



DAILY ROUTINES

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1. Look at the big picture



Activity A: Find & Match (8–10 minutes)

Find these activities in the big picture and write the correct time or sentence.

1. She wakes up → _____
2. She has breakfast → _____
3. She goes to work → _____
4. She exercises / goes running → _____
5. She has dinner with her family → _____
6. She goes to bed → _____

2. Vocabulary Bank

Daily Verbs	Time Expressions
wake up – get up – brush my teeth	in the morning
have breakfast – go to work/school	in the afternoon
have lunch – exercise / go running	in the evening
cook dinner – have dinner – watch TV	at night
relax – go to bed	at + time (at 7 o'clock, at 8:30, etc.)

Activity B: Match the verb to the picture

Match verbs to the scenes in the picture

1. wake up _____
2. have breakfast _____
3. go to work _____
4. exercise _____
5. cook dinner _____
6. go to bed _____

Activity C: Write the correct verb

1. I _____ up at 7 o'clock.
2. I _____ my teeth every morning.
3. I _____ breakfast at 7:30.
4. I _____ to work at 8:30.
5. I _____ dinner at 7:30 pm.
6. I _____ to bed at 11 o'clock.

Activity D: My Morning Routine (Quick writing)

Write 4 things you do in the morning:

1. _____
2. _____
3. _____
4. _____

Activity E: Vocabulary Match & Time Hunt

Look at the Daily Routines timeline picture

Find the correct time or action to complete the sentences using words from the box.

7:30 / Bed / Work / 12:00 / Exercising / Brush

1. The main character wakes up and stretches at 7 o'clock, and then she goes to the bathroom to _____ her teeth.
2. She sits down to have breakfast with a bowl of cereal and a cup of hot coffee at _____ in the morning.
3. She sits down at her desk in the office and says, "I go to _____ at 8:30."
4. At _____ midday, she takes a break to have lunch and chat with a friend at a busy outdoor cafe.
5. In the evening at 17:30, she enjoys jogging and _____ outside in a beautiful green park.
6. Finally, under the crescent moon and stars, she turns off the lights and goes to _____ at 11 o'clock.