

Daily routines

Step 1: Write about your typical daily activities (the words in brackets will help you).

Step 2: Read the text about you and talk about what's (un)healthy to do.

Step 3: Let you partner read your text and vice versa. Don't forget to make all the changes while reading (I becomes he or she, my turns to his and her, etc.)

I get up at _____ (what time?).

I _____ (have / don't have breakfast).

I _____ (brush / don't brush) my teeth.

I go to school _____ (on foot / by car / by tram).

I have lunch _____ (at school / at home).

I do my homework _____ (after school / in the afternoon / in the evening).

I _____ (watch / don't watch) TV more than three hours a day.

I _____ (rarely / sometimes / often) play outside if the weather is good.

I _____ (take part / don't take part) in an after-school activity.

I'm on my smartphone _____ (with time limit / with no time limit).

I have dinner at _____ (what time?).

I _____ (have / don't have) a shower every day.

I _____ (eat / don't eat) before bedtime.

I go to bed at _____ (what time?).

I _____ (read / don't read) in bed.