

# Discussion Questions

## Routine

### Student A

1. What time and where do you usually have breakfast?
2. At what time do you usually leave your home? Where do you go and what do you do?
3. Do you do exercises in the morning?
4. Do you like your routine? Why or why not?
5. At what time do you eat lunch? Where do you eat lunch and what do you usually eat?
6. What time do you get home from school/work?
7. When do you take a shower or bath? How long do you spend in the bathroom?
8. Do you go to bed before midnight or after midnight?
9. Is there a routine that your mother/father/partner has that you don't like?
10. What is something that you always do every day? What is something you never do?

### Student B

1. Do you usually do the same thing every day; get up at the same time, eat lunch and go to bed at the same time?
2. Do you have friends or family who follow similar routines?
3. How long does it take you to get ready in the morning? What do you need to do?
4. What would you like to change if you could change something in your daily routine?
5. How many times do you check the time each day? Why do you check the time?
6. Do you go to the gym after school/work? Do you do any sport after school/work?
7. Whom do you like to have dinner with? Where?
8. Do you watch television at night?
9. Do you have a grocery shopping routine? When and where do you do it?
10. How do you wind down at the end of a long day? Do you think this is a healthy habit?