



# LESSON 1. DAILY ACTIVITIES

# Introduction Activity

**Routine** is really important for humans. Even if you don't think you stick to a daily routine the chances are you have some routine, you eat 3 meals a day (more than likely around the same time each day), go to bed around the same time and get up at the same time each day.





## Listening 1.1

Listen to the conversation and fill the gaps with the correct word/s.

- A:** Get up, it's time for you to 1. .... .
- B:** Let me just get 2. .... more minutes of sleep.
- A:** I would, but you need to 3. .... getting ready for 4. ....
- B:** I 5. ...., but all I want is five more minutes of sleep.
- A:** If I let you go 6. ...., I know that you won't get up in five minutes.
- B:** 7. .... me. I'm going to wake up.
- A:** You have a lot to get 8. .... this morning.
- B:** I already know, and I'll take care of all that when I 9.....
- A:** I want you to be 10. .... for school today.
- B:** I'll make it to school on time. Don't 11. ....
- A:** I'll let you sleep for a little 12. .... longer.
- B:** I really 13. .... that.



Complete the sentences in order

## Daily Activities In The Morning:

1. On Weekdays I usually ..... at 8 am.
2. I ..... about 10 minutes before I .....
3. I ..... and .....
4. Then I ..... and .....
5. I ..... at around 8.30.
6. After breakfast I ..... 7.  
I .....
8. I .....
9. I ..... at around 8.50.



take a shower	wash my face	get up
stay in bed	brush my teeth	comb my hair
have a breakfast	dry	leave home
put on make up	get dressed	wake up

## Daily Activities Outside:

1. I ..... to work.
2. I ..... at around 9.30.
3. I ..... while I .....
4. Then I ..... and .....
5. I usually .....
6. Then I .....
7. At around 1 pm I .....
8. I usually .....
9. I ..... at around 4 pm and .....

read the newspaper	take a bus	arrive work
have a cup of coffee	check my emails	file my papers
have afternoon tea		report to my boss
have lunch	work on the computer	
eat some snacks	make some telephone calls.	

Complete the sentences in order

## Daily Activities In The Evening:

1. I .....
2. I .....
3. I ..... and .....
4. If I don't .....
5. I ..... at around 9. 6. I ..... and .....
7. I ..... and .....
8. I ..... and .....
9. At around 11.30 I ..... and ..... for about 30 minutes.
10. Then Finally at around 12 pm 11. I ..... and .....



take a bath	get undressed	take the rubbish out
feel so tired	have dinner	watch TV
feed my dog	brush my teeth	lock the door
cook dinner	set the alarm	read a book
get into my pajamas	go to bed	turn off the lights
relax on my couch	wash the dishes	

## Daily Activities At the Weekends:

1. On Saturdays, I usually ..... early in the morning.
2. I ..... and ..... to dry.
3. I ..... and .....
4. Then I .....
5. At night, I ..... with my friends and .....
6. On Sundays I ..... in the morning.
7. Then In the afternoon, I ..... by my car and .....
8. Then I usually ..... and .....
9. Before I ..... I ..... that I ..... and ..... to reduce the stress I get during the week.

wash my car	do the washing	hang the clothes out
do the ironing	water the garden	go out
go to church	have some fun	go to the mall
hire a movie	go to bed	watch a movie
make sure	meditate	recharge my cellphone
do some shopping		go grocery shopping

Read the text and write the verbs in the correct form.

**Hi! My name is Lucy. This is my daily routine on weekdays.**

I ..... (get up) at half past seven and I ..... (have) breakfast with my parents and my younger sister Paula. I ..... (like) cereals but my sister ..... (like) bacon and eggs. My parents ..... (eat) coffee and toast.

We (go) to school by bus, but my father ..... (go) by train. My mother ..... (work) at home, she (be) a journalist.

We ..... (have) lunch at school, because in the afternoons we ..... (do) activities:

I (sing) in the choir and (play) basketball, my sister (go) to art class and ..... (play) badminton.

After school we ..... (go) home and my mother ..... (help) us with the homework. We also ..... (help) at home, I ..... (clean) the rooms and my sister (wash) the dishes.

In the evenings we ..... (watch) TV, ..... (play) games and ..... (talk) about our day. My sister and I ..... (go) to bed at nine o'clock.

On weekends we ..... (get up) later, around nine o'clock. We ..... (play) outdoors games, in the park or our garden. Then we ..... (visit) our grandmother, I ..... (like) her very much! She ..... (make) us cakes and we ..... (play) all afternoon with our cousins. It's great fun!

Check your comprehension. Choose the correct answer

**1. On weekdays, Lucy gets up at...**

- seven o'clock.
- eight o'clock.
- half past seven.

**2. She likes to eat...**

- bacon and eggs
- cereals.
- coffee and toast.

**3. She goes to school...**

- by car
- by train.
- by bus.

**4. She has lunch...**

- at school.
- at home.
- at a restaurant.

**5. In the afternoons, Lucy...**

- has lessons.
- plays football and reads.
- plays basketball and sings in the choir.

