

DAILY ROUTINES – SPEAKING CARDS

LAURA



In the morning:

get up 7:00 / get dressed / have breakfast with eggs, cheese, olives, milk / leave home 8:00 / go to school by school bus

In the afternoon:

have lunch at school / school finish 15:00 / attend dance course / arrive home 16:00

In the evening:

do homework / watch cartoons / have dinner 19:00 / read a story / go to bed 21:00

On Saturdays: go to the library / borrow books / play with friends / swim in the pool / watch a film

On Sundays: visit grandparents with the family / play with their dog / take a bath / draw pictures

JAMES



In the morning:

wake up 6:30 / wash face / have breakfast with honey, butter, jam, sausages, orange juice / leave home 7:45 / walk to school

In the afternoon:

have lunch with friends / school finish 15:00 / attend tennis course / arrive home 16:30

In the evening:

listen to music / do homework / have dinner 19:30 / go online / go to bed 21:15

On Saturdays: go hiking / take nature photos / play football with friends / study French / read books

On Sundays: go to the shopping mall with parents / do shopping / watch a film at the cinema / do puzzles

DANIEL



In the morning:

wake up 6:00 / take a shower / have breakfast with pancakes, tomato, cucumber, olives, tea / drive to work 7:00 / repair cars until 17:00

In the afternoon:

have lunch 13:00 / go to the supermarket 17:30 / arrive home 18:00 / have a bath / get shaved

In the evening:

have dinner 20:00 / watch the news / drink coffee / play with son

On Saturdays: go for a picnic with the family / sing and dance / play volleyball / take a nap

On Sundays: do gardening / ride a bicycle for an hour / meet friends / play some video games

SARAH



In the morning:

get up 6:45 / do morning exercise / have breakfast with honey, butter, toast, fried eggs, apple juice / leave home 7:45 / cycle to work / teach karate to kids

In the afternoon:

have lunch 12:00 / take a shower / leave gym 16:00 / get home 16:30

In the evening:

cook dinner / help daughter with homework / read magazines / play chess with husband / sleep 22:30

On Saturdays: go camping by the lake / catch and cook fish / sleep under the trees / fly a kite

On Sundays: do the housework / take the dog for a walk / do the grocery shopping / watch a horror movie

TRACY



In the morning:

wake up 8:30 / get dressed / put on makeup / leave home 9:30 / have breakfast at a cafe / take the train to work / report news on TV

In the afternoon:

leave work 14:00 / meet friends and have lunch at a restaurant / arrive home 17:30

In the evening:

cook dinner / do origami with kids / have dinner 19:00 / go online / watch a film / go to bed 23:00

On Saturdays: attend ballet course / visit a museum / go bowling with the family

On Sundays: visit the animal shelter / feed the animals / walk in the park / water the plants / have a bath

OSCAR



In the morning:

get up 7:00 / take a shower / have breakfast with boiled eggs, honey, cereal, milk / leave home 8:15 / drive to work / examine and treat people.

In the afternoon:

have lunch with friends / finish work 17:00 / meet and chat with friends / arrive home 18:00

In the evening:

help wife with cooking / eat dinner 19:30 / watch TV / go to bed 21:15

On Saturdays: go horse riding / play paintball with friends / feed the street animals / play checkers with the kids

On Sundays: go nature walking with the family / pick flowers / take photographs / fly a kite