

What Are Daily Routines and Activities?

Worksheet

Daily routines and activities refer to the recurring tasks and habits a person does regularly, like getting up, brushing teeth, having meals, working, exercising, and going to bed. These form the structure of everyday life.

Questions

1. 'She ____ breakfast at 7:30 every morning.'
A) has
B) does
C) makes
D) gets
2. What does 'get dressed' mean?
A) sit down while wearing clothes
B) put on clothes
C) wake up
D) eat breakfast
3. 'I ____ a shower every morning.'
A) do
B) make
C) take
D) go
4. Which is a typical bedtime routine?
A) have breakfast
B) brush teeth, read, go to bed
C) exercise at the gym
D) go to work
5. Write a simple daily routine: 'I wake up at 7am, then...'
6. What's the difference between 'have breakfast' and 'eat breakfast'?
7. How do you describe doing exercise as a daily routine?
8. Define: What's a daily routine?
9. Define: How do you say 'uyanmak' in English?
10. Define: Common morning activities?

Answer Key

1. A) has — 'Has breakfast' is the correct phrase for eating the morning meal.
2. B) put on clothes — 'Get dressed' means to put on your clothes, usually after waking or showering.
3. C) take — 'Take a shower' is the correct phrase; 'do' or 'make' are wrong here.
4. B) brush teeth, read, go to bed — Evening routine includes: brush teeth, read or relax, then go to bed.
5. I wake up at 7 am. I brush my teeth and take a shower. I eat breakfast at 7:30 am. I go to work/school at 8:30 am. I work until 5 pm, eat dinner at 6 pm, and go to bed at 11 pm.
6. Both mean the same thing in context. 'Have breakfast' is more common in British English. 'Eat breakfast' is also correct but 'have' sounds more natural. Other meals: have lunch, have dinner, have a snack.
7. 'I exercise every morning' or 'I go to the gym.' 'I run for 30 minutes' or 'I do yoga.' 'I work out' is casual and common. Time can be specific: 'I exercise at 6 am before work.'
8. Regular, habitual activities done every day: waking, eating, working, exercising, sleeping.
9. 'Wake up' (verb + particle). 'I wake up at 7 am.'
10. Wake up, brush teeth, shower, get dressed, have breakfast, go to work/school.

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