

# Daily Routines

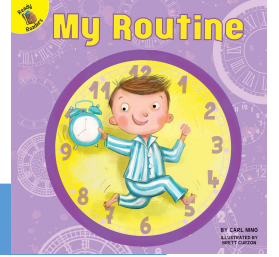
S. Cunningham, P. Moor, A. Crace, Cutting Edge 3rd edition, *Pearson*, 2013

## Lead in - BORs

### 1 Work in pairs and discuss.

- On weekdays is your routine the same or different every day?
- In what ways is your routine different at the weekend?
- Do you find it easy to sleep during the day?  
How often do you do it?
- Do you ever sleep on public transport (e.g. bus, train, plane)?  
Why / Why not?

# ex 1 reading



## my daily routine

My alarm clock goes off at 8:00 in the morning and then I wake up. I am still in my bed after waking up to think about the plan for today. I get up at 8:20 am because I need to attend the morning class at 9 o'clock. Usually, I prefer to walk to the campus which takes me about 10 minutes.

I feel energetic in the morning, but after finishing the morning lesson with 3 hours, I feel tired. So, I go to the student centre and have a nap in the lounge. Later, I have a cup of coffee and a chicken sandwich for lunch. From 2 pm to 5 pm, I have an afternoon lesson. After I finish my study, I go to a Chinese restaurant with friends.

In the evening, I often relax at home by watching TV shows, like Good Doctor. I normally have a shower at about 9 pm and then go to bed. Before falling asleep, I would like to do some reading for preparing the next day's classes. I usually fall asleep at 11 pm. That's what I do every weekday.

**Qs: 1. How long does Leeya take to study?**

**2. What do you think of Leeya's day? Is it hard or enjoyable?**

**3. What else do you want to know about Leeya? Ask Leeya some questions.**

## ex 2 filling the brackets

### my daily routine

My alarm clock ( ) ( ) at 8:00 in the morning and then I ( ) ( ). I am still in my bed after waking up to think about the ( ) for today. I ( ) ( ) at 8:20 am because I need to attend the morning class at 9 o'clock. Usually, I prefer to ( ) to the campus which takes me about 10 minutes.

I feel ( ) in the morning, but after finishing the morning lesson with 3 hours, I feel tired. So, I go to the student centre and ( ) ( ) ( ) in the lounge. Later, I have ( ) ( ) ( ) coffee and a chicken sandwich for lunch. From 2 pm to 5 pm, I have an afternoon lesson. After I ( ) my study, I go to a Chinese restaurant with friends.

In the evening, I often ( ) at home by watching TV shows, like Good Doctor. I normally have a ( ) at about 9 pm and then ( ) ( ) ( ). Before falling asleep, I would like to do some ( ) for preparing the next day's classes. I usually ( ) ( ) at 11 pm. That's what I do every weekday.



My **alarm clock goes off** at 8:00 in the morning and then I wake up.

Q1: Do you hear any noise when the alarm clock goes off?

Q2: Why do you need an alarm clock?

I go to the student centre and **have a nap** in the lounge.

Q1: Do I sleep for a long time?



1. My alarm clock goes off at 8:00 in the morning and then I **wake up**.

Q1: Do I stop sleeping?

Q2: Do I get out of bed?

2. I **get up** at 8:20 am because I need to attend the morning class at 9 o'clock.

Q1: Do I get out of bed?



3. I normally have a shower at about 9 pm and then **go to bed**.

Q1: Do I lie down in my bed?

Q2: Do I sleep?

4. I usually **fall asleep** at 11 pm.

Q1: Do I sleep?

Q2: Do I sleep for a long time?

put the words in the right place for Leeya

wake up  
have a nap  
go to bed  
get up  
fall asleep

**wake up  
at 8 am.**



morning

at noon

evening

## Change the words to the past tense!

### my daily routine

My alarm clocks **go off** ( ) at 8:00 in the morning and then I **wake up** ( ). I am still in my bed after waking up to think about the plan for today. I **get up** ( ) at 8:20 am because I need to attend the morning class at 9 o'clock. Usually, I prefer to walk to the campus which takes me about 10 minutes.

I **feel** ( ) energetic in the morning, but after finishing the morning lesson with 3 hours, I feel tired. So, I go to the student centre and **have a nap** ( ) in the lounge. Later, I have a cup of coffee and a chicken sandwich for lunch. From 2 pm to 5 pm, I have an afternoon lesson. After I **finish** ( ) my study, I go to a Chinese restaurant with friends.

In the evening, I often **relax** ( ) at home by watching TV shows, like Good Doctor. I normally have a shower at about 9 pm and then **go to bed** ( ). Before falling asleep, I would like to do some reading for preparing the next day's classes. I usually **fall asleep** ( ) at 11 pm. That's what I do every weekday.



