



My Daily Routine

Everyday life and daily activities



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1 warm up

Talk with your teacher. Give full sentences — not just one word!

1. **Your morning:** What time do you wake up every day? What is the first thing you do in the morning?

2. **Breakfast:** Do you eat breakfast every day? What do you usually eat and drink for breakfast?

3. **Travel:** How do you go to work or school? Do you walk, drive, take the bus, or take the train?

4. **Evening:** What do you usually do after work or school? Do you cook, watch TV, exercise, or do something else?

5. **Sleep:** What time do you go to sleep? Do you think you sleep enough? Why or why not?



Look at the pictures and write the activity name with each one.


**SCAN
ME**


2 video comprehension

Watch the video, then complete Parts A, B, and C.

Video: <https://www.youtube.com/watch?v=bq6GBbh3uhU> — BBC Learning English: Easy English Conversations Ep. 4 — "What do you do every day?" (4:57)

Part A — Choose the correct answer. Circle a, b, or c.

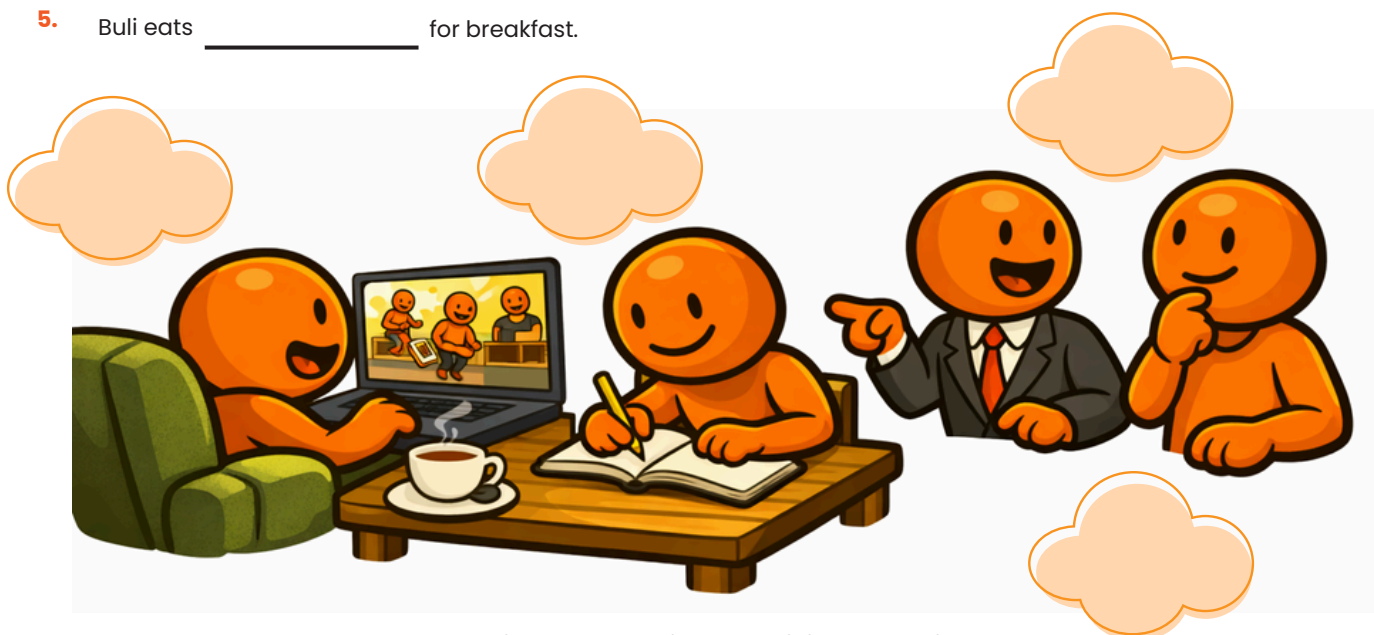
#	Question	Options
1	How does Sian travel to work?	a) She drives. · b) She gets the bus. · c) She walks.
2	What does Sian do after she finishes work?	a) She goes to the park. · b) She reads a book. · c) She swims in the sea.
3	What does Buli do on the way to work?	a) She listens to music. · b) She reads the news. · c) She listens to a podcast.
4	What does Tim do in the evening?	a) He plays video games. · b) He watches a film. · c) He goes to the park.
5	What does Georgie read on the train?	a) A book. · b) A magazine. · c) The news.

