


A1 TEENS · LESSON 12

# My Daily Routine


## *every day, the same things*

Learn the Present Simple to talk about your daily routine, with the everyday verbs you need most. Read a story, do the exercises, compare routines with a partner, and write your own.

 45 minutes

 CEFR A1

 Present Simple

 Daily routine

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

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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 time do you get up in the morning?

2. What is the first thing you do every day?

3. Do you have breakfast before school? What do you eat?

4. What time do you go to bed?

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GRAMMAR FOCUS

### Present Simple & everyday verbs

## A day in eight steps

Here are the verbs we use most for our daily routine. Say each one out loud!



7:00 a.m.  
I get up



7:10 a.m.  
I have a shower



7:30 a.m.  
I have breakfast



8:00 a.m.  
I go to school



9:00 a.m.  
I study



7:00 p.m.  
I have dinner



8:30 p.m.  
I do my homework



10:00 p.m.  
I go to bed

## How do we build the sentence?

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

### POSITIVE

I / You / We / They + verb = I get up at 7.

He / She / It + verb + s = She gets up at 7.

### NEGATIVE

I / You / We / They + don't + verb = I don't get up early.

He / She / It + doesn't + verb = He doesn't eat breakfast.

### QUESTION

Do + you / we / they + verb ? = Do you study at night?

Does + he / she / it + verb ? = Does she go to bed late?

## ✓ Spelling for he / she / it & saying the time

For **he**, **she**, **it** we add **-s**. We use **at** + time and **in the** + part of day.

RULE	EXAMPLES
Most verbs: add <b>-s</b>	get → gets , eat → eats , play → plays
Ends in <b>-o, -sh, -ch, -ss</b> : add <b>-es</b>	go → goes , watch → watches , brush → brushes
Consonant + <b>-y</b> : <b>y → -ies</b>	study → studies , tidy → tidies
Irregular	have → has , do → does
Telling when	at 7 o'clock , in the morning , at night

🗨 Useful phrases — learn these by heart!

every day

in the morning

in the afternoon

in the evening

at night

at 7 o'clock

before school

after school

first... then...

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### KEY VOCABULARY

## Words you'll meet in the story

WORD / PHRASE	MEANING	EXAMPLE
<b>get up</b> PHRASAL VERB	to leave your bed in the morning	<i>I get up at seven o'clock.</i>
<b>wake up</b> PHRASAL VERB	to stop sleeping; to open your eyes	<i>I wake up before my alarm.</i>
<b>have breakfast</b> PHRASE	to eat your first meal of the day	<i>We have breakfast together.</i>
<b>brush</b> VERB	to clean with a brush (teeth, hair)	<i>I brush my teeth twice a day.</i>
<b>get dressed</b> PHRASE	to put your clothes on	<i>I get dressed quickly.</i>
<b>study</b> VERB	to learn; to read and do school work	<i>She studies maths in the evening.</i>
<b>homework</b> NOUN	school work you do at home	<i>I do my homework after dinner.</i>
<b>routine</b> NOUN	the same things you do every day	<i>My morning routine is always the same.</i>
<b>early</b> ADJECTIVE / ADVERB	before the usual time	<i>I get up early on weekdays.</i>
<b>late</b> ADJECTIVE / ADVERB	after the usual time	<i>I go to bed late at the weekend.</i>

## Lena's School Day: "From 6:30 to 10 o'clock"

One teenager shows us her daily routine

Every day is almost the same for Lena. But she likes her routine — it makes her feel calm. Let's follow her day.

### In the morning

My name is Lena and I'm thirteen. On school days, I **wake up** at 6:30, but I **don't get up** immediately. At 6:40 I finally **get up**. First, I **have** a quick shower, then I **get dressed** and **brush** my teeth. I **have** breakfast at 7:00 — usually toast and milk. My little brother **doesn't eat** breakfast; he's never hungry in the morning!

### At school

I **go** to school at 7:45. My friend Tom **goes** with me — we **walk** together. Lessons **start** at 8:15. I **study** a lot of subjects: maths, English, science, and art. I **love** art! At 1 o'clock we **have** lunch in the school canteen.

### In the evening

After school, I **do** my **homework** first — my mum always says, "Homework before TV!" Then I **have** dinner with my family at 7:00. In the evening I **watch** a film or **chat** with my friends. I **go** to bed at 10:00. I **don't go** to bed **late** on school nights — I'm always tired!

