

- Routines

DAILY ROUTINES

What are some of the daily routines that you do at home?

I wake up at 7am every morning. I press the snooze button five times every morning before I turn off the alarm and get up.

I have a cup of coffee and make breakfast. I usually read the newspaper while I have breakfast. My children like to have a shower after they have breakfast but I like to have a shower before I get dressed.

My wife brushes her long hair, and I have short hair so I comb my hair. How do you do your hair in the morning?

It is important to brush your teeth, and some women like to put make-up on. After I have finished work, I go home to cook dinner. In my house I usually make dinner. The family eat dinner together at 7:30pm.

After dinner I make sure that my children do their homework, and then I chill out on the sofa and watch television.

On television I usually watch the News. My wife usually comes to tell me to take the rubbish out, or wash the dishes.

Our children feed the dog and the cat before they go to bed and I tell them to go to the bathroom too.

If I am sick I have to take my medication, but then I get into my pyjamas and set the alarm so I wake up in the morning.

The last things I do is lock the door, turn off the lights, and go to bed. It doesn't take me long to fall asleep.



1 Choose the correct option.



- a. comb my hair
- b. have a bath
- c. have a shower
- d. brush my teeth



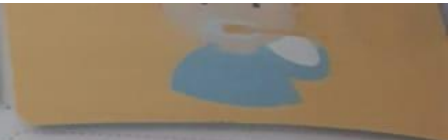
- a. get dressed
- b. have breakfast
- c. go home
- d. go to bed



- a. have breakfast
- b. write
- c. wake up
- d. have a shower



- a. comb my hair
- b. brush my teeth
- c. have a bath
- d. get up



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1. She combs her hair
2. She brushes her teeth
3. They are having lunch
4. They make the bed
5. She washes the dishes
6. She goes to sleep
7. They do the homework



- a. have a shower
- b. brush my teeth
- c. have a bath
- d. comb my hair



- a. brush my teeth
- b. get dressed
- c. get up
- d. go home



- a. go home
- b. listen to music
- c. get up
- d. have a shower



- a. go to bed
- b. go home
- c. read
- d. have breakfast



- a. go to bed
- b. get up
- c. go to school
- d. have breakfast



- a. go home
- b. brush my teeth
- c. do homework
- d. have breakfast



- a. play the guitar
- b. read
- c. watch tv



- a. play the guitar
- b. listen to music
- c. have a shower
- d. play computer

- Free time

Match the free time activities to the pictures.



1. Reading comics

2. Playing basketball

3. Riding a bike

4. Watching cartoons

5. Listening to stories

6. Playing chess

7. Painting a picture

8. Flying kites

9. Listening to music

10. Playing ping-pong

