

# Warmup / introduction.



## HOW TO BRUSH YOUR TEETH

1. Are you friendly when you wake up?
2. Do you open your window and listen to the birds chirping [singing]?
3. Do you need a long time to get ready in the morning?
4. Who is the happiest, and unhappiest, person in your family in the mornings?

**Write this on the board:**

What is the first thing you do when you wake up in the morning?

Students to answer using full sentences:

I make \_\_\_\_\_.

I sometimes \_\_\_\_\_.

I go to the \_\_\_\_\_.

I get \_\_\_\_\_.

*my bed, a cup of coffee, etc.*

*turn around and go back to sleep.*

*bathroom, kitchen, swimming pool.*

*my clothes from the cupboard, etc.*

### Follow-up Questions

1. Who gets up first in your house?
2. What time do you go to bed?
3. Do you usually get enough sleep?
4. Is your morning routine always the same?
5. Do you sleep late on the weekend?
6. How long does it take you to “wake up” in the morning?  
*[usually about 30 minutes, but some people need up to 90 minutes]*
7. Is there anything in your morning routine that you must do, but don't like doing?
8. Which part of your morning routine do you like the most?
9. Do you prefer summer or winter mornings?
10. When do you brush your teeth, when you wake up, or after breakfast?