

What is Your Daily Routine?



🕒 | 45 min

Category: ✓ General English

Topic: ✓ Habits

Media: ✓ Audio

Level: ✓ A1 - Beginner

Grammar: ✓ Present Simple

Learning Focus: ✓ Grammar, Listening, Speaking, Vocabulary

Lesson Description

The lesson focuses on habits and routines. Students use the Present Simple tense to talk about their lives and practice new vocabulary.

Lesson Objectives

- To learn the use of the Present Simple (affirmative, negative, and questions) for "I" and plural forms
- To develop speaking and listening skills
- To describe routines and habits
- To learn and use new vocabulary



Activity 1

Learning and Practicing
New Vocabulary

VOCABULARY, SPEAKING



5 min

Ask the Student(s) to complete Task 1. Check the answers.
Ask these additional questions.

- What time do you wake up?
- What time do you wake up on the weekend?
- Do you have breakfast/ lunch/ dinner at home or at work?
- Do you have breakfast in bed on the weekend?
- Do you take a cold or hot shower/ bath?
- Do you go jogging? If yes, do you go jogging in the morning or in the evening?
- Do you go out on the weekend?
- What time do you have breakfast/ lunch/ dinner?
- What time do you go to bed?
- What time do you go to bed on the weekend?



Task 1

Choose the correct options.



I wake up / I get up / I have coffee



I have a shower / I go to bed / *I get dressed*



I have a shower / I watch TV / I have coffee



I play tennis / *I watch TV* / I get dressed



They have breakfast / *They have lunch* / They have dinner



They read books / They play the piano / They go to work



They go to work / They go home / *They go out*



We play tennis / *We go jogging* / We watch TV

What do you do every day? *Student's idea(s)*



Activity 2



10 min

Learning and Practicing Time Expressions

VOCABULARY, SPEAKING

Introduce or review the time expressions in the morning / afternoon / evening / on the weekend / at night / at ... o'clock by asking the following:

What do you usually do?

- in the morning
- in the afternoon
- in the evening
- on the weekend
- at night
- at ... o'clock
- before (work)
- after (lunch)



Activity 3



10 min

Practicing Vocabulary and Discussion

GRAMMAR, VOCABULARY

Introduce the negative form of Present Simple ("don't"). Ask the Student(s) to complete Task 2. Check and discuss the answers.

GRAMMAR REVIEW

Definition of the Present Simple

The Present Simple is used to give information about habits and routines.

Present Simple Grammar Structure

Subject	Helping Verb	Main Verb (infinitive)
I	—	work
You		go
We		dance
		run
They		ride a horse

Examples:

I **work** in a multinational company.

We **have** lunch at 12:00.

You **take** a shower in the morning.

Time expressions: in the morning/ afternoon/ evening
on the weekend/ at night/ at ... o'clock
before (lunch) / after (work)

Negation	Short forms
I don't go to the park.	do not = don't
We don't drive a car.	
They don't read books.	

**Task 2**

Complete the sentences with the correct verbs. Put a check mark (✓) next to the sentences that are true about you.

drink / get / go (x3) / play / read / watch

1. I _____ *drink* _____ Coke in the morning.
2. I _____ *read* _____ books at night.
3. I don't _____ *go* _____ home after work.
4. I don't _____ *play* _____ football on the weekend.
5. I _____ *go* _____ jogging before breakfast.
6. I _____ *get* _____ up at six o'clock on the weekend.
7. I don't _____ *watch* _____ TV in the afternoon.
8. I don't _____ *go* _____ out before the weekend.

**Activity 4**

10 min

Practicing Vocabulary and Describing Routines**GRAMMAR, VOCABULARY**

Ask the Student(s) to complete Task 3. Next, discuss the answers.

**Task 3**

Complete the sentences.

A PERFECT DAY

1. I wake up _____ *Student's idea(s)* _____.
2. I _____ *Student's idea(s)* _____ in the morning.
3. I don't _____ *Student's idea(s)* _____ in the morning.
4. I have lunch _____ *Student's idea(s)* _____.
5. I go _____ *Student's idea(s)* _____.
6. I don't go _____ *Student's idea(s)* _____.
7. I _____ *Student's idea(s)* _____ in the evening.
8. I don't _____ *Student's idea(s)* _____ at night.

A REALLY BAD DAY

1. I wake up _____ *Student's idea(s)* _____.
2. I _____ *Student's idea(s)* _____ in the morning.
3. I don't _____ *Student's idea(s)* _____ in the morning.
4. I have lunch _____ *Student's idea(s)* _____.
5. I go _____ *Student's idea(s)* _____.
6. I don't go _____ *Student's idea(s)* _____.
7. I _____ *Student's idea(s)* _____ in the evening.
8. I don't _____ *Student's idea(s)* _____ at night.

**Activity 5****5 min****Listening to Audio
and Describing Routines****LISTENING, VOCABULARY**

Play the Audio about daily routines twice if necessary. Next, ask the Student(s) to complete Task 4. Check the answers.

*Audio**Speaker 1*

Hi, my name is Sara. I get up at nine o'clock. I don't eat breakfast, but I drink coffee at ten. I have lunch at eleven. After work, I play tennis at four o'clock. I go to bed at twelve.

Speaker 2

Hello, I'm Peter. I get up early at six o'clock. I go to work at seven. I don't have breakfast at home. I eat it at work at eight. At four o'clock I play football. After that, I go home. I go to bed at eleven at night.

Speaker 3

Hello, my name is John. I wake up at seven in the morning. I eat breakfast at home at about eight o'clock. I start work quite late at ten. After work, I go home. I watch TV at six o'clock. I go to bed at twelve.



Task 4

Listen to the Audio. Write the correct names in the boxes.



<i>PETER</i>		<i>JOHN</i>		<i>SARA</i>	
6:00	get up	7:00	wake up	9:00	get up
7:00	work	8:00	breakfast	10:00	coffee
8:00	breakfast	10:00	work	11:00	lunch
4:00	football	6:00	TV	4:00	tennis
11:00	bed	12:00	bed	12:00	bed



Activity 6



5 min

Introducing and Practicing Present Simple Questions

VOCABULARY, SPEAKING

Review the Present Simple questions and question words. Next, ask the Student(s) to complete Task 5. Check and discuss the answers.

GRAMMAR REVIEW

Present Simple Questions

(question word) + do + infinitive

Present Simple Questions

Do you play football?**Do they get up** at 7?**Do you eat** breakfast?**When do you** watch TV?**What time do we play** tennis?**What do they do** in the morning?

**Task 4**

Match the questions and answers.

1. Do you get up at six o'clock? *d*
 2. Do you have a shower in the morning? *b*
 3. What do you do before work? *h*
 4. What do you do in the evening? *c*
 5. When do you read books? *f*
 6. When do you go out? *a*
 7. What time do you have dinner? *g*
 8. What time do you get dressed? *e*
- a) On the weekend.
 - b) No, in the evening.
 - c) I watch TV.
 - d) Yes, I do.
 - e) At eight after I have breakfast.
 - f) Before work or at night.
 - g) After work at about four o'clock.
 - h) I have a shower and I get dressed.