

CEFR A1 · TEENS (11–16)

My Daily Routine: *From morning to night*

Every day you do the same things — wake up, eat, go to school, sleep. Learn the Present Simple with everyday verbs to talk about your day and the times you do each thing.

🕒 45 minutes

📖 Present Simple

🕒 Daily Routines

Name: _____

Class: _____

Date: _____

1 WARM-UP Think before you start

1. What time do you get up on a school day?
2. What is the first thing you do in the morning?
3. What do you do every day after school?
4. What time do you go to bed?

2 GRAMMAR FOCUS Present Simple — for your everyday routine

We use the **Present Simple** for things we do **every day** — our habits and routines.

POSITIVE	I / You / We / They	+	verb	=	I get up early		
POSITIVE	He / She / It	+	verb + s/es	=	She gets up early		
NEGATIVE	I / They	+	don't + verb	·	He / She	+	doesn't + verb
QUESTION	What time	+	do	+	you	+	verb ?

3 VOCABULARY IN ACTION

A day in your life

7:00 ☀️ I **wake up** and I **get up**.

7:15 🚿 I **have a shower** and **get dressed**.

7:40 🔍 I **have breakfast** and **brush my teeth**.

8:00 🚌 I **go to school**.

15:30 🏠 I **come home** and **do my homework**.

19:00 🍽️ I **have dinner** with my family.

22:00 🌙 I **go to bed** and **sleep**.

SPELLING FOR HE / SHE / IT

EXAMPLES

Most verbs: add -s

get up → gets up , **sleep → sleeps**

Ends in -o, -sh, -ch, -x: add -es

go → goes , **brush → brushes** , **watch → watches**

Consonant + -y → -ies

study → studies , **tidy → tidies**

Irregular

have → has , **do → does**

at 7 o'clock

in the morning

in the afternoon

in the evening

at night

every day

before school

after school

then

after that

4 KEY VOCABULARY

Words you'll meet in the story

WORD / PHRASE	MEANING	EXAMPLE
wake up <i>PHR. VERB</i>	to stop sleeping and open your eyes	<i>I wake up at six thirty.</i>
get up <i>PHR. VERB</i>	to get out of bed	<i>She gets up and opens the window.</i>
have a shower <i>PHRASE</i>	to wash your body with water	<i>I have a shower every morning.</i>
get dressed <i>PHRASE</i>	to put your clothes on	<i>He gets dressed for school.</i>
have breakfast <i>PHRASE</i>	to eat your first meal of the day	<i>We have breakfast at seven.</i>
brush my teeth <i>PHRASE</i>	to clean your teeth with a brush	<i>I brush my teeth after breakfast.</i>
do homework <i>PHRASE</i>	to do school work at home	<i>She does her homework in her room.</i>
routine <i>NOUN</i>	the things you do every day, always the same	<i>My morning routine is the same.</i>
early <i>ADJ./ADV.</i>	before the usual time; start of the day	<i>I get up early on school days.</i>
go to bed <i>PHRASE</i>	to get into bed to sleep	<i>I go to bed at ten o'clock.</i>

From 6 a.m. to 10 p.m.: A school day and a free day

Everybody has a routine. Some people get up very early; some people sleep late. Here are two teenagers and their very different days.

Nadia, 13 — A normal school day

My **routine** is always the same on school days. I **wake up** at half past six. I don't like it — it's so **early**! First I **have a shower**, then I **get dressed**. After that, I **have breakfast** with my mum — usually bread, cheese and tea. At ten to eight I **brush my teeth** and I **go to school**. School finishes at three o'clock. In the afternoon, I come home and I **do my homework**. In the evening, my family has dinner together. I **go to bed** at ten o'clock.

Tom, 14 — A lazy Saturday

Saturday is different! I **don't get up** early — I sleep until ten o'clock. My brother wakes up before me, but I stay in bed. I **don't have** a big breakfast; I just eat some cereal. I **don't do** any homework on Saturday! In the afternoon, I play football with my friends in the park. In the evening, we watch a film at home. On Saturdays I go to bed late, at midnight.

So — what about you?

Nadia's school day starts early and finishes with homework. Tom's Saturday is slow and free. Two teenagers, two very different days. But both of them have a routine. What does *your* day look like?

Editor's note: A good routine helps you feel calm and ready. When do you wake up, eat, study and sleep? Tell us about your perfect day!


Complete each sentence with the correct Present Simple form of the verb in brackets. Watch the spelling for he / she / it!


- 1 Nadia _____ at half past six. (*wake up*)
- 2 I _____ breakfast at seven o'clock. (*have*)
- 3 He _____ his teeth after breakfast. (*brush*)
- 4 Tom _____ early on Saturday. (*not / get up*)
- 5 My sister _____ her homework in the evening. (*do*)
- 6 What time _____ you go to bed? (*do / does*)
- 7 School _____ at three o'clock. (*finish*)
- 8 I _____ a big breakfast on Saturday. (*not / have*)


7


SPEAKING
Talk about your day

 What time do you wake up on a school day?

 What do you have for breakfast?

 How do you go to school?

 What do you do after school?

 What time do you go to bed?

EXAMPLE CONVERSATION

A: What time do you wake up?

B: I wake up at seven o'clock. And you?

A: I get up at half past six. What do you do after school?

B: I do my homework, then I play video games.

A: Does your brother do his homework too?

B: No, he doesn't! He watches TV.

8

WRITING
My daily routine (50–70 words)

Write about your normal school day, from morning to night. Use the Present Simple and time words. Try to include:

- at least 6 daily routine verbs (e.g. wake up, have breakfast, go to school)
- the time you do 3 things (e.g. at seven o'clock)
- at least one negative sentence (I don't...)
- time words: first, then, after that, in the evening

Check your understanding

1 Choose the correct form: She _____ up at seven o'clock.

A get

C getting

B gets

D is get

2 Which sentence is CORRECT?

A He don't get up early.

C He doesn't get up early.

B He doesn't gets up early.

D He not get up early.

3 Tom _____ his teeth after breakfast. (brush)

A brush

C brushes

B brushs

D is brush

4 _____ time do you go to bed?

A What

C Where

B Who

D How many

5 Choose the time word.

A very

C big

B in the morning

D red

6 Choose the correct spelling:

A She studys at night.

C She studyes at night.

B She studies at night.

D She study at night.

7 My family _____ dinner together every evening.

A have

C haves

B has

D having

8 Which sentence describes a daily routine?

A I am eating now.

C I go to bed at ten every night.

B Look, she is running!

D They are playing now.

✓ Answer Key — for teachers

Fill in the blanks: 1. wakes up 2. have 3. brushes 4. doesn't get up 5. does 6. do 7. finishes 8. don't have

Quiz: 1. B 2. C 3. C 4. A 5. B 6. B 7. B 8. C