

A1 TEENS · LESSON 07

Days of the Week

"What day is it today?"

Learn the seven days of the week and how to ask and answer "What day is it today?" Read a story, do the exercises, talk about your week with a partner, and write your own paragraph.

45 minutes

CEFR A1

Days of the week

What day is it?

Name: _____

Class: _____

Date: _____

1

WARM-UP

Think before you start

Before the lesson, ask yourself...

Take a minute. You don't need to write the answers — just think or tell a partner.

1. What day is it today? And what day is it tomorrow?
2. How many days are there in one week?
3. What is your favourite day? Why?
4. On which days do you go to school? On which days do you stay at home?

2

LANGUAGE FOCUS

The seven days & "What day is it?"

The seven days of the week

A week has seven days. We always write days with a **big (capital) letter!** Say each one out loud.

| | | | | | | |
|--------------------------|-----------------------------|------------------------------|------------------------------|--------------------------|-------------------------------|--------------------------|
| Monday MUN-day | Tuesday CHOOZ-day | Wednesday WENZ-day | Thursday THURZ-day | Friday FRY-day | Saturday SAT-er-day | Sunday SUN-day |
|--------------------------|-----------------------------|------------------------------|------------------------------|--------------------------|-------------------------------|--------------------------|

Monday to Friday = **weekdays** (school days). Saturday + Sunday = the **weekend**.

? How to ask and answer

To ask about the day we use **is**. We answer with **It's** + the day.

? QUESTION

What day + is it + today / tomorrow? = What day is it today?

✓ ANSWER

It + is (it's) + day = It's Monday.

TODAY "What day is it **today**?" "It's Wednesday."

TOMORROW "What day is it **tomorrow**?" "It's Thursday."

YESTERDAY "Yesterday was Tuesday." (*yesterday = the day before today*)

17 "on" + day — saying when

To say **when** something happens, we use the small word **on** before the day.

| RULE | EXAMPLES |
|----------------------------------|--|
| on + day (one time) | on Monday , on Friday (I have English on Monday.) |
| on + day + s (every week) | on Mondays (every Monday) |
| at the weekend | at the weekend (British) / "on the weekend" (American) |
| Always a capital letter! | Monday ✓ monday ✗ |

🗣️ Useful phrases — learn these by heart!

What day is it today? It's... today tomorrow yesterday on Monday every day at the weekend

My favourite day is...

Words you'll meet in the story

| WORD | MEANING | EXAMPLE |
|-------------------------------|---|--|
| day NOUN | 24 hours; Monday, Tuesday, etc. | <i>There are seven days in a week.</i> |
| week NOUN | seven days together | <i>I see my friends every week.</i> |
| today ADVERB | this day; now | <i>Today is Monday.</i> |
| tomorrow ADVERB | the day after today | <i>Tomorrow is Tuesday.</i> |
| yesterday ADVERB | the day before today | <i>Yesterday was Sunday.</i> |
| weekday NOUN | Monday to Friday (a school or work day) | <i>I go to school on weekdays.</i> |
| weekend NOUN | Saturday and Sunday | <i>I play football at the weekend.</i> |
| favourite ADJECTIVE | the one you like the most | <i>Friday is my favourite day.</i> |
| free ADJECTIVE | with no school or work; not busy | <i>I'm free on Saturday.</i> |
| busy ADJECTIVE | with a lot of things to do | <i>Mondays are very busy.</i> |

My Week: "Every day is different!"

A teenager tells us about his seven days

Seven days, seven different things to do. Some days are busy, some days are free. This is one teenager's week.

The busy days

Hi! My name is Marco. I'm fourteen, and my week is always busy. On **Monday**, **Tuesday**, **Wednesday**, **Thursday**, and **Friday** I go to school. These are my weekdays. **Monday** is my least favourite day — I'm always tired! But on **Wednesday** I have art class, so Wednesday is okay.

My favourite day

My favourite day is **Friday**. Why? Because after Friday comes the weekend! "What day is it tomorrow?" I ask my mum on Friday evening. "It's Saturday!" she says, and I smile.

