

FLEYDO ENGLISH SCHOOL

KIDS (6-10) | PRE-A1 | SPEAKING | 30 MIN | FREE

My Day!

Learn to talk about your daily routine from morning to night!

WHAT YOU WILL LEARN

- ✓ Name **16 daily routine actions**: wake up, brush teeth, eat breakfast, go to school...
- ✓ Use **sequence words**: first, then, after that, finally
- ✓ Use **time-of-day phrases**: in the morning, in the afternoon, in the evening, at night
- ✓ Put daily actions **in the correct order**
- ✓ Describe your day: "**First, I wake up. Then, I brush my teeth.**"

Part 1: Daily Routine Words

Action	When?	Sentence
wake up	morning	I wake up at 7 o'clock.
get up	morning	I get up and leave my bed.
wash my face	morning	I wash my face with water.
brush my teeth	morning + night	I brush my teeth every day.
get dressed	morning	I get dressed for school.
eat breakfast	morning	I eat breakfast : bread and milk.
go to school	morning	I go to school by bus.
study	at school	I study English and maths.
eat lunch	afternoon	I eat lunch at 12:30.
go home	afternoon	I go home at 3 o'clock.
play	afternoon	I play with my friends.
eat dinner	evening	I eat dinner with my family.

Action	When?	Sentence
watch TV	evening	I watch TV after dinner.
read a book	night	I read a book before bed.
go to bed	night	I go to bed at 8:30.
sleep	night	I sleep . Good night!

Part 2: Lily's Day – A Timeline

7:00	I wake up and get up.
7:10	I wash my face and brush my teeth.
7:20	I get dressed for school.
7:30	I eat breakfast: bread and milk.
8:00	I go to school by bus.
8:30-12:30	I study English, maths, and art.
12:30	I eat lunch at school.
3:00	I go home.
3:30	I play with my friends.
6:00	I eat dinner with my family.
7:00	I watch TV and read a book.
8:30	I brush my teeth, go to bed, and sleep!

Part 3: Talking About Your Day

Pattern	Example
I + action + in the morning.	I <i>wake up</i> in the morning.
I + action + in the afternoon.	I <i>play</i> in the afternoon.
I + action + in the evening.	I <i>eat dinner</i> in the evening.
I + action + at night.	I <i>go to bed</i> at night.
First, I + action.	First , I wake up.
Then, I + action.	Then , I brush my teeth.
After that, I + action.	After that , I eat breakfast.

Pattern	Example
Finally, I + action.	Finally, I go to school.

SEQUENCE WORDS:

- **First → Then → After that → Finally**
- These words put actions IN ORDER. They tell the story of your day!
- **In the morning** = before 12:00. **In the afternoon** = 12:00-5:00. **In the evening** = 5:00-9:00. **At night** = after 9:00.

Part 4: Practice Activities

Activity 1: My Day Quiz

- | | |
|--|--|
| 1. FIRST thing in the morning? | a) Eat dinner b) Wake up c) Go to bed d) Watch TV |
| 2. "I eat breakfast ___ the morning." | a) in b) on c) at d) by |
| 3. What BEFORE you go to school? | a) Go to bed b) Eat dinner c) Eat breakfast d) Watch TV |
| 4. "___, I brush my teeth. Then, I eat." | a) First b) Finally c) Yesterday d) Because |
| 5. When do you eat dinner? | a) Morning b) Afternoon c) Evening d) At school |
| 6. LAST thing before sleep? | a) Wake up b) Go to bed c) Eat breakfast d) Go to school |

Activity 2: Fill in the Blanks

Word box: wake up, breakfast, school, lunch, play, dinner, teeth, bed

- | |
|---|
| 1. I _____ at 7 o'clock in the morning. |
| 2. I eat _____ before I go to school. |
| 3. I go to _____ at 8 o'clock. |
| 4. I eat _____ at 12:30 at school. |
| 5. In the afternoon, I _____ with my friends. |
| 6. I eat _____ with my family in the evening. |

7. I brush my _____ before I sleep.

8. I go to _____ at 8:30 at night.

Part 5: Speaking Practice

- What time do you wake up?
- What do you eat for breakfast?
- How do you go to school?
- What do you do after school?
- What time do you go to bed?
- Describe your day using First... Then... After that... Finally...

Dialogue: What's Your Day Like?

Teacher

: What time do you wake up?

Tom: I wake up at 7 o'clock.

Teacher

: What do you do first?

Tom: First, I wash my face. Then, I brush my teeth.

Teacher

: What do you do after school?

Tom: I play football! Then I eat dinner and go to bed.

Creative Task: Draw your daily routine. Write: "First, I ____. Then, I ____. Finally, I ____."

Part 6: Let's Review!

- I can name **16 daily routine actions**
- I can use **sequence words**: first, then, after that, finally
- I can use **time-of-day phrases**: in the morning, afternoon, evening, at night
- I can put actions **in the correct order**
- I can describe my day: "**First, I wake up...**"
- I can ask "**What time do you wake up?**"

CONGRATULATIONS!

You have completed ALL 20 Pre-A1 Kids Lessons!

You can now greet people, count to 20, name colours, shapes, animals, body parts, food, family, clothes, toys, classroom objects, rooms, vehicles, park things, feelings, days of the week, and describe your daily routine — all in English! You are ready for the next level: **A1**! Keep learning and practising every day!

Answer Key (For Teachers)

Activity 1:

1. b) Wake up
2. a) in
3. c) Eat breakfast
4. a) First
5. c) Evening
6. b) Go to bed

Activity 2:

1. wake up
2. breakfast
3. school
4. lunch
5. play
6. dinner
7. teeth
8. bed