Part B — Fill in the gaps. Use the words in the box to complete each sentence.

WORD BANK:

jogging · podcast · cereal · porridge · exercise

- In the morning, Sian eats breakfast and then goes _____.
- Buli drives to work and listens to a _____ in the car.
- After she finishes work, Georgie does some _____.
- Georgie eats _____ for breakfast.
- Buli eats _____ for breakfast.



Look at the pictures and write the activity name with each one.

**Part C – Comprehension questions. Answer in full sentences.**

1. Who walks to work — Sian, Buli, Tim, or Georgie?

2. What does Sian read on the bus?

3. What does Buli do after dinner in the evening?

4. What does Tim eat for breakfast?

5. What do all four people do last before they go to sleep?

YOUR TURN — Tell your teacher:

Which person in the video has a routine most similar to yours — Sian, Buli, Tim, or Georgie? Why?

_____

Look at the pictures and write the activity name with each one.

**3 vocabulary**

Read, repeat, and master these words before reading the article.

wake up

have breakfast

go to work

have lunch

cook dinner

have a shower

go to sleep

go jogging

watch TV

brush teeth

Match each word or phrase (1–10) with the correct meaning (A–J). Write the letter in the answer box.

#	Word / Phrase	Ans.	Meaning
1	wake up	---	A. To clean your teeth with a small brush
2	have breakfast	---	B. To stop sleeping and open your eyes
3	go to work	---	C. To look at programmes on a television screen
4	have lunch	---	D. To make and eat your evening meal at home
5	cook dinner	---	E. To run slowly outside for sport or health
6	have a shower	---	F. To eat the first meal of the day in the morning
7	go to sleep	---	G. To eat a meal in the middle of the day
8	go jogging	---	H. To travel to your place of work
9	watch TV	---	I. To wash your body with water while standing
10	brush teeth	---	J. To rest your body and close your eyes at night

Now write three sentences about your own daily routine using words from the list above.

1. _____
2. _____
3. _____



Look at the pictures and write the activity name with each one.



4 reading

Read the text silently. Then read aloud with your teacher.

Read the text. Five words are missing. Fill in gaps (1)–(5) using the word bank below.

Tom's Daily Routine

My name is Tom. Every day, I (1) at seven o'clock in the morning. I eat breakfast at home — I usually have toast and orange juice. Then I brush my teeth and have a shower.

After that, I (2) to work. I work in an office in the city centre and I start at nine o'clock. At one o'clock, I eat lunch. I usually have a sandwich.

I finish work at five o'clock. Then I (3) home and go for a short walk in the park. In the evening, I (4) dinner — I usually make pasta or rice.

After dinner, I (5) TV for about one hour. Then I read a book and go to sleep at eleven o'clock. I love my daily routine!

WORD BANK:

wake up · walk · go · cook · watch

True or False. Write T (True) or F (False). If false, write the correct sentence below.

#	Statement	T / F
1	Tom wakes up at eight o'clock in the morning.	---
If false, correct it: _____		
2	Tom eats toast and drinks orange juice for breakfast.	---
If false, correct it: _____		
3	Tom has lunch at one o'clock.	---
If false, correct it: _____		
4	In the evening, Tom watches TV for two hours.	---
If false, correct it: _____		
5	Tom reads a book before he goes to sleep.	---
If false, correct it: _____		



Reading comprehension. Answer in full sentences using the text about Tom.

1. What time does Tom start work?

2. Where does Tom go after he finishes work?

3. What does Tom usually cook for dinner?

5 speaking practice

Talk about daily routines with your teacher.

