

COMMUNICATION

Making changes to my routine

LEVEL

Intermediate

NUMBER

EN_B1_2011X

LANGUAGE

English



Learning outcomes

- I can describe my weekly routine using a variety of adverbs of frequency.
- I can talk about current changes to my routine and what is working well for me or not.





Warm-up

Compare the pictures below. Which person do you relate to more?



Do you always wake up at the same time?

Why do you need to wake up at this time?

What are some other things you do at the same time every day?

Sarah's routine

Read about Sarah's routine and answer the questions in the boxes.

Sarah (37) – General Practitioner

My morning ritual is simple – most days, I grab a takeaway coffee from the café next to my clinic to start the day. No two days are the same for me.

My working hours are 8-6, but I rarely leave the clinic until after 7, as something always comes up. These days, however, I'm making an effort to get home in time to put the kids to bed.



What does Sarah do for a living?

What's the first thing Sarah does each morning?

Name one thing that Sarah is doing differently at the moment.



My **morning ritual** is simple
– I grab a takeaway coffee
from my local café.



What do you think a **morning ritual** is?
Do you have a **morning ritual**?





Joan's routine

Read about **Joan's routine** and **answer the questions** in the boxes.

Joan (20) – Competitive swimmer

I do between seven and eight pool sessions a week. Because of my intense training schedule, rest is super important! I need at least eight hours of good quality sleep every night in order to train well.

I realised recently that I was spending too much time on social media right before bed, and not sleeping well. I'm currently trying out ways to reduce my screen time, so I put all my devices in a different room when I go to bed, which is usually around 9pm on weeknights.



How many pool sessions does Joan do each week?

Why is rest very important for Joan?

What is one thing Joan is currently doing differently?



I'm currently trying out ways to **reduce my screen time**.

What do you think it means to **reduce your screen time**?

Can you think of three screens that you see every day?

How much time, on average, do you spend on screens each day?

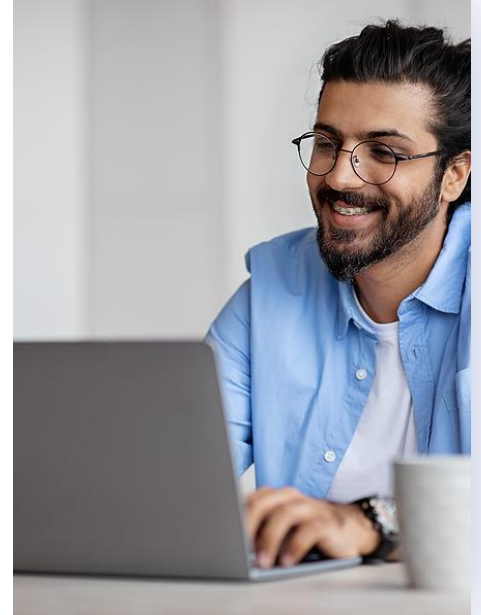
Lucas's routine

Read about **Lucas's routine** and **answer the questions** in the boxes.

Lucas (53) – Freelance travel writer

I find it useful to stick to a routine. I write best in the mornings, then I edit my articles in the afternoon. I'm always looking for new clients, even when I'm in the middle of a project, so I spend an hour after lunch updating my blog.

I'm a bit of a workaholic – as a freelancer, it can be hard to manage your time. But at the moment I'm making more time for self-care, even if it's just a walk with a friend every now and again, or a glass of wine at the end of a long day!



What is Lucas's daily routine?

What is something that Lucas is always doing?

What is something that Lucas is doing differently at the moment?

I'm making more time for
self-care.



Have you ever heard the term **self-care**? What do you think it means?



Build sentences

Use the prompts below to build sentences that are true for you.

1 **to start** – the day



I usually start the day with an hour of yoga.

2 **to need** – (X hours) good quality sleep



3 **to spend** – time



4 **to reduce** – screen time



5 **to stick to** – a routine



6 **to manage** – your time





Talking about routine

Read the **examples** from the texts on the previous slides. **Answer the questions** in the boxes.

Sarah: I rarely leave the clinic before 7.

Joan: I need at least eight hours of good quality sleep every night.

Lucas: I write best in the morning, and I edit my articles in the afternoon.

- **Identify** the **verbs** in the sentences above.
- **Which tense** is used in these examples? Why do we use this tense?
- **Identify** the **adverbs of frequency** and **time phrases** in the sentences above.