**Think about it:** Lena's routine is the same every day. Is your day like Lena's? What do you do at the same time as her? What do you do differently?

01

**get up**

PHRASAL VERB

To leave your bed in the morning and stand up.

*"I get up at 7 o'clock every day."*

02

**get dressed**

PHRASE

To put your clothes on.

*"I get dressed before breakfast."*

03

**study**

VERB

To learn something; to read and do school work.

*"She studies English every evening."*

04

**homework**

NOUN

School work that you do at home.

*"I do my homework after dinner."*

05

**routine**

NOUN

The same set of things you do every day.

*"My morning routine never changes."*

06

**early / late**

ADVERB

Early = before the usual time. Late = after the usual time.

*"I get up early, but I go to bed late."*

## Fill in the blanks

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

1 I \_\_\_\_\_ at seven o'clock. (*get up*)

2 Lena \_\_\_\_\_ to school at 7:45. (*go*)

3 My brother \_\_\_\_\_ breakfast. (*not / eat*)

4 She \_\_\_\_\_ English in the evening. (*study*)

5 \_\_\_\_\_ you do your homework after school? (*Do / Does*)

6 \_\_\_\_\_ he go to bed late? (*Do / Does*)

7 We have breakfast \_\_\_\_\_ 7 o'clock. (*at / in*)

8 He brushes his teeth \_\_\_\_\_ the morning. (*at / in*)

## 7

## SPEAKING

## Talk about your day

## Compare your routines!

Work with a partner. Ask these questions about each other's daily routine. Answer with full sentences and use times (at 7 o'clock, in the morning). Then change roles!

🎤 What time do you get up?

🎤 What do you have for breakfast?

🎤 How do you go to school?

🎤 When do you do your homework?

🎤 What time do you go to bed?

## EXAMPLE CONVERSATION

**A:** What time do you get up?

**B:** I get up at 6:30. And you?

**A:** I get up at 7. Do you have breakfast?

**B:** Yes, I do. I have toast and milk. How do you go to school?

**A:** I walk with my friend. When do you do your homework?

**B:** I do my homework after dinner. I don't go to bed late!

## 8

## WRITING

## Write about your daily routine

## Write a short paragraph (50–70 words)

Write about your own daily routine, just like Lena. Use the Present Simple and times. Try to include these things:

- at least 5 routine verbs (get up, have breakfast, go...)
- at least one time (at 7 o'clock) and one part of day (in the morning)
- at least one negative sentence (I don't...)
- the linking words *first* , *then* , and *after*
- the words *early* or *late*

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## Check your understanding

1. Choose the correct form: Lena \_\_\_\_\_ to school at 7:45.

A go

B goes

C going

D gos

2. Which sentence is CORRECT?

A He don't eat breakfast.

B He doesn't eats breakfast.

C He doesn't eat breakfast.

D He not eat breakfast.

3. I \_\_\_\_\_ up at seven o'clock every day. (get up)

A gets up

B get up

C getting up

D ups get

4. \_\_\_\_\_ your sister do her homework after school?

A Do

B Does

C Is

D Are

5. Choose the correct spelling:

A She studys maths.

B She studies maths.

C She studyes maths.

D She study maths.

6. We have breakfast \_\_\_\_\_ 7 o'clock.

A in

B on

C at

D to

7. I brush my teeth \_\_\_\_\_ the morning.

A at

B in

C on

D by

8. Which verb means 'to leave your bed in the morning'?

A go to bed

B get up

C have dinner

D study

**Part 6 — Fill in the blanks**

1. get up
2. goes
3. doesn't eat (does not eat)
4. studies
5. Do
6. Does
7. at
8. in

**Part 9 — Quiz**

1. **B** — goes. *Lena = she → go + es = goes.*
2. **C** — He doesn't eat breakfast. *doesn't + base verb (eat).*
3. **B** — get up. *With I we use the base verb.*
4. **B** — Does. *your sister = she → Does.*
5. **B** — She studies maths. *consonant + y → studies.*
6. **C** — at. *at + clock time (at 7 o'clock).*
7. **B** — in. *in + part of day (in the morning).*
8. **B** — get up. *get up = leave your bed in the morning.*