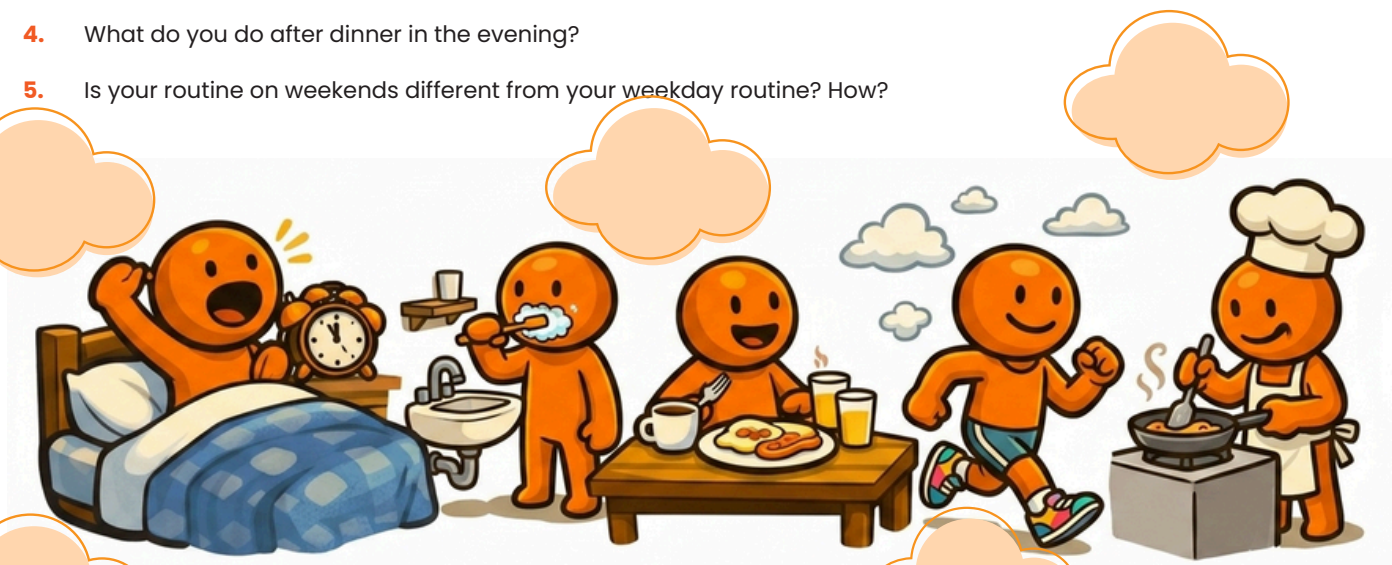
Task 1 – Talk about your own daily routine. Use these sentence starters:

Useful phrases

- | | |
|------------------------------------|-----------------------------|
| ➤ I wake up at ... | ➤ I eat ... for breakfast. |
| ➤ I travel to work / school by ... | ➤ I start / finish at ... ➤ |
| ➤ After work, I ... | In the evening, I ... ➤ I |
| ➤ I cook / eat dinner at ... | go to sleep at ... |

Task 2 – Your teacher asks you these follow-up questions. Give full answers.

1. What do you do after breakfast?
2. Do you listen to music or a podcast on the way to work or school?
3. What do you usually eat for lunch?
4. What do you do after dinner in the evening?
5. Is your routine on weekends different from your weekday routine? How?



Look at the pictures and write the activity name with each one.



6 language point: present simple — i wake up / she wakes up

We use the Present Simple to talk about habits and things we do every day.

Present Simple — Daily Routines

Subject	Rule	Example from the video
I / You / We / They	Base verb — no change	"I wake up. I eat breakfast. I go to sleep."
He / She / It	Add -s	"Sian gets the bus. Tim walks to work."
He / She / It	Add -es	"She watches TV. He goes home."

verbs ending in -o, -ch, -sh

He / She / It have → irregular	Irregular: has	"Buli has a shower. He has lunch."
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REGULAR — ADD -S

wake → she **wakes**
 eat → he **eats**
 read → she **reads**
 swim → Sian **swims**

