



CEFR A1 · GRAMMAR & SPEAKING

My Daily Life

Talk about your daily routine with the Present Simple and time words: at 7 o'clock, in the morning, on Mondays.

Name: _____ Class: _____ Date: _____

1 Warm-up

GET READY

Think about these questions, or talk with a partner. You do not need to write.

1. What time do you get up in the morning?

2. What do you do before school?













3. What time do you go to bed?

4. What do you do on Saturdays?

2 Daily Routine & Time Words

LANGUAGE FOCUS

My Daily Routine. Say each one and its time out loud.

| | | | | | |
|---|--|---|---|---|--|
|  get up 7:00 |  have a shower 7:15 |  have breakfast 7:30 |  go to school 8:00 |  have lessons 8:30 |  have lunch 12:30 |
|  go home 15:30 |  do homework 17:00 |  have dinner 19:00 |  watch TV 20:00 |  brush teeth 21:30 |  go to bed 22:00 |

Present Simple. For daily routines. For he/she/it, add -s.

I / You / We / They + get up → I get up at 7.

He / She + gets up → She gets up at 7. (go → goes)

Time Words: at / in / on. Each one is for different time words.

at

CLOCK TIMES & NIGHT

at 7 o'clock
at half past six
at night

in

PARTS OF THE DAY

in the morning
in the afternoon
in the evening

on

DAYS

on Monday
on Saturdays
on my birthday

Quick rule

at + time (at 8:00)

in + part of day (in the morning)

on + day (on Friday)

3 Key Vocabulary

WORDS TO LEARN

| WORD | MEANING | EXAMPLE |
|-----------------------------------|--|--|
| get up <i>VERB</i> | to leave your bed in the morning | <i>I get up at 7 o'clock.</i> |
| have breakfast <i>VERB</i> | to eat food in the morning | <i>We have breakfast at 7:30.</i> |
| routine <i>NOUN</i> | things you do every day, the same way | <i>My morning routine is busy.</i> |
| always <i>ADV.</i> | every time; 100% | <i>I always get up early.</i> |
| o'clock <i>ADV.</i> | used for full hours (1:00, 2:00) | <i>School starts at eight o'clock.</i> |
| half past <i>PHRASE</i> | 30 minutes after the hour (7:30) | <i>Lunch is at half past twelve.</i> |
| morning <i>NOUN</i> | the early part of the day | <i>In the morning I have a shower.</i> |
| evening <i>NOUN</i> | the late part of the day, before night | <i>In the evening I watch TV.</i> |
| go to bed <i>VERB</i> | to get into your bed to sleep | <i>I go to bed at ten o'clock.</i> |
| every day <i>PHRASE</i> | each day; all the days | <i>I brush my teeth every day.</i> |

4 Reading: A Day in My Life

READ

TEEN WORLD · DAILY LIFE SPECIAL

A Day in My Life

Sofia — Spain

Hi! My name is Sofia. On school days I **get up always** at seven **o'clock**. **In the morning** I have a shower and I **have breakfast** with my family. School starts at half past eight. I go to bed at ten.

Yuki — Japan

My name is Yuki. My **routine** is busy! I get up at six thirty and I go to school at eight. In the afternoon I do my homework, and **in the evening** I practise the piano. On Saturdays I don't get up early — I sleep until nine!

Omar — Morocco

Hello! I am Omar. **Every day** I have breakfast at seven. My sister gets up later than me. After school I play football with my friends. On Fridays we have a big family lunch. At night I read a book and then I **go to bed**.

5 Vocabulary Review

QUICK REVIEW

get up **VERB**

To leave your bed in the morning.
"I get up at 7 o'clock."

routine **NOUN**

Things you do every day, the same way.
"My morning routine is busy."

o'clock **ADV.**

We use it for full hours (1:00, 8:00).
"School starts at eight o'clock."

half past **PHRASE**

30 minutes after the hour (7:30).
"Lunch is at half past twelve."

at / in / on **TIME WORDS**

at + time, in + part of day, on + day.
"at 8:00, in the morning, on Monday."

every day **PHRASE**

Each day; all the days.
"I brush my teeth every day."

