



DAILY CONVERSATION

Habits & Routines

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Definitions

Habits & Routines



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

Habits & Routines

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 structures 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 structures 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 frequency

intermittently

most weeks

on a daily basis

rarely

every now and again

seldom

frequently

once in a blue moon

higher frequency

most of the time

once in a while

from time to time

more often than not

occasionally

regularly

every so often

Routines

Expressing frequency

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Practice

Habits & Routines

Working from home

Time: 5 minutes
Group: 4 members

1

How to stay positive while working from home?

Positivity

What makes you stay positive?

stop over-thinking

keep calm

focus on the positive news

2

How to stay productive while working from home?

Productivity

What helps you be productive?

take breaks

disciplines

keep workspace clean

3

How to stay healthy while working from home?

Health

How to stay fit?

do exercises

be aware of work-life balance

be mindful of your diets

4

How to stay connected while working from home?

Connection

How to maintain your relationships?

be supportive

stay in touch

keep each other updated

Two truths & a lie

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