- **Transform** the sentences into the **3rd person**.

What happens to the **verb endings**?

1. **Sarah...**
2. **Joan...**
3. **Lucas...**

Adverbs of frequency and time phrases

Read these **adverbs of frequency and time phrases** from the texts. Which words and phrases have a **similar meaning**? Can you add any other adverbs of frequency or time phrases to the list?

usually

currently

always

these days

rarely

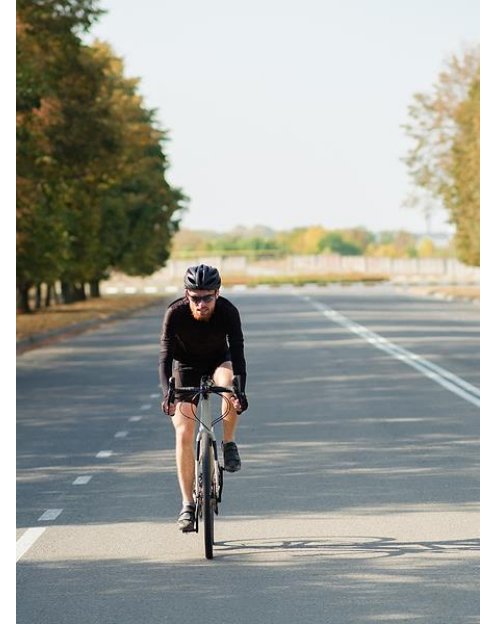
every day/night

... times a week

most days/nights

every now and
again

at the moment





Talking about routine

Discuss the **prompts** below in **breakout rooms** or in the **main classroom**.

If using breakout rooms, **share** what you found out about your classmates afterwards!



What is something you **rarely** do before bed?

What is something you do **most weekends**?

Do you work best **in the morning**?

If not, at what time of the day do you work best?

How many hours of sleep do you need **every night**?

Do you always get this much sleep?

Talking about changes to routine

Read the **example sentences** taken from the texts and **complete the blue boxes**.

These days, I'm **making an effort** to get home earlier in the evening.

I'm currently **trying out** ways to reduce my screen time.

At the moment, I'm **making** more **time for** self-care.

- **Look at the verb phrases** (in purple). **Fill in the gaps** below:

1. to _____ an effort to do...
2. to _____ ways to...
3. to _____ (more) time for...

- Identify the **time phrases** in the sentences above.
- **Which present tense** is used in the sentences above? Why do you think this tense is used?



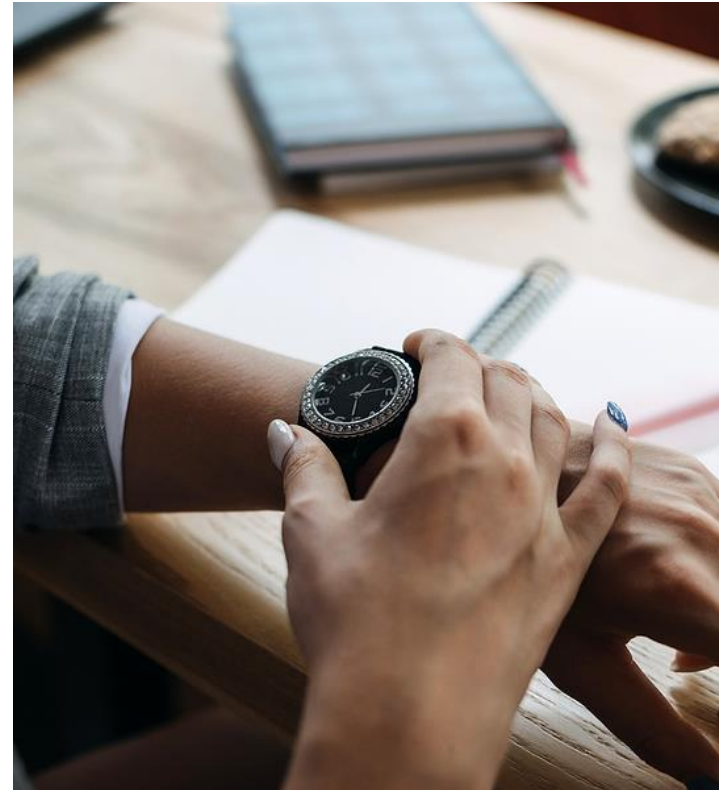
Talking about changes to routine

Read the **prompts** below, then **share your answers** with the class.

