

Talking About Daily Routines

Level: Beginner



Lesson Overview

In today's lesson, you will learn:

- Daily routine words (wake up, eat, work...)
- Grammar: how to use the Present Simple tense
- Build clear sentences like:
- “I wake up at 7.” / “She goes to school.”



What is a Routine?

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A **routine** is something you do **regularly**, usually **every day** or **every week**, in the **same order**.

It's a set of actions that become a habit.

A routine is your normal way of doing things. It helps you organise your day.

Examples:

- “I brush my teeth every morning.”
- “She goes to school at 8.”
- “We eat dinner at 6.”

Tutor gives 2 examples of their morning routine.



Vocabulary: Daily Routine Verbs

Review and define the vocabulary below with your tutor:

- Wake up
- Get up
- Eat breakfast
- Go to work
- Go to school
- Come home
- Watch TV
- Sleep



Daily Routine: Using at + Time & in + Part of the Day

We use:

- **at + time** → for exact times of the day
- **in + the morning/afternoon/evening** → for general times of day

Examples

- I wake up at 7 o'clock in the morning.
- He eats breakfast at 8 in the morning.
- We watch TV at 8 in the evening.

Why This Is Important

- **at + time** tells the exact hour.
- **in the morning/afternoon/evening** gives more context about when.

Grammar Rule: Present Simple (He / She / It)

Rule:

When the subject is **he**, **she**, or **it**, we **add “-s” to the verb** in the present simple.

Examples

He wakes up at 7.

She goes to work.

It starts at 9.

Why?

In English, verbs **change form** when the subject is **he**, **she**, or **it**.

This shows that the action is happening **regularly** or is a **fact**.

Practice:

Think of 1 sentence about people you know, using **he**, **she**, or **it** + a verb with **-s**.

Example: “*She plays the guitar.*”



Grammar Practice: Fill in the Blank

Complete the sentences below using the correct grammar:

- I ____ (wake) up at 6.
- She ____ (eat) breakfast at 8.
- They ____ (go) to school at 7.
- He ____ (sleep) at 10.



Sentence Building Practice

Use the following short prompts to build and say full sentences:

- I / wake up / 6am
- He / go to work / 9am
- We / eat dinner / 6pm

Example:

“I wake up **at** 7am.”



Time Phrases to Learn

Talking about **when** something happens is important when we describe things, such as daily routines. Practise repeating the sentences below with your tutor:

Parts of the day:

- in the morning → I go to school **in the morning**.
- in the afternoon → We play football **in the afternoon**.
- in the evening → My family watches TV **in the evening**.

Exact Times

- at 7 o'clock → I wake up **at 7 o'clock**. (or use am/pm)
- at 10 o'clock → She sleeps **at 10 o'clock**. (or use am/pm)

Frequency Words:

- every day → I go to school **every day**.
- always → He **always** drinks tea.
- never → They **never** eat fast food.



Listening Practice: Mini Routine

Tutor reads:

“Hi! I’m John. I wake up at 6am. I eat breakfast at 7am, then I go to work at 8am. In the evening, I watch football on the television.”

- **Questions:**
- When does John wake up?
- What does he do at 8am?
- What does he watch?

Speaking: Your Morning Routine

Task:

Take turns with your tutor to describe your **morning** routine:

Example starter: “I wake up at _____. I eat breakfast at _____.”

Tutor guides:

Ask: “What do you do next?”

Expand with 2–3 more actions



Game: My Daily Schedule

Take turns with your tutor to say a time. Describe what you do in your daily routine during that time.

Example: “7am!”

Response: “I wake up at 7am”



Speaking Practise

Describe your daily routine using the sentences from below:

- I wake up at ____.
- I go to ____ at ____.
- I watch ____ during the ____.
- I get ready for ____ at ____.
- I eat dinner at ____.



Common Mistake Correction

Rephrase the sentences below using the correct grammar:

- “She go to school.”
- “I goes to work.”
- “I watches television at 9 o’clock”
- “He go to school in the morning”



Mini Interview: Ask Me

Take turns with your tutor to ask questions about each others daily routine:

Example question and response:

- “What do you do in the evening?”
- “I read my book in the evening”

Full Routine Speaking Task

Give a short talk describing your full daily routine, from morning until you go to bed:

Example starter:

“Every day, I wake up at _____. I eat breakfast at _____. I go to work at _____.”