## answer keys

My alarm clocks **go off ( went off )** at 8:00 in the morning and then I **wake up ( woke up )**. I am still in my bed after waking up to think about the plan for today. I **get up ( got up )** at 8:20 am because I need to attend the morning class at 9 o'clock. Usually, I prefer to walk to the campus which takes me about 10 minutes.

I **feel ( felt )** energetic in the morning, but after finishing the morning lesson with 3 hours, I feel tired. So, I go to the student centre and **have a nap ( had a nap )** in the lounge. Later, I have a cup of coffee and a chicken sandwich for lunch. From 2 pm to 5 pm, I have an afternoon lesson. After I **finish ( finished )** my study, I go to a Chinese restaurant with friends.

In the evening, I often **relax ( relaxed )** at home by watching TV shows, like Good Doctor. I normally have a shower at about 9 pm and then **go to bed ( went to bed )**. Before falling asleep, I would like to do some reading for preparing the next day's classes. I usually **fall asleep ( fell asleep )** at 11 pm. That's what I do every weekday.

## ex 3 - BORs

### 1a Complete the phrases with the words in the box.

.....  
asleep nap energetic work to bed up (x2) home  
to eat a shower  
.....

- 1 wake up
- 2 fall \_\_\_\_\_
- 3 have a \_\_\_\_\_
- 4 have \_\_\_\_\_
- 5 have something \_\_\_\_\_
- 6 feel \_\_\_\_\_
- 7 get \_\_\_\_\_
- 8 relax at \_\_\_\_\_
- 9 go \_\_\_\_\_
- 10 finish \_\_\_\_\_

I started a new job two months ago; I work nights. I get to work at 8 in the evening and I <sup>1</sup> \_\_\_\_\_ at 5:30 in the morning. When I get home, I'm not tired though, because it's usually getting light and I don't want to sleep. In fact, I <sup>2</sup> \_\_\_\_\_ and usually go for a run. When I come back, I <sup>3</sup> \_\_\_\_\_ and change my clothes. Then I <sup>4</sup> \_\_\_\_\_, but I'm not sure if it's breakfast or supper! After my meal I normally feel quite tired, so I <sup>5</sup> \_\_\_\_\_ at about 9. I always read the newspaper for an hour or so. In fact, sometimes I <sup>6</sup> \_\_\_\_\_ while I'm reading! I don't have an alarm clock and I always <sup>7</sup> \_\_\_\_\_ between 4 and 5 in the afternoon and usually read a bit more. I <sup>8</sup> \_\_\_\_\_ at about 6, then start getting ready for work. My job's great – we have long breaks, so if I'm tired, I can usually <sup>9</sup> \_\_\_\_\_ for 20 minutes or so, and then I feel much better. And at weekends I don't go anywhere – I just <sup>10</sup> \_\_\_\_\_ in front of the TV.



## filling the gaps with the past tense

My alarm clocks go off ( ) ( ) at 7:30 am, I wake up ( ) ( ) early. But the weather was cold so I lay on my bed for a while to plan my day. Then I get up ( ) ( ) at 8 am and I feel ( ) energetic. After breakfast, I went to Louvre Museum. I enjoyed visiting there, and I saw so many historic statues and famous paintings.

I went back home after dinner and have ( ) a bath at 8 pm. I felt tired so I went to bed earlier. I fall ( ) asleep at 11 pm after I finish ( ) my work.





## answer keys:

My alarm clock went off at 7:30 am, I woke up early. But the weather was cold so I lay on my bed for a while to plan my day. Then I got up at 8 am and I felt energetic. After breakfast, I went to Louvre Museum. I enjoyed visiting there, and I saw so many historic statues and famous paintings.

I went back home after dinner and had a bath at 8 pm. I felt tired so I went to bed earlier. I fell asleep at 11 pm after I finished my work.

answer keys



## ex 4 - BORs

Discuss in peers and tell your routines with your groupmates

1. What do you do when you wake up?
2. What time do you get up or go to bed?
3. Do you have a nap?
4. When do you feel energetic or tired?
5. Do you relax at home? What do you usually do for relaxing?
6. ....
- 7, .....

- |  |                          |
|--|--------------------------|
| 1 I fall asleep.                                   | 7 I go to bed.           |
| 2 I have a nap.                                    | 8 I get up.              |
| 3 My alarm clock goes off.                         | 9 I have a bath/shower.  |
| 4 I feel energetic.                                | 10 I relax at home.      |
| 5 I feel tired.                                    | 11 I finish school/work. |
| 6 I have a cup of tea/coffee and something to eat. | 12 I wake up.            |