1 What is one thing you are **making an effort to do** these days?

2 Are you currently **trying out** anything new?

3 Name one activity you are **making more time for** at the moment.





Discuss

Do you think it's important to have a routine?

Do you find it easy or difficult to stick to a routine?

Is your weekday routine different from your weekend routine?

Do you have a favourite day of the week? What do you do on this day?



End of the lesson

Idiom

(It) made my day!

Meaning: You usually say this when somebody does something nice, or something good happens to you.

Example: I just received your card in the post, thank you! It made my day!



Additional practice



Fill in the gaps

Use vocabulary from the lesson to complete the sentences.

- 1 Self-care sometimes means making _____ for yourself and understanding that you won't always have time to do things for others.
- 2 After you leave university, you often have to try _____ new ways to make friends, like getting a new hobby or joining a club.
- 3 It's important to make an _____ to call old friends every now and again.
- 4 For some people, their morning _____ is having a cold shower – they believe it's good for them!
- 5 It's a good idea to focus _____ changing one habit at a time and not to try to change everything at once.





Talking about self-care

Talk to your teacher or a partner about what you do for self-care.

Try to use the adverbs of frequency and time phrases you learnt in the lesson. Look at the examples for some ideas.



I have a massage every now and again and I always feel great after!

I usually listen to a podcast while I'm walking to work.

I rarely go jogging but I always feel good if I make time for it.

I meet my dad for coffee most weekends. That's self-care for me.



Morning and night-time rituals

Categorise these activities.

Which of these activities do you think people are more likely to do as part of their routine in the morning and at night?



1

cook a meal

2

get a takeaway
coffee

3

put on makeup

4

have a cold
shower

5

reduce screen
time

6

have a warm
bath

7

listen to the
news

8

watch TV

9

read to children

Morning

Night-time



What's the opposite?



Read the words and phrases from the text. **Match** a word or phrase on the left with a word or phrase on the right that **means the opposite**.

1 simple

2 good quality

3 reduce

4 best

5 useful

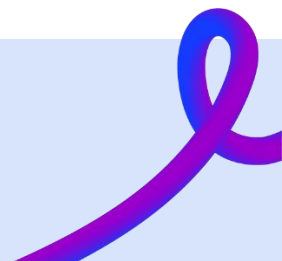
a bad quality

b worst

c useless

d complicated

e increase





Writing about night-time rituals

Write sentences about your night-time rituals.

Try to **use some of the adverbs of frequency and other vocabulary** from the lesson.

Do you have any night-time rituals? If not, what do you think are some good evening rituals to help you sleep better?





Answer key

**P.4**

1. Sarah is a GP (general practitioner)/doctor
2. She gets a takeaway coffee
3. She is getting home in time to put her kids to bed.

P.6

1. Joan does 7-8 pool sessions each week
2. Rest is important for Joan because her training schedule is very intense
3. Joan is trying to reduce her screen time

P.8

1. Lucas writes in the morning and edits his articles in the afternoon
2. Lucas is always looking for new clients
3. Lucas is making more time for self-care

P.11

1. to leave; to need; to write, to edit
2. rarely, every night, in the morning/afternoon
3. Sarah rarely leaves... Joan needs... Lucas writes... and edits...
4. add s for 3rd person in present simple



Answer key



P.14

1. make, try out, make
2. these days; currently; at the moment
3. Present continuous

Additional practice

P. 20: 1) time, 2) out, 3) effort, 4) ritual / routine, 5) on

P. 22: (Possible answers) Morning: 2, 3, 4, 7, Night-time: 1, 5, 6, 8, 9

P.23: 1. (d) 2. (a) 3. (e) 4. (b) 5. (c)



Summary

Present simple

- We use the present simple to talk about routine
- Remember to add an -s to the verb after the 3rd person singular

Present continuous

- We can use the present continuous to talk about temporary situations in the present, for example, when talking about changes to routine

Verb for talking about changes to routine

- to try sth. out
- to make an effort to...
- to make more time for...



Vocabulary

to try out (ways) to...

to focus on...

to make (more) time for...

to make an effort to do...

to edit

every now and again

currently

at the moment

these days

most days

to reduce screen-time

self-care

morning ritual

No two days are the same

