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:	<u>.</u>
Q: What does your mother do in her free time?	
A:	<u>.</u>
Q: When does your father usually wake up?	
A:	<u>.</u>
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:



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

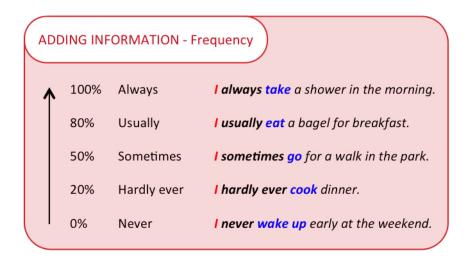
2.4 Duration

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

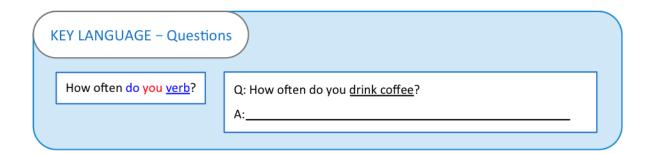
ADDING INFORMATION – Duration Duration is shown with the preposition 'for'.	E.g.	I work for 8 hours a day. I watch TV every night for 2 hours. I study English for 3 hours every day!
How long do you usually sleep? How long do watch TV each night?		

2.5 Frequency

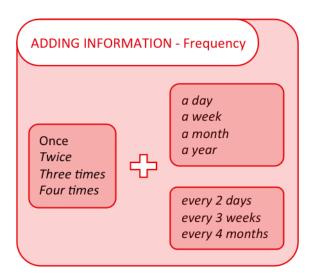
Another common piece of information we include when introducing our daily actions is frequency. The first way we can do this is with adverbs.



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



And to answer:



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 to add to your routine?