







#### **DAILY CONVERSATION**

# Content

O1 Definitions

02 Expressions

03 Practice

# Definitions

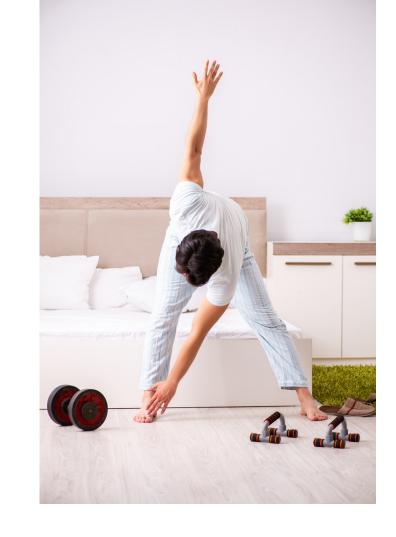




# Habits & Routines

What are the similarities between a habit and a routine?





**Habit** Routine

**Similarities** 

an activity that you do \_\_\_\_\_

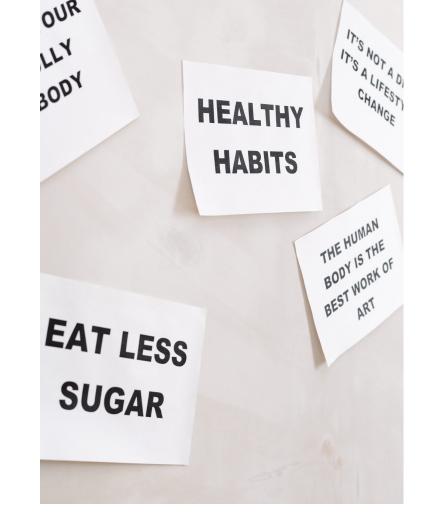
**Differences** 

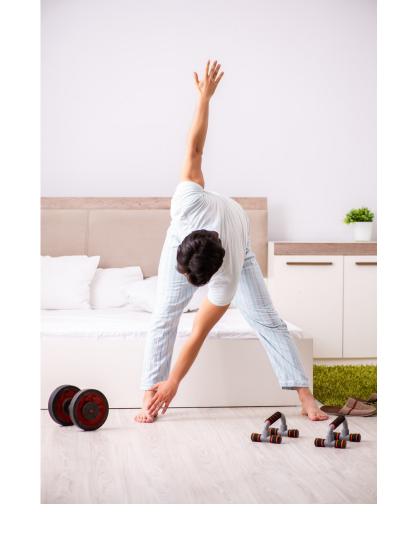
you might do this uncon\_\_\_\_\_

you might do this con\_\_\_\_\_

# Habits & Routines

What are the similarities between a habit and a routine?





**Habit** Routine

**Similarities** 

an activity that you do regularly

**Differences** 

you might do this unconsciously

you might do this consciously

#### Habit

a thing that you do often and almost without thinking, especially something that is hard to stop doing

= practice, custom, pattern

prepositions: by habit, out of habit phrases: a creature of habit; force of habit

#### Routine

the normal order and way in which you regularly do things

= practice, procedure

verb: establish, get/ fall/ settle into ... phrases: a change in/from/ of routine



# Expressions

## Habit

A habit can be good or bad.



- I always pay attention to details.
- He'll keep his house clean and orderly everyday.
- I'm in the habit of drinking plenty of water throughout the day.
- I'm getting into the habit of being on punctual.

Tips: Notice the <u>structures</u> which are used to talk about good or bad habits in the present.



- She's always using foul language.
- He'll break his promises all the time.
- Staying up late is a habit of mine.
- I'm habitually late, no matter how early I leave my home for work in the morning.

## Habit

Tips: Notice the <u>structures</u> which are used to talk about past habits.

A habit can be old or new.

- I used to think old habit dies hard. But then I read a lot of books about health and nutrition, and I knew I had to kick/ break that habit (= give up/ get rid of the habit).
- I used to be addicted to chocolate chip cookies.
- I didn't use to like Indian food.
- My brother never used to exercise.
- I'd get up in the morning and go straight to the cookie jar.

\*Watches fast food documentary\*
"I'm never eating fast food again"
2 hours later:



Don't pick up an old habit!

## Routines

Expressing frequency

lower	frequ	iency

#### higher frequency

every so often

intermittently most weeks most of the time

on a daily basis rarely from time to time

every now and again seldom frequently once in a blue moon

more often than not occasionally once in a blue moon

regularly

## Routines

Expressing frequency

#### lower frequency

rarely

seldom

from time to time

every now and again

once in a blue moon

intermittently

occasionally

once in a while

every so often

#### higher frequency

frequently

regularly

more often than not

on a daily basis

most weeks

most of the time



# Practice

#### Working from home

Time: 5 minutes

Group: 4 members



How to stay positive while working from home?



How to stay productive while working from home?

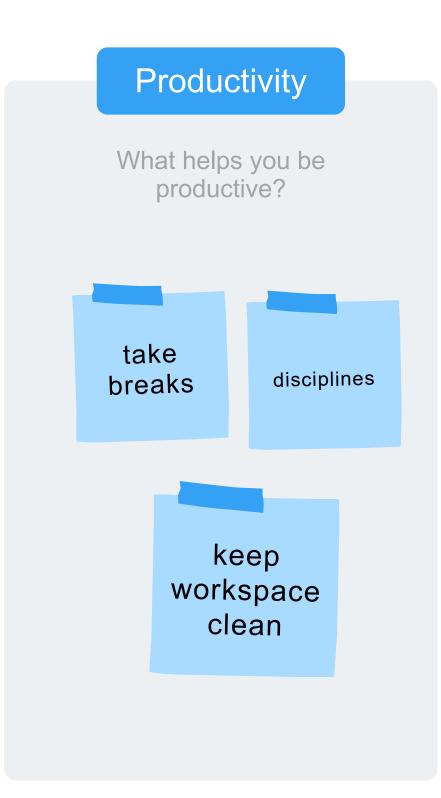


How to stay healthy while working from home?

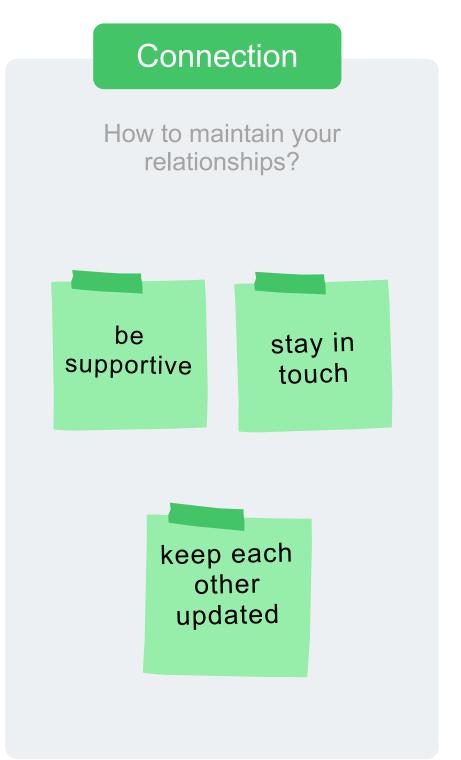


How to stay connected while working from home?









#### Two truths & a lie

- Think of two truths and a lie about your habits and routines.
- O2 Share it with the whole class without getting busted.
- O3 If your lie is detected, you will join a second round.