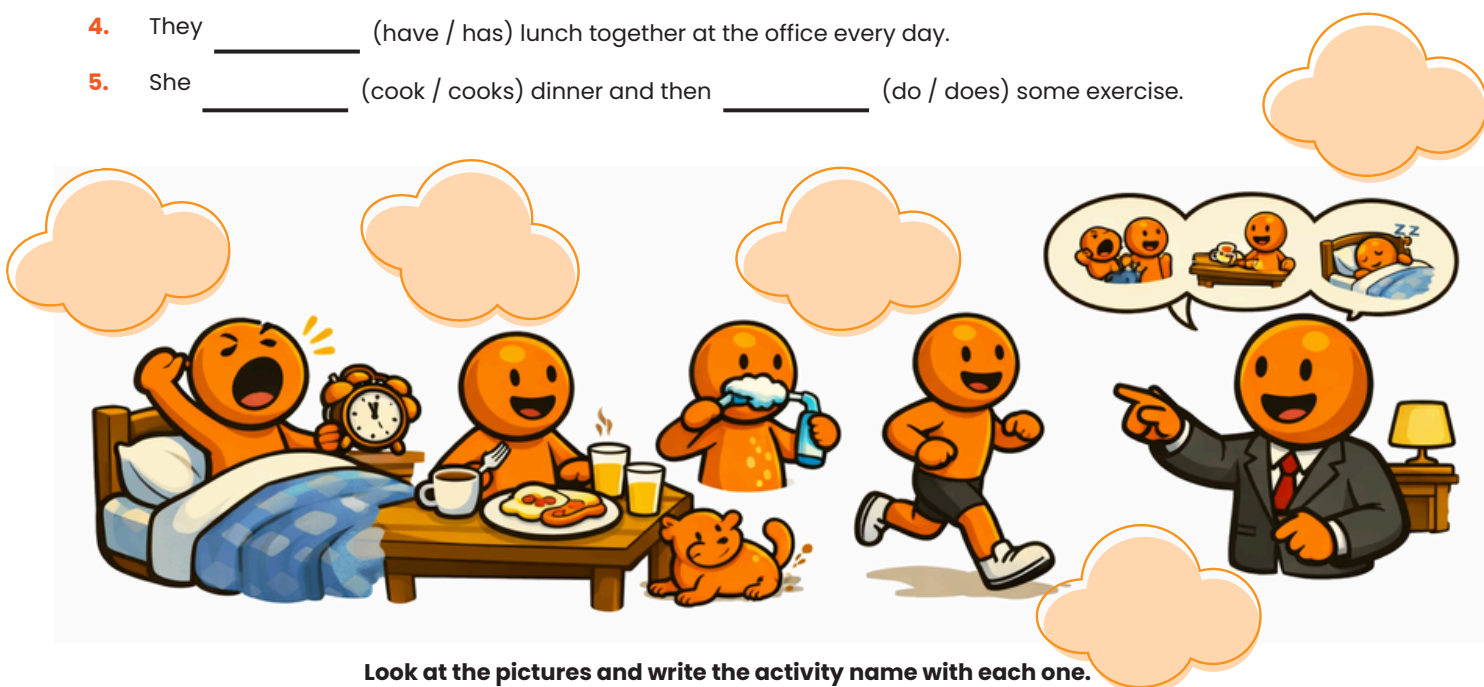
SPECIAL — REMEMBER THESE!

go → she **goes**
 watch → he **watches**
 have → she **has**
 do → she **does**

① Only add **-s** or **-es** for *he, she, it*. Not for *I, you, we, or they*. Verbs ending in **-o, -ch, -sh, -ss** take **-es**: go→**goes**, watch→**watches**.

Controlled Practice — Choose the correct form of the verb to complete each sentence.

- Every morning, I _____ (wake / wakes) up at seven o'clock.
- After breakfast, she _____ (go / goes) to work by bus.
- In the evening, he _____ (watch / watches) a film and then reads a book.
- They _____ (have / has) lunch together at the office every day.
- She _____ (cook / cooks) dinner and then _____ (do / does) some exercise.



Look at the pictures and write the activity name with each one.



Free Practice — Write 3–5 sentences about a friend or family member's routine. Use he or she.

IDEAS:

He/She wakes up at ... · He/She eats ... for breakfast. · He/She goes to work/school by ... · In the evening, he/she ... · He/She goes to sleep at ...

1. _____
2. _____
3. _____
4. _____
5. _____

7 discussion

Give full answers. Connect ideas from the video and the reading.

1. **Morning routine:** What is your morning routine? Tell your teacher everything you do from the moment you wake up until you leave home.

2. **Breakfast:** In the video, Tim eats toast, Georgie eats cereal, Sian eats fruit and yoghurt, and Buli eats porridge. Which breakfast is most similar to yours? Which one would you most like to try?

3. **Travel:** The presenters travel to work by bus, car, on foot, and by train — just like Tom in the text. Which way do you travel? What are the good and bad things about it?

4. **Evening:** Sian swims in the sea, Buli goes to the park, and Georgie does exercise after work. What do you do to relax in the evening?

5. **Your ideal routine:** What is your ideal daily routine? What time would you wake up, what would you eat, and what activities would you do? How is it different from your real routine now?

**homework**

Complete before your next lesson. Choose Option A or Option B.

