DAILY ACTIVITIES

Question: Do you have an interesting daily routine – or a boring daily routine?

- Complete the paragraph on the right with the words on the left.

My Daily Routine

Some of my friends think I have a boring daily routine, but I like it. I usually **(1) __________________** at about 6:00 or 6:30 in the morning, after my alarm clock wakes me up.

First, I brush my teeth, and shave, and wash my face. Then, I **(2) __________________** and go downstairs to **(3) __________________** breakfast with my family. I always have coffee, cereal, and lots of fruit. That's me in the picture with my wife. I **(4) __________________** to work because I don't like to drive, and I always **(5) __________________** at my office before 8:00. I'm never late for work. Five o'clock is my favorite time of the day because I finish work and **(6) __________________** and see my wife and two children again. We eat dinner together in our dining room at around 6:00, and after that I **(7) __________________** with my wife and kids at home. We really **(8) __________________** watching our favorite TV programs together, but two or three times a week I **(9) __________________** in the evening, so I can stay strong and healthy. This is very important! Finally, at about 9:30, I **(10) __________________** , read for a while, and then **(11) __________________** . Sure, some people think my daily routine is a little boring – but on weekends and holidays I love to **(12) __________________** airplanes for fun!

(about 200 words)
NAME: ___________________________________ DATE: __________________

DAILY ACTIVITIES

My Daily Routine

Vocabulary Practice

- Match the words on the left with the meanings on the right.

1. arrive  E  A. to put clothes on
2. enjoy  ___  B. to like
3. for a while ___  C. the same way of always doing something
4. get dressed ___  D. to be at some place and rest in your free time
5. hang out ___  E. to come to a place after traveling
6. kids ___  F. children
7. routine ___  G. for a period of time
8. shave ___  H. to cut off the hair that grows on the face

How Much Do You Understand?

- Write ‘T’ (True) or ‘F’ (False) next to each statement.

1. ___ The paragraph describes what the man usually does.
2. _____ He usually gets up very early.
3. _____ Sometimes he has tea with his cereal and fruit.
4. _____ He gets to work by taxi.
5. _____ He likes to spend time with his family.
6. _____ He has an exciting hobby.

Discuss

- Ask and answer the following questions with your classmates.

1. Do you think the man has a boring daily routine? Why? / Why not?
2. What time do you usually get up? What time do usually go to bed?
3. What do you usually eat for breakfast? Do you usually eat healthy food?
4. What things do you usually like to do for fun in your free time?
Some of my friends think I have a boring daily routine, but I like it. I usually (1)_______ at about 6:00 or 6:30 (2)_______ the morning, after my alarm clock wakes me up. First, I brush my teeth, and shave, and wash (3)_______ face. Then I get dressed and go downstairs (4)_______ breakfast with my family. I always have coffee, cereal, and lots of fruit. That’s me in the picture with my wife. I take a bus to work because I (5)_______ to drive, and I always arrive at my office before 8:00. I’m never late (6)_______ work. Five o’clock is my favorite time of the day because I finish work and go home and (7)_______ my wife and two children again. We eat dinner together in (8)_______ dining room at around 6:00, and after that I hang out with my wife and kids at home. We really enjoy watching our favorite TV programs together, (9)_______ two or three times a week I (10)_______ exercise in the evening, so I can stay strong and healthy. This is very important! Finally, at about 9:30, I go to bed, read for a while, and then fall asleep. Sure, (11)_______ people think my daily routine is a little boring – but on weekends and holidays I love to fly airplanes (12)_______ fun!

1. (A) am getting up
   (B) got up
   (C) gets up
   (D) get up

2. (A) in
   (B) at
   (C) on
   (D) to

3. (A) mine
   (B) my
   (C) I
   (D) me

4. (A) had
   (B) have
   (C) having
   (D) to have

5. (A) not like
   (B) no like
   (C) don’t like
   (D) am not like

6. (A) about
   (B) with
   (C) for
   (D) until

7. (A) see
   (B) saw
   (C) seen
   (D) seeing

8. (A) we
   (B) our
   (C) us
   (D) ours

9. (A) but
   (B) so
   (C) because
   (D) for example

10. (A) was
    (B) am
    (C) do
    (D) did

11. (A) any
    (B) some
    (C) have
    (D) are

12. (A) is
    (B) for
    (C) can
    (D) be
My Daily Routine

Writing Practice 1

- Listen to your teacher and complete the paragraph.

