



A TYPICAL DAY



Scan to review worksheet

Expemo code:
143V-8E8U-VTF

1

Warm-up

Do you do the same things every day?

2

Daily activities

Match the verbs to the nouns to form phrases.

- | | |
|-------------|-------------------------|
| 1. attend | a. at the gym |
| 2. browse | b. at the office |
| 3. hang out | c. classes |
| 4. go | d. for a stroll |
| 5. work out | e. the dog |
| 6. show up | f. the kids from school |
| 7. pick up | g. the net |
| 8. walk | h. with friends |

Which of the above activities are part of your daily routine?

3

Adjectives for describing an activity

Look at the adjectives below. Which words describe enjoyable activities? Which describe unenjoyable activities?

relaxing tedious inconvenient pleasant exhausting energizing satisfying
 routine monotonous hard



Work in pairs. Look at the activities below. Have a conversation about them like in the example.

walking the dog having breakfast commuting to work/travelling to school deleting
spam emails going for jog taking a nap doing the dishes

"Do you enjoy taking a nap?" "Yes, I find it very relaxing."

4**Practice**

Work in pairs. Take turns to select and talk about one of the cue cards below. Try to use vocabulary from this lesson. Remember, you have 1 minute to take notes and 1-2 minutes for talking.

Describe a typical day. You should say:

- how you start the day
- how you finish the day
- how long you've been following this routine

And explain what your favourite activity of the day is and why.

Describe a typical day in your life. You should say:

- what activities you do
- when in the day you do them
- how long you've been following this routine

And say if there's anything you'd like to change in your routine and why.

5**Discussion (Part 3)**

Discuss any of the questions below.

1. What are some of the benefits of having a daily routine?
2. Do you think it's important to have a daily routine?
3. What are some of the drawbacks of having a daily routine?