



DAILY ROUTINES

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1. Pair Speaking Practice

Activity A: Find Someone Who... (Mingle – 8–10 minutes)

Walk around the class and ask your classmates. Write their names.

1. Find someone who wakes up before 7 o'clock.
→ _____ wakes up before 7.
2. Find someone who exercises in the afternoon.
→ _____ exercises in the afternoon.
3. Find someone who has breakfast every morning.
→ _____ has breakfast every morning.
4. Find someone who goes to bed after 11 o'clock.
→ _____ goes to bed after 11.
5. Find someone who watches TV in the evening.
→ _____ watches TV in the evening.
6. Find someone who **skips breakfast** or only drinks coffee in the morning.
→ _____ doesn't eat morning cereal.
7. Find someone who **takes a bus, subway, or train** to get to work or school.
→ _____ commutes by public transport.
8. Find someone whose **favorite food for dinner** is Italian.
→ _____ loves Italian dinner.

2. Role-Play Cards (Practice in pairs)

Role-Play 1 – Two Friends Catching Up

Student A: You haven't seen your friend for a long time.

Student B: Answer your friend's questions about your daily life.

Role-Play 2 – Interview

Student A: You are a journalist.

Student B: You are a famous person (or a normal person).

Role-Play 3 – Parent & Child

Student A: You are a parent.

Student B: You are a teenager.

Useful language:

- What time do you wake up?
- What do you do in the morning?
- Do you exercise?
- What time do you go to bed?

3. Group Debate: Daily Routine Detectives

Work in pairs or a small group. Look at the Daily Routines timeline picture and decide if the statements are **True** or **False**.

If a statement is **False**, you must work together to speak the correct routine sentence aloud!

1. The main character has breakfast alone in her kitchen before going to work.
Useful Phrases: "I don't think so. Look at the breakfast scene..." or "She is sitting with..."
2. At 8:15, she waves goodbye while waiting at a bus stop that features a Talkmor sign.
Useful Phrases: "Yes, that's true! The sign says..."
3. Midday at 12:00, she eats a quick sandwich alone at her office desk.
Useful Phrases: "No, that's false! At 12:00 she is at a..."
4. In the evening at 17:30, she exercises by lifting heavy weights inside a busy gym.
Useful Phrases: "Look closely at the background. Is she inside or outside?"
5. (At 21:00, she relaxes on a red sofa in the living room while watching TV or using a tablet.
Useful Phrases: "Yes, I agree, this is true because..."

4. Peer Interview: What's Your Routine?

Put the picture away, stand up, and talk to your classmates.

Find out how your schedules compare to the timeline picture!

- **You ask:** "What time do you usually wake up?"
 - *Partner's answer:* I usually wake up at
- **You ask:** "Do you have breakfast at home or at school/work?"
 - *Partner's answer:* I have breakfast at
- **You ask:** "What time do you start your school or work desk job?"
 - *Partner's answer:* I start at
- **You ask:** "What do you do to relax in the evening?"
 - *Partner's answer:* I like to
- **You ask:** "Are you an early bird or a night owl?"
 - *Partner's answer:* I am a/an !