**6. Her sister...**

- has music lessons.
- plays tennis
- plays badminton.

**7. Lucy and her sister do the homework...**

- alone.
- with their father.
- with their mother.

**8. In the evenings they...**

- watch TV.
- go out.
- listen to music.

**9. In the weekends, Lucy and her family...**

- go out for dinner.
- visit friends.
- visit the grandmother.

**10. Grandmother likes to...**

- play with them.
- make them cakes
- watch TV.

What are the things that you do:

- after a long day and just before you fall asleep.
- when your alarm clock goes off in the morning.
- for the most important meal of the day.
- when you want to relax
- at the dinner table with your family.
- make your body and hair clean.
- after you wake up.
- to meet your friends and learn new things.
- for your teacher so she won't get angry.
- to please your dentist
- when your classes at school have finished.
- when you want to have some fun







## *Listening 1.2*

Listen to the Mike and then answer these questions.

TRUE

FALSE

1. Mike wakes up at six o'clock in the morning.
2. Mike does aerobic and weight lifting exercise at the gym.
3. Mike stays in the gym for half an hour.
4. Mike skips breakfast.
5. Mike works at home until noon.
6. Mike eats a fairly big lunch outside.
7. Mike usually gets a lot of phone calls at 7 o'clock.
8. Mike speaks to people online or on his phone.

Some verbs are not usually used in the continuous form, even when we are talking about Temporary situations or states. These are called **stative verbs**.

So, we say *I'm sorry*, *I don't understand* rather than ~~*I'm not understanding*~~.

1. Stative verbs are often verbs connected with thinking and opinions.

*She doesn't know what to do* NOT ~~*She isn't knowing what to do*~~.  
*Do you agree with me?*

*I don't recognise it, don't you?*

Other verbs in this group include: **believe, doubt, guess, imagine, mean, remember, think**

2. Other **stative verbs** are connected with feelings and emotions

*I like this song. Who sings it?* NOT ~~*I'm liking this song*~~.

*What do you want to do now?*

*I have my new boss!*

Other stative verbs in this group include: **dislike, love, prefer, want, wish**

**NB** – although “**enjoy**” is a verb of emotion, it is used in the continuous tense  
*I'm enjoying the party.*

3. 'see', 'hear', 'taste', 'smell', 'feel' are verbs that describe senses.

These verbs aren't usually used in continuous forms. They are often used with 'can'.

It smells of smoke in here. NOT ~~*It's smelling of smoke in here.*~~  
*I can't see anything. It's too dark.*

4. **Stative verbs** describe things that are not actions.

Look carefully at these 2 sentences.

*He smells of fish.*

*He's smelling the fish.*

The second sentence is an action – not a state. The man wants to know if the fish is OK to eat.

*I think we should go to Croatia for our holiday this year.*

*Sorry, what did you say? I was thinking about my holiday.*

The first sentence is an opinion but the second sentence is an action.

#### Mental State Verbs:

describing mental states:

*find, realize, regret, understand, realize*

#### Performatives:

verbs which perform the action they describe:

*admit, apologize, beg, guarantee, forbid*

# Stative Verbs and Dynamic Verbs

Put the verbs in brackets in their correct form. Some verbs are **stative verbs** and some are **dynamic verbs**. Use the simple present or present progressive tense.

1. Actually, that (sound) wonderful.
2. We (cook) right now.
3. I (promise) to be back soon.
4. Frank and his wife (disagree) on this matter.
5. He (own) several large companies.
6. You (hear) Richard's voice now?
7. You (study) at the moment?
8. I (mean) to hurt you.
9. You (mind) taking out of the garbage?
10. I seriously (doubt) it.
11. We (be) at the office right now.
12. I (see) that you are busy at the moment.
13. We (have) a coffee.
14. I (think) that's not true.
15. Joe (be) silly again.
16. I (see) Ben. We have a lot of fun together.
17. Your cooking (taste) great.
18. We (have) three kids.
19. We (taste) the cakes now.
20. I (think) about it at the moment.



"Dynamic" is an adjective which means something is moving or changing. In English grammar a "dynamic verb" means that the verb describes an action rather than a state. Dynamic verbs are sometimes known as "action verbs."

# Vocabulary Activity

Use these expressions in a sentence

press the snooze button	make breakfast	get dressed
put make-up on	chill out on the sofa	take the rubbish out
lock the door	check my emails	make telephone calls
exercise	go to church	go out with friends.
hire a movie	download music	recharge my cellphone
water the garden	does the housework	take a taxi
walk to school	go to the gym	meditate

1. What are some things you do every day?
2. What are some good habits you have?
3. Do you have any bad habits?
4. What is something you should do every day but don't?
5. What are some activities you like to do?
6. How much do you exercise every week?
7. What is a successful life? What habits should you have to have a successful life?
8. What three habits will improve your life?
9. What are some habits that can improve your English ability?
10. What is something you do about once a week, month or year?



**The End**