercise...
  7. I finish my homework...
  8. I get ready for bed...
- 
- A. ...after dinner and then I can relax.
  - B. ...after getting dressed not to ruin it.
  - C. ...at around 11 am at work.
  - D. ...in the evening after work.
  - E. ...the kitchen after eating dinner.
  - F. ...put my pyjamas on and wash my face.
  - G. ...in the morning after waking up. I feel very energetic after that!
  - H. ...my breakfast. It's the most important meal!



# ANSWERS

1. Complete the sentences with the correct form of the verb in brackets.

1. I usually **wake up** at 7 a.m. every weekday.
2. Before leaving my bed, I always **scroll** through Instagram.
3. We never **get** out of bed before 8 on weekends.
4. After breakfast, I **brush** my teeth and **take** a shower.
5. My brother never **skips** his morning workout, he **does** it in the living room.
6. Our parents **drink** coffee while they **check** their emails.
7. In the afternoon, I usually **attend** online meetings and **work** on my projects.
8. My friend usually **finishes** work at 6 p.m and then she **travels** home.
9. They usually **go** to the gym after work.
10. After dinner, we sometimes **watch** Netflix or **play** video games.
11. She never **goes** to bed without brushing her teeth.
12. Dan **takes care** of his pet before he **gets** ready for bed.

2. Match the sentence halves to create a logical routine action.

1. I usually have a coffee break... C. ...at around 11 am at work.
2. I brush my hair... B. ...after getting dressed not to ruin it.
3. I never skip... H. ...my breakfast. It's the most important meal!
4. I catch up with my friends... D. ...in the evening after work.
5. I always clean up... E. ...the kitchen after eating dinner.
6. I exercise... G. ...in the morning after waking up. I feel very energetic after that!
7. I finish my homework... A. ...after dinner and then I can relax.
8. I get ready for bed, ... F. ....put my pyjamas on and wash my face.





# LET'S PLAY!

*Read the rules and play in teams or player VS player.*

You will see a card with 5 words. The task is to explain as many words as possible in 1 minute. You can play individually and explain the words to everyone or in teams, where you explain the words to your team. Get a point for every guessed word.

The teacher can use a timer. The player or team with the most points at the end of the game wins! The cards can be sent to the players privately before the game or the players can turn away from their screens and let one player see and explain the card.





*Explain as many words  
as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND  
PHRASES AS YOU CAN IN ONE  
MINUTE



- COOK BREAKFAST
- READ A MAGAZINE
- HAVE A BATH
- CLEAN YOUR ROOM
- DRAW A PICTURE







*Explain as many words  
as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND  
PHRASES AS YOU CAN IN ONE  
MINUTE



- WATCH SERIES
- WORK
- WATCH REELS
- WORK OUT
- WALK IN THE PARK





*Explain as many words as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



-  GO SHOPPING
-  READ THE NEWS
-  BAKE A CAKE
-  LISTEN TO MUSIC
-  WALK THE DOG





*Explain as many words as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



- FEED THE PET
- STUDY A LANGUAGE
- PLAY VIDEO GAMES
- EXERCISE
- WATCH YOUTUBE





*Explain as many words as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



- GET READY FOR BED
- CHECK EMAILS
- CALL FRIENDS
- PLAY A MUSICAL INSTRUMENT
- WATER THE PLANTS





*Explain as many words  
as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND  
PHRASES AS YOU CAN IN ONE  
MINUTE



-  COOK LUNCH
-  CLEAN UP
-  HAVE A COFFEE BREAK
-  DO HOMEWORK
-  TAKE CARE OF A PET





*Explain as many words as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



- FINISH WORK
- BRUSH HAIR
- GO TO THE GYM
- EAT DINNER
- LEAVE THE HOUSE





*Explain as many words as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



- GO HOME
- WATCH NETFLIX
- GET OUT OF BED
- READ A BOOK
- SPEND TIME WITH FAMILY





*Explain as many words as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



- EAT BREAKFAST
- BRUSH TEETH
- GO TO BED
- GET DRESSED
- TURN OFF ALARM







*Explain as many words as possible in 1 minute.*

# LET'S PLAY!

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



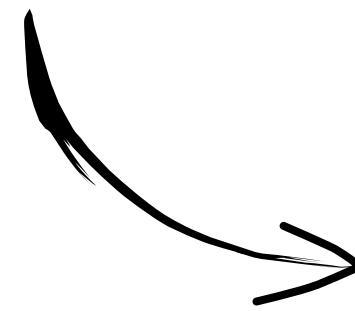
- TAKE A SHOWER
- START WORK/SCHOOL
- PACK LUNCH
- WATCH TIKTOK
- WAKE UP





# QUIZLET

*Revise the words and complete different activities to memorize them even better.*





**THANK YOU!**

