



51Talk
无忧英语

Unit 8 Daily activities
LESSON 1 I got up late

LEARNING OBJECTIVE
In this lesson, you will learn to describe your morning routine.

1 Warm-up

What do you usually do in the morning?



get up



make my bed



take a shower








brush my teeth



have breakfast

2 New words and expressions

Matching game

1.  2.  3.  4.  5. 

take a shower _____

never ['nevə(r)] (have time)
brush my teeth [ti:θ]
take a shower ['ʃaʊə(r)]
then [ðen]
lazy ['leɪzi]

Let's go through the sentences. Pay attention to the words in red.

- I **never** have time to enjoy myself.
- I **brush my teeth** three times a day.
- Linda often **takes a shower** in the morning.
- Let me finish this, and **then** we will go to the meeting.
- Tom is so **lazy**. He hasn't left the house all week.

3 Speaking naturally

1. Conversation and activity

(Sara tells her colleague Mike why she is late to work.)

Mike: Hey, Sara. You're late today.

Sara: Yes, I got up late.

Mike: What time did you get up?

Sara: I got up at eight this morning, but I usually get up at seven.

Mike: That is early. So you usually have breakfast at home, right?

Sara: No, I **never** eat breakfast. After I get up, I **brush my teeth**,
take a shower and **then** go to work.

Mike: You should eat breakfast. It's good for you.

Sara: Yes, you're right. I am just kind of **lazy**.

Check (✓) the right pictures about Sara according to the conversation.

1. 	2. 	3. 
(✓)	()	()
4. 	5. 	
()	()	

3 Speaking naturally

2. Conversation and comprehension

Mike: Hey, Sara. You're late today.

Sara: Yes, I got up late.

Mike: What time did you get up?

Sara: I got up at eight this morning, but I usually get up at seven.

Mike: That is early. So you usually have breakfast at home, right?

Sara: No, I **never** eat breakfast. After I get up, I **brush my teeth**,
take a shower and **then** go to work.

Mike: You should eat breakfast. It's good for you.

Sara: Yes, you're right. I am just kind of **lazy**.

Answer the questions:

1. Why is Sara late today?

Because ...

2. What does Sara do in the morning?

She usually ...

3 Speaking naturally

3. Practice

Mike: Hey, Sara. You're late today.

Sara: Yes, I .

Mike: What time did you get up?

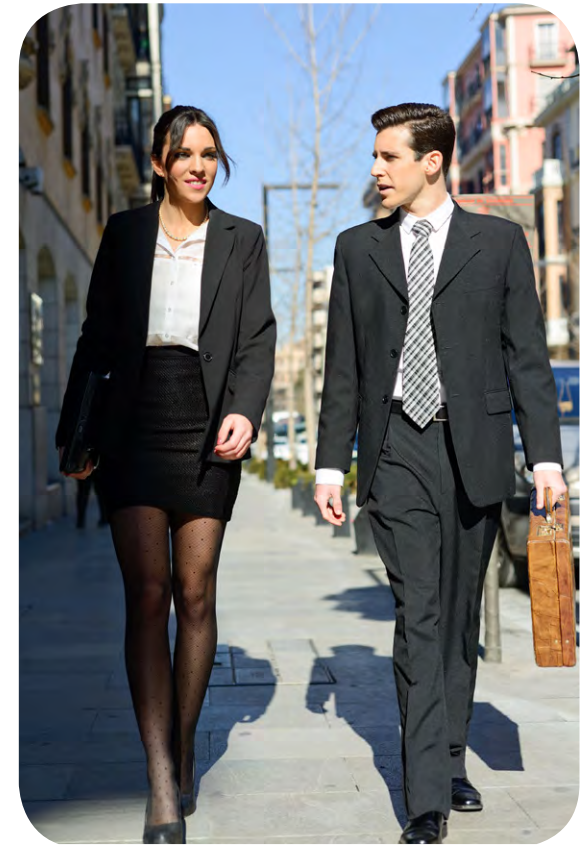
Sara: I got up at eight this morning, but I usually get up at seven.

Mike: That is early. So you usually have breakfast at home, right?

Sara: No, I eat breakfast. After I get up, I brush my teeth,
 and then go to work.

Mike: You should eat breakfast. It's good for you.

Sara: Yes, you're right. I am just kind of lazy.



4 Task

Speak out

Teacher Hey ... (student's name) You're late today.

Sorry, I woke up/got up late. ... **You**

Teacher ...

... **You**

Teacher ...

... **You**

Word tips

- brush my teeth
- take a shower
- get dressed
- eat breakfast
- After ..., I ..., and then ...

5 Summary

What did you learn in this lesson?

Words and phrases:



Sentences:

Let's check the next page!

5 Summary

You have learned the following vocabulary and sentence pattern to describe your morning routine.

Words and phrases:



never



then



lazy



brush my teeth



take a shower

Sentence pattern:



I got up ...

(Make a sentence)

