

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# 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!

- A arrive v.
- D do exercise v.
- E enjoy
- F fall asleep v.
- fly v.
- G get dressed v.
- get up v.
- go to bed v.
- go home v.
- H hang out v.
- have v.
- T take a bus v.

(about 200 words)

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# DAILY ACTIVITIES

## My Daily Routine



### Vocabulary Practice

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

- |                |          |   |
|----------------|----------|---|
| 1. arrive      | <u>E</u> | 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. T 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 you 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?

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# DAILY ACTIVITIES

## My Daily Routine



### Grammar-in-Context

- Complete the paragraph by circling the correct words.

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

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

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

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

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

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

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

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

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

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

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

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

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# DAILY ACTIVITIES

## 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 \_\_\_\_\_!

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# DAILY ACTIVITIES

## *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.*

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# 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

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# 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).

Before school or work	
After school or work	
Dinner	
After dinner	
Before falling asleep	





# LESSON

# Daily Activities/Routine

**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

### ● Vocabulary Practice

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

**THINK GREEN!** Whenever possible, consider:

- double-siding photocopies
- having students share copies
- using an OHP or smartboard

### ● 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 | 5. C | 9. A  |
| 2. A | 6. C | 10. C |
| 3. B | 7. A | 11. B |
| 4. D | 8. B | 12. B |

### ● Grammar Quiz: Present Tense

- |      |       |       |
|------|-------|-------|
| 1. C | 6. C  | 11. A |
| 2. A | 7. A  | 12. B |
| 3. B | 8. A  | 13. B |
| 4. D | 9. D  | 14. D |
| 5. D | 10. B |       |

### ● 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://en.wikipedia.org/wiki/Time_management)

<http://www.youtube.com/watch?v=fnPVQF-htfo>