The weekend

On **Saturday** I'm free. I play football with my friends and I sleep late. On **Sunday** my family and I have a big lunch together. Sunday is calm and quiet. Then it's **Monday** again... and a new week begins!

Think about it: Marco loves Friday because the weekend comes next. What is your favourite day? Is your week busy like Marco's, or quiet?

Review & remember

01

week

NOUN

Seven days together, from Monday to Sunday.

"There are 52 weeks in a year."

02

today

ADVERB

This day; the day now.

"What day is it today?" "It's Monday."

03

tomorrow

ADVERB

The day after today.

"Tomorrow is the weekend!"

04

weekend

NOUN

Saturday and Sunday, when most people don't work.

"I relax at the weekend."

05

free

ADJECTIVE

With no school or work to do; not busy.

"Are you free on Saturday?"

06

busy

ADJECTIVE

Having a lot of things to do.

"Mondays are always busy for me."

💡 Complete each sentence. Use the days of the week, or the right word. Remember: days always start with a **capital letter**!

1 There are seven days in a _____ (seven days = ?)

2 The day after Monday is _____ (day after Monday)

3 The day before Friday is _____ (day before Friday)

4 Saturday and Sunday are the _____ (Sat + Sun = ?)

5 "What day _____ it today?" (is / are)

6 "What day is it today?" " _____ Monday." (answer: It is...)

7 I have English class _____ Wednesday. (small word before a day)

8 The day after today is _____ (today → ?)

7

SPEAKING

Talk about your week

Ask your partner about their days!

Work with a partner. Ask these questions about the days of the week and answer with full sentences. Then change roles and ask again!

🎤 What day is it today? And tomorrow?

🎤 What is your favourite day? Why?

🎤 On which days do you go to school?

🎤 What do you do at the weekend?

🎤 Which day is busy for you? Which day is free?

EXAMPLE CONVERSATION

A: What day is it today?

B: It's Thursday. Tomorrow is Friday!

A: Nice! What's your favourite day?

B: My favourite day is Saturday, because I'm free. And you?

A: I like Friday. I have art class on Friday.

B: What do you do at the weekend?

A: I play football on Saturday and I sleep late on Sunday!

8

WRITING

Write about your week

Write a short paragraph (40–60 words)

Write about your week, just like Marco. Use the days of the week. Try to include these things:

- at least 4 days of the week (with capital letters!)
- your favourite day (My favourite day is...)
- one sentence with *on* + a day (On Monday I...)
- something you do at the weekend
- the words *busy* and *free*

1. How many days are there in one week?

A five

B six

C seven

D ten

2. What comes after Monday?

A Sunday

B Tuesday

C Friday

D Wednesday

3. What comes before Friday?

A Thursday

B Saturday

C Monday

D Sunday

4. Saturday and Sunday are called the:

A weekdays

B weekend

C week

D workday

5. Choose the CORRECT question:

A What day are it today?

B What day is it today?

C What is day today?

D When day is today?

6. "What day is it today?" A good answer is:

A They're Monday.

B It's Monday.

C I'm Monday.

D Yes, Monday.

7. Which one is written CORRECTLY?

A i go to school on monday

B I go to school on Monday

C I go to School on monday

D i Go to school On Monday

8. "Tomorrow" means:

A the day before today

B this day, now

C the day after today

D every day



Part 6 — Fill in the blanks

1. week
2. Tuesday
3. Thursday
4. weekend
5. is
6. It's (It is)
7. on
8. tomorrow

Part 9 — Quiz

1. **C** — seven. *A week has seven days.*
2. **B** — Tuesday. *Monday is followed by Tuesday.*
3. **A** — Thursday. *Before Friday is Thursday.*
4. **B** — weekend. *Saturday + Sunday = the weekend.*
5. **B** — What day is it today? *One day → is.*
6. **B** — It's Monday. *Answer with It's + the day.*
7. **B** — I go to school on Monday. *Days and I need a capital letter.*
8. **C** — the day after today. *Tomorrow = the day after today.*