

Daily Routines and Telling the Time – Worksheet (B1)

1. Warm-up: Morning Chat

Work in pairs. Ask and answer:

- What do you usually do in the morning?
- What time do you get up?
- Do you have breakfast every day?

2. Vocabulary: Common Daily Activities

Match the pictures (or mime them!) with the correct daily routine:

1. get up
2. brush your teeth
3. have breakfast
4. go to work
5. have lunch
6. do homework
7. watch TV
8. go to bed

Then write 3 sentences about your daily routines:

Example: I get up at 7 o'clock. I go to bed at 11.

3. Grammar: Present Simple – Affirmative and Negative

Complete the sentences:

1. She ____ (get) up at 6:30.
2. We ____ (not/watch) TV in the morning.
3. My brother ____ (go) to work by bus.
4. I ____ (not/have) coffee in the evening.

Write 2 sentences about your routine in the affirmative and 2 in the negative.

4. Adverbs of Frequency

Put the adverbs of frequency in the correct place: always, usually, sometimes, never.

1. I eat breakfast at home. → I ____ eat breakfast at home.
2. She watches TV in the morning. → She ____ watches TV in the morning.

Now write 3 sentences about your habits using adverbs of frequency.

5. Telling the Time and Days of the Week

A. Write these times in words:

1. 7:15 → _____
2. 8:30 → _____
3. 9:45 → _____
4. 12:00 → _____

B. Complete the sentences:

1. I start classes at _____ on Monday.
2. I go shopping on _____.
3. I usually wake up at _____ on Sunday.

6. Speaking: My Typical Day

Work in pairs. Tell your partner about your typical weekday. Use:

- Present Simple
- Adverbs of frequency
- Time expressions

Example: I usually get up at 7 o'clock. I go to the university at half past eight. I never watch TV in the morning.

7. Writing Task (Homework)

Write a short paragraph (80–100 words) about your daily routine. Mention what you do, when you do it, and how often.