

# 2 - Daily routine

## 2.1 Family and friends

Let's start this lesson by talking about our family and friends. Remember! Change the verb when talking about the third person (he/she/mum/dad/David/Emma etc).

**Q:** *What does your best friend do?*

**A:** \_\_\_\_\_.

**Q:** *What does your mother do in her free time?*

**A:** \_\_\_\_\_.

**Q:** *When does your father usually wake up?*

**A:** \_\_\_\_\_.

**Q:** \_\_\_\_\_?

**A:** *My sister usually wakes up late and relaxes all day!*

## 2.2 My daily routine

Today's main subject is 'daily routine'. Start by looking at mine:

*I wake up every day at 7 o'clock. Firstly, I eat breakfast and then usually take a shower around 8 o'clock. I often have a lesson at 10 o'clock, so I go to the coffee shop at 9 and prepare. After my first lesson, I grab a bite to eat and then take the subway to my next lesson. Every day, I teach in different places so I spend a lot of time on the subway. In the evening, I like to go to the gym for a couple of hours, and then eat dinner in a restaurant near my home. Finally, I have a shower, watch TV, and go to bed around 11 o'clock.*

**Tip!** Look at the expression '*grab a bite to eat*'. This is a casual way of talking about eating. We often suggest to friends '*Hey, shall we grab a bite to eat?*'

## 2.3 Daily routine basics

Use the what you have learned (present simple, prepositions and time information) to describe the following daily routine:

7:00 	8:00 	8:30 
He wakes up at 7am		
9:00 	15:00 	16:00 
18:00 	20:00 	22:30 

**Tip!** In speaking we often use **time + o'clock**. You can also say **time + am/pm**.

## 2.4 Duration

We often include duration information when introducing our daily life. Let's look at how to include this in our speaking.

### ADDING INFORMATION – Duration

Duration is shown with the preposition 'for'. E.g. *I **work for** 8 hours a day.*  
*I **watch** TV every night **for** 2 hours.*  
*I **study** English **for** 3 hours every day!*

How long do you usually sleep? \_\_\_\_\_

How long do watch TV each night? \_\_\_\_\_

## 2.5 Frequency

Another common piece of information we include when introducing our daily actions is frequency. The first way we can do this is with adverbs.

### ADDING INFORMATION - Frequency

↑	100%	Always	<i>I <b>always take</b> a shower in the morning.</i>
	80%	Usually	<i>I <b>usually eat</b> a bagel for breakfast.</i>
	50%	Sometimes	<i>I <b>sometimes go</b> for a walk in the park.</i>
	20%	Hardly ever	<i>I <b>hardly ever cook</b> dinner.</i>
	0%	Never	<i>I <b>never wake up</b> early at the weekend.</i>

When you want to be more specific, use the following questions and structure:

**KEY LANGUAGE – Questions**

How often **do you verb**?

Q: How often do you drink coffee?

A: \_\_\_\_\_

And to answer:

**ADDING INFORMATION - Frequency**

Once  
Twice  
Three times  
Four times

+

a day  
a week  
a month  
a year

every 2 days  
every 3 weeks  
every 4 months

**Tip!** Alternatively, you can use 'every day' or 'never'!

Let's make some examples with this new structure:

*I meet my friends* \_\_\_\_\_.

*I drink coffee* \_\_\_\_\_.

*I study English* \_\_\_\_\_.

I hope that last answer was 'every day'!

### ~ Discussion ~

Finally, *Do you like routine or do you prefer change?*  
*How important is it to have a morning routine?*  
*Are there any activities you would like to add to your routine?*