Some of my friends think I have a boring daily routine, but I like it. I usually _______ _______ at about 6:00 or 6:30 in the morning, _______ my alarm clock _______ me up. _______, I brush my teeth, and shave, and _______ my _______. Then I _______ _______ and go downstairs to _______ _______ with my family. I always have coffee, cereal, and _______ _______ fruit. That’s me _______ _______ _______ with my wife. I _______ a bus to work _______ I _______ _______ to drive, and I _______ arrive at my office _______ 8:00. I’m _______ _______ for work. Five o’clock is my _______ _______ _______ the day _______ I finish work and _______ _______ and see my wife and _______ _______ again. We _______ _______ _______ in our dining room _______ _______ 6:00, and _______ _______ I _______ _______ with my wife and kids _______ home. We _______ _______ watching our _______ TV programs _______, but _______ or _______ times a week I _______ _______ _______ in the evening, _______ _______ _______ stay _______ and _______. This _______ very _______! _______, at about 9:30, I _______ _______ _______, read _______ _______ _______, and then _______ _______. Sure, some _______ think _______ _______ _______ is _______ _______ boring – but _______ _______ and holidays _______ _______ _______ fly _______ _______ _______!
My Daily Routine

Writing Practice 2

- Don’t look at the paragraph. In your own words, write what you can remember about the man’s daily routine. Use the back of this paper if you need more space.
GRAMMAR QUIZ: PRESENT TENSE

Answer these fourteen questions to score your knowledge of PRESENT TENSE grammar.

1. Thank you for this interview. So, do you … a busy schedule?
   a) having
   b) has
   c) have
   d) had

2. Yes, I … I’m always very busy, seven days a week!
   a) am
   b) do
   c) is
   d) have

3. What time do you … get up in the mornings?
   a) never
   b) usually
   c) ever
   d) are

4. I get up at about 5:30 am. Then, I … breakfast at 6 am.
   a) eating
   b) ate
   c) am eating
   d) eat

5. That’s very early. … tired when you wake up so early?
   a) You have
   b) Do you
   c) You
   d) Are you

6. No, …, because I always get lots of rest and eat healthy food.
   a) I didn’t
   b) I not
   c) I’m not
   d) I don’t

7. And what about your husband? What time … he get up?
   a) does
   b) is
   c) do
   d) are

8. He always … up after I do, at about 6:00 am.
   a) gets
   b) getting
   c) get
   d) is get

9. … you drive to work, or … you take a bus?
   a) Are / do
   b) Are / are
   c) Do / are
   d) Do / do

10. I drive to work and my husband … to work!
    a) is walking
    b) walks
    c) walk
    d) is walk

11. … like to do on the weekend, in your free time?
    a) What do you
    b) What you
    c) What are you
    d) What you are

12. … Saturdays, I love to play tennis. And sometimes, I go jogging.
    a) At
    b) On
    c) In
    d) To

13. You sound like a very busy person. … you go to sleep very early?
    a) Are
    b) Do
    c) Is
    d) Did

14. … evening, I go to bed at the same time, at 9:30 pm.
    a) That
    b) The
    c) Every in the
    d) Every

13 – 14 = Excellent  11 – 12 = Good  9 – 10 = Okay
**NAME:** ____________________________  **DATE:** ________________

# DAILY ACTIVITIES

## My Daily Routine

**Make Notes**

- Write notes about your own daily routine, from the time you usually wake up in the morning until you fall asleep at night (or interview and make notes about a classmate).

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before school or work</strong></td>
<td></td>
</tr>
<tr>
<td><strong>After school or work</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
</tr>
<tr>
<td><strong>After dinner</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Before falling asleep</strong></td>
<td></td>
</tr>
</tbody>
</table>
DAILY ACTIVITIES

My Daily Routine

Writing Practice 3

- Use your notes and write about your own daily routine, from the time you usually wake up in the morning until the time you fall asleep at night (or write about a classmate). Use the back of this paper if you need more space.
Language Focus  Present Simple Tense
Level  Intermediate
Time  Approximately 120 – 180 minutes

ANSWER KEY

● Complete the Paragraph
1. get up
2. get dressed
3. have
4. take a bus
5. arrive
6. go home
7. hang out
8. enjoy
9. do exercise
10. go to bed
11. fall asleep
12. fly

● How Much Do You Understand?
1. T
2. T
3. F (He has coffee with his cereal and fruit.)
4. F (He gets to work by bus.)
5. T
6. T

● Grammar-in-Context
1. D
2. A
3. B
4. D
5. C
6. C
7. A
8. B
9. A
10. C
11. B
12. B

● Vocabulary Practice
1. E
2. B
3. G
4. A
5. D
6. F
7. C
8. H

● Grammar Quiz: Present Tense
1. C
2. A
3. B
4. D
5. D
6. C
7. A
8. A
9. D
10. B
11. A
12. B
13. B
14. D

● Homework Idea
After you make notes, write about your own daily routine. In the next class, get into a small group and read aloud your paragraph.

EXPLORE on-line:
http://www.ineedmoretime.com/daily.htm
http://www.freeprintablebehaviorcharts.com/daily%20routines.htm
http://en.wikipedia.org/wiki/Time_management
http://www.youtube.com/watch?v=fnPVQF-htfo