6 Practice: Fill in the Blanks

YOUR TURN

Write **at / in / on**, a **routine verb**, or the correct Present Simple form on each line.

- 1 I get up _____ 7 o'clock. (*clock time*)
- 2 I have a shower _____ the morning. (*part of the day*)
- 3 We have a big lunch _____ Sundays. (*a day*)
- 4 She _____ up at six. (get) (*he/she → add -s*)
- 5 He _____ to school at eight. (go) (*go → ?*)
- 6 In the morning I _____ breakfast. (have) (*for I → base form*)
- 7 I go to _____ at ten o'clock. (*where you sleep*)
- 8 7:30 is "half _____ seven". (*half ___ seven*)

7 Speaking: My Routine Interview

LET'S TALK

1. What time do you get up?
2. What do you do in the morning?
3. What time do you have lunch?
4. What do you do in the evening?
5. What do you do on Saturdays?

EXAMPLE DIALOGUE

A: What time do you get up?

B: I get up at half past six. And you?

A: I get up at seven. What do you do in the morning?

B: I have a shower and I have breakfast. Then I go to school.

A: What do you do on Saturdays?

B: On Saturdays I play football and I watch TV.

8 Writing Task

WRITE IT DOWN

Write 40–60 words about your daily routine. What do you do, and when?

- I write four **routine activities** (get up, have breakfast...).
 - I use **at** with a clock time (at 7 o'clock).
 - I use **in** with a part of the day (in the morning).
 - I use **on** with a day (on Saturdays).
-
-
-
-
-
-

9 Comprehension Quiz

SHOW WHAT YOU KNOW

Circle the correct answer (A, B, C or D).

1. I get up _____ 7 o'clock.

- | | |
|----------------------------|----------------------------|
| <input type="radio"/> A in | <input type="radio"/> B on |
| <input type="radio"/> C at | <input type="radio"/> D to |

2. I have a shower _____ the morning.

- | | |
|----------------------------|----------------------------|
| <input type="radio"/> A at | <input type="radio"/> B in |
| <input type="radio"/> C on | <input type="radio"/> D by |

3. We have lunch _____ Sundays.

- | | |
|----------------------------|----------------------------|
| <input type="radio"/> A in | <input type="radio"/> B at |
| <input type="radio"/> C on | <input type="radio"/> D to |

4. She _____ up at six o'clock. (get)

- | | |
|---------------------------------|--------------------------------|
| <input type="radio"/> A get | <input type="radio"/> B gets |
| <input type="radio"/> C getting | <input type="radio"/> D is get |

5. What does 'half past seven' mean?

- | | |
|------------------------------|------------------------------|
| <input type="radio"/> A 7:00 | <input type="radio"/> B 7:15 |
| <input type="radio"/> C 7:30 | <input type="radio"/> D 7:45 |

6. Which sentence is correct?

- | | |
|---|---|
| <input type="radio"/> A He go to school at eight. | <input type="radio"/> B He goes to school at eight. |
| <input type="radio"/> C He going to school. | <input type="radio"/> D He gos to school. |

7. Where do you sleep at night?

- | | |
|--|-----------------------------------|
| <input type="radio"/> A in bed | <input type="radio"/> B at school |
| <input type="radio"/> C in the morning | <input type="radio"/> D on Monday |

8. In the reading, what time does Sofia get up?

A six o'clock

B seven o'clock

C eight o'clock

D nine o'clock

 **Answer Key**

FOR SELF-CHECK

Part 6 — Fill in the Blanks

1. **at** · 2. **in** · 3. **on** · 4. **gets** · 5. **goes** · 6. **have** · 7. **bed** · 8. **past**

Part 9 — Quiz

1. **C** (at) · 2. **B** (in) · 3. **C** (on) · 4. **B** (gets)

5. **C** (7:30) · 6. **B** (He goes...) · 7. **A** (in bed) · 8. **B** (seven o'clock)