

My Daily Routine

Fleydo English School • Teens • A2 • Reading • 30 min

Lesson Objectives

- Read about two teenagers' morning routines
- Use Present Simple for habits
- Use adverbs of frequency correctly
- Tell the time with past/to
- Write about your own routine

Part 1: Reading — Two Different Mornings

Leo, 14, London: My alarm goes off at quarter past seven. I never get up straight away — I usually check my phone first. I always have a quick shower. I usually have cereal and juice, but I sometimes skip breakfast if I'm running late.

I leave at ten to eight and walk to school with my friend Dan. It takes fifteen minutes. We often talk about football. School starts at half past eight. I'm rarely late!

Amira, 13, Dublin: I'm a morning person — I always wake up before my alarm at about seven. I always have a proper breakfast: toast with eggs or porridge with fruit. I never skip breakfast.

My dad drives me to school — about twenty minutes. I usually listen to music or a podcast. I sometimes do last-minute homework! School starts at twenty to nine. I always arrive on time.

One thing we have in common: we both hate Monday mornings!

Part 2: Comprehension

1. What time does Leo's alarm go off? (Quarter past seven.)
2. What does Leo do before getting up? (Checks his phone.)
3. How does Leo get to school? (Walks with Dan.)
4. What time does Amira get up? (About seven.)
5. Why doesn't Amira skip breakfast? (Gets hungry by mid-morning.)
6. How does Amira get to school? (Her dad drives her.)
7. What do they both hate? (Monday mornings.)

Part 3: Vocabulary

Morning routine: alarm goes off, get up, have a shower, get dressed, have breakfast, skip breakfast, leave the house, arrive at school, make your bed, run late, check your phone

□ Part 4: Grammar

□ Present Simple for routines

I wake up at seven. He wakes up at eight. (add -s for he/she/it)

She doesn't skip breakfast. Does he walk? Yes, he does.

□ Adverbs of Frequency

always (100%) > usually (80%) > often (60%) > sometimes (40%) > rarely (10%) > never (0%)

Position: before main verb: I usually have cereal. After 'be': I'm rarely late.

□ Telling the Time

7:15 = quarter past seven. 7:50 = ten to eight. 8:30 = half past eight.

"It takes" + time: It takes fifteen minutes to walk.

□ Part 5: Quiz

1. She always ___ breakfast.

a) have b) has c) having d) haves

2. I ___ get up at seven. (usually)

a) get usually up b) usually get up c) Usually get up d) get up usually

3. He ___ walk to school.

a) don't b) doesn't c) isn't d) not

4. Why does Leo sometimes skip breakfast?

a) Doesn't like food b) Running late c) Mum forgets d) Prefers lunch

5. 7:50 in words is:

a) ten past seven b) ten to seven c) ten to eight d) ten past eight

6. She ___ always on time.

a) is b) does c) has d) do

⇒ Part 6: Fill in the Blanks


Word Box: always | usually | sometimes | never | gets up | doesn't | takes | walks

1. Leo _____ gets up straight away.

2. Amira _____ wakes up before her alarm.
3. Leo _____ has cereal for breakfast.
4. Leo _____ skips breakfast when late.
5. The walk _____ about fifteen minutes.
6. Leo _____ to school with Dan.
7. Amira _____ at about seven.
8. Amira's dad _____ like being late.

Part 7: Speaking & Writing

- Are you a morning person or not?
- What time do you get up on school days vs weekends?
- Do you always have breakfast?
- How do you get to school? How long does it take?
- Are you ever late?

 Write About Your Morning Routine 8-12 sentences. What time you wake up, what you do, breakfast, how you get to school, how long it takes. Use at least 4 adverbs of frequency!

Review Checklist

- I can describe daily routines with Present Simple.
- I can use adverbs of frequency correctly.
- I can add -s for he/she/it.
- I can use "doesn't" for negatives.
- I can tell the time with past/to.
- I can write about my own routine.

Well done! You completed Lesson 1: My Daily Routine!

□ Answer Key

Quiz Answers:

1. b) has
2. b) usually get up
3. b) doesn't
4. b) Running late
5. c) ten to eight
6. a) is

Fill in the Blanks Answers:

1. never
2. always
3. usually
4. sometimes
5. takes
6. walks
7. gets up
8. doesn't