

Listening Activity: My Daily Routine

1. Listen to the audio and complete the gaps.

Hello! My name is Sarah, and this is my daily routine. I _____ at 6:30 every morning. First, I _____ my teeth and wash my face. Then, I _____ breakfast with my family. I usually eat bread, fruit, and drink coffee.

At 7:30, I _____ to work. I work in an office from 8:00 a.m. to 5:00 p.m. During my _____ break, I eat with my coworkers and sometimes take a short walk.

After work, I go home and _____ for a while. In the evening, I cook dinner and _____ TV. Sometimes, I read a book or talk to my friends online.

Before going to bed, I _____ a shower and prepare my things for the next day. I usually go to _____ at 10:30 p.m. I like my routine because it helps me stay organized and _____.

2. Complete the sentences with the correct verb:

- a) Sarah _____ up at 6:30 every morning.
- b) She _____ breakfast with her family.
- c) She _____ in an office.
- d) After work, she _____ home.
- e) She usually _____ to bed at 10:30 p.m.

2º Text

Listening Activity: A Busy but Balanced Day

1. Listen to the audio and complete the gaps.

My daily routine is quite busy, but I try to maintain a healthy _____ between work and personal life. I usually _____ up at 6:00 a.m. and spend a few minutes checking my emails and _____ my day. After having breakfast, I _____ to work.

As an English teacher, I teach several classes throughout the day and spend some time _____ lessons and correcting assignments. During my _____ break, I often read articles or listen to _____ to improve my professional skills.

In the afternoon, I continue _____ until around 5:30 p.m. Once I get home, I like to _____ or go for a walk to clear my mind.

In the evening, I prepare dinner and spend _____ with my family. I also dedicate some time to studying, reading, or working on personal _____.

Although my schedule can be demanding, I believe that having a _____ routine helps me stay focused and achieve my goals. It also allows me to _____ my time effectively and reduce _____.

2. Choose the correct answer.

A. The writer gets up at:

- a) 5:00 a.m.
- b) 6:00 a.m.
- c) 7:00 a.m.

B. The writer works as:

- a) a doctor

- b) an engineer
- c) an English teacher

C. During lunch, the writer:

- a) sleeps
- b) watches TV
- c) reads articles or listens to podcasts

D. After work, the writer likes to:

- a) exercise or walk
- b) go shopping
- c) play video games

E. A structured routine helps the writer:

- a) spend more money
- b) stay focused
- c) work less

Answers: 1. wakes 2. has 3. works 4. goes 5. goes

Answers: 1-b | 2-c | 3-c | 4-a | 5-b