ESOL – Daily Routines

This companion document covers the same learning as the interactive session, but in a different way so as to be more accessible for learners with sight impairments. Because of this, it does not follow a slide structure.

Welcome

Welcome to this session on daily routines.

By the end of this session you will:

* Know how to talk about daily routines
* Be able to use times to talk about daily routines

Daily routines

Daily routines are the things we do every day. Here are some examples.

* Wake up
* Brush teeth
* Have a shower
* Eat breakfast
* Go to work
* Watch TV

When we describe the things we usually do each day in order, this is known as our daily routine. Some people may have different routines for week days and weekends, or the days they are at school or work and the days they are not.

Anika’s daily routine

This is Anika’s daily routine.

* I wake up.
* I brush my teeth.
* I have a shower.
* I go to work.
* I watch TV.
* I go to sleep.

We can use her routine to answer questions about the order she does things in. For example, what does Anika do after she brushes her teeth? By looking at her routine we can see that after brushing her teeth, Anika has a shower.

As another example, what does Anika do before she goes to sleep? By looking at her routine we can see that before going to sleep she watches TV.

Keith’s daily routine

This is what Keith does on a typical Sunday.

* I eat my breakfast.
* I clean my house.
* I go shopping.
* I play football with my friends.
* I listen to music.
* I have a bath.

See if you can answer these questions about Keith’s Sunday routine.

1. What does Keith do first on a Sunday?
2. What does Keith do after he has been shopping?
3. What does Keith do before he goes shopping?

Here are the answers to the questions.

1. Keith eats his breakfast first on a Sunday.
2. After he has been shopping, Keith plays football with his friends.
3. Before he goes shopping, Keith cleans his house.

Philippa’s daily routine

Sometimes people will do things at a regular time each day. They might include the time of day they do things in their routine. Common examples of things you do at the same time each day including going to work, having lunch or watching a favourite TV show.

This is Philippa’s routine:

I wake up at 8 o’clock. I brush my teeth and have a shower. I go to college at 9 o’clock. At 1 o’clock I meet my friends for lunch. I do my homework at 4 o’clock. At 6 o’clock I cook my dinner. Then I watch TV. I go to bed at 11 o’clock.

When we have information like this, we can use it to answer questions about what time of day people do something. Let’s try an example. What time does Philippa wake up? By looking at her routine, we can see that Philippa wakes up at 8 o’clock.

Now try for yourself. Can you answer these questions about Philippa’s routine?

1. What does Philippa do at 1 o’clock?
2. What time does Philippa go to bed?
3. What does Philippa do after dinner?

Here are the answers.

1. At 1 o’clock, Philippa meets her friends for lunch.
2. Philippa goes to bed at 11 o’clock.
3. After dinner, Philippa watches TV.

Tristan’s daily routine

This is Tristan’s daily routine.

I get up at 7am. I then have a shower and eat breakfast with my family. I then brush my teeth. I cycle to work. I start work at 9am. I have my lunch at 12.30pm. I finish work at 3pm and then I collect my children from school at 3.30pm. I take them to the park for an hour. Then we travel home. We have dinner at 6pm. My children go to bed at 7.30pm. Then I listen to music on the radio until 10pm. Then I read my book for half an hour. I go to sleep at 10.30pm.

Have a go at answering these questions about his routine.

1. What time does Tristan start work?
2. What time does Tristan finish work?
3. What time does Tristan have dinner?
4. What does Tristan do between 3.30pm and 4.30pm?
5. What does Tristan do before he goes to sleep?

Here are the answers.

1. Tristan starts work at 9am.
2. Tristan finished work at 3pm.
3. Tristan has dinner at 6pm.
4. Between 3.30pm and 4.30pm, Tristan takes his children to the park.
5. Before he goes to sleep, Tristan reads his book.

Summary

Well done. You have completed this session on daily routines.

You should now:

* Know how to talk about daily routines
* Be able to use times to talk about daily routines

If you have any questions about anything covered in this session, please speak to your tutor for more help.