**TELL ME ABOUT YOUR DAY**

**VOCABULARY**

|  |  |  |  |
| --- | --- | --- | --- |
| get up | brushes her long hair | **finish work** | take the rubbish out |
| press the snooze button | comb my hair | **go home** | **hang out with** |
| turn off the alarm | brush your teeth | **arrive home** | go to bed/the bathroom |
| wake up | put make-up on | **have dinner** | set the alarm |
| take a shower | **go to work** | wash the dishes | **fall asleep** |
| get dressed | **start work at…** | chill out on the sofa | **stay up late** |
| have breakfast | have lunch | feed the dog and the cat |  |
|  | take a nap |  |  |

**READING**

**Sarah**: John, tell me about your day. What time do you wake-up?

**John**: Well, let's see. Some days I wake up early. Maybe about 6 o'clock. Yeah, sometimes I wake up at 6 o'clock.

When I get up early, I like to get ready for the day, take a shower and have breakfast. But other days, I don't like getting up early. Maybe I'll sleep in until 10:00 or 11:00.

**Sarah**: Wow.

**John**: Yeah. I like sleeping in late. So sometimes, I wake up at 11:00. On those days, if I know I won't wake up until 11:00, I'll take a shower the night before, before I go to bed. How about you, Sarah? When do you usually wake up?

**Sarah**: Well, I like everyday to be the same. So I wake up everyday at 8 o'clock.

**John**: 8:00.

**Sarah**: 8:00. And I always do the same thing. First, I make coffee right away. Then I wake up my kids and we have breakfast together at about 8:30.

**John**: Really?

**Sarah**: Yes. We usually have something easy like bread and yogurt and fruit.

**John**: I like to have coffee every morning whether I wake up at 6:00 or at 10:00. I'm still going to have coffee. But I often skip breakfast. Do you always eat breakfast everyday?

**Sarah**: Yes. If I don't eat breakfast, I'm so hungry. What about lunch? What time do you have lunch?

**John**: Lunch is the same everyday for me. I always eat lunch at 12:30 PM. So whenever I wake up, I do some things and then I always have lunch at 12:30 PM, just half past noon. And I always have a simple lunch. Maybe some soup or spaghetti or a sandwich. Something light, and it's always at half past noon. What time do you eat lunch?

**Sarah**: That's interesting. I have breakfast at the same time everyday but lunch is always at a different time.

**John**: Really?

**Sarah**: Because I'm busy in the morning. I go out, maybe I go shopping. Sometimes, I clean the house. So I might have lunch at 11 o'clock or 12 o'clock. Sometimes as late as 2:30.

**John**: Oh, that's getting late.

**Sarah**: Yes. But it's always easy lunch like you. Maybe crackers and cheese or a sandwich or a baked potato.

**John**: I see.

**QUESTIONS**

* When do you eat breakfast?
* Who do you talk to every day?
* Where do you buy your groceries?
* What are some of the daily activities that you do at home?
* What are some daily activities that you do at work?
* What are some other daily activities that you do?
* What are some weekly activities that you do?