Option A — Write about your daily routine (60–90 words)

Write a short paragraph about your own daily routine. Your writing must:

- Say what time you **wake up** and what you eat for **breakfast**
- Say how you **travel** to work or school
- Describe what you do **after work** or in the **evening**
- Say what time you **go to sleep**
- Use **at least five vocabulary words** from today's lesson
- Use **Present Simple** correctly throughout

Option B — Record a voice message (1 minute)

Speak for one minute about your daily routine. Talk about your morning, afternoon, and evening. Use the prompts from the Speaking section to help you.

Send the recording to your teacher before your next lesson.

Bring your writing or voice note to the next lesson. Be ready to read it aloud and talk about your routine with your teacher.

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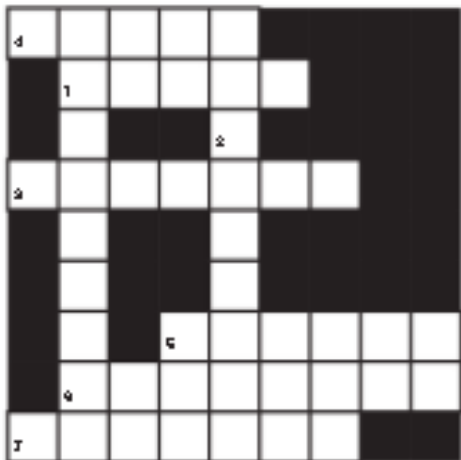
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Vocabulary Crossword

Use the clues to find the daily routine words from this lesson. Write one letter in each white box.



ACROSS

1. Rest and close your eyes at night (5)
3. Running slowly outside for sport or fitness (7)
4. Thin, golden bread cooked until crispy (5)
5. A grain food eaten with milk for breakfast (8)
6. Physical activity to keep you fit and healthy (8)
7. A spoken audio programme you listen to (7)

 **Tip:** each clue is a synonym – a word or phrase with a similar meaning – this

DOWN

1. A wash under flowing hot water (8)
2. The main meal eaten in the evening (8)



Look at the pictures and write the activity name with each one.

 **Video Transcript**

Source: BBC Learning English—Easy English Conversations, Episode 4: "What do you do every day?" | **Duration:** 4:57 | [youtube.com/watch?v=bq6GBbh3uhU](https://www.youtube.com/watch?v=bq6GBbh3uhU)

Easy English Conversations. What do you do every day?

Sian: Hello, Buli. **Buli:** Hi, Sian. How are you? **Sian:** I'm well, thanks. — How are you? **Buli:** I'm good too. What do you do every day?

Sian: I wake up. I eat breakfast. I go jogging. I get the bus to work. I read a book on the bus. I eat lunch. After I finish work, I swim in the sea. I eat dinner. I have a shower. Then I go to sleep. How about you?

Buli: What do you do every day? I wake up. I have a shower. I eat breakfast. I drive to work. I listen to a podcast.

[Welcome to Real Easy English. — I'm Beth. — And I'm Neil. / Learn how to give directions in the next video. Go straight. Go straight. Now, back to the lesson!]

Buli (cont.): I eat lunch. After work, I go to the park. I go home and cook dinner. After dinner, I play video games. Lastly, I go to sleep.

— Tim? — Yes? **Presenter:** What do you do every day?

Tim: I wake up. I eat breakfast. I have a shower. I walk to work. I listen to music. I eat lunch. I go home and watch a film. I eat dinner. Then, I read a book and go to sleep.

— Georgie? Are you there? **Georgie:** Yep?

Georgie: I wake up. I have a shower. I eat breakfast. I get the train to work. I read the news on the train. I eat lunch. After I finish work, I do some exercise. I eat dinner. And then, I go to sleep.

[What about you? I wake up. I eat breakfast. I eat lunch. I eat dinner. I go to sleep.]

Presenter: What do you eat for breakfast, Tim? **Tim:** I eat toast for breakfast.

Presenter: What about you, Georgie? What do you eat for breakfast? **Georgie:** I eat cereal for breakfast.

Presenter: What do you eat for breakfast, Sian? **Sian:** I eat fruit and yoghurt for breakfast.

Presenter: What do you eat for breakfast, Buli? **Buli:** I eat porridge for breakfast.

What do you eat for breakfast? What do you do every day? Write your answer in the comments. Click this subscribe button and see you in the next video. Bye! Bye! _____

Look at the pictures and write the activity name with each one.





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