



UNIVERSIDAD AUTÓNOMA DEL ESTADO DE HIDALGO  
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DIRECCIÓN DE SUPERACIÓN ACADÉMICA



# Presentación

Material name: Describing habits and routines  
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## ▼ Motivational question

What do you usually do on Mondays? What do you usually do in weekends?



Figure 1



Express my daily routines and the routines of others. This is an A1 level competence, according to the Common European Framework of Reference for languages ( [http://www.coe.int/t/dg4/linguistic/source/framework\\_en.pdf](http://www.coe.int/t/dg4/linguistic/source/framework_en.pdf) page 24).

Key words:

Daily, routines, wake up, eat, rut, watch, sleep...



- [Routines \(Models\)](#)
- [Model of a 1st person's routine](#)
- [Model of 3rd person's routine](#)
- [Examples in 1st person \(3 forms\)](#)
- [Examples in 3rd person \(3 forms\)](#)
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# How to express

ROUTINES (MODELS)

Figure 2



I wake up at 6 ó clock



Figure 3

I get up at 6:05 a.m.



I take a  
shower



I have  
breakfast



I brush my teeth

Figure 6



I go to work/  
the school

Figure 7



Figure 8



I work at  
the office



Figure 9

I arrive to  
my house





I relax at home

Figure 10

I cook the meal



Figure 11



Figure 12

I eat



Figure 13

I do the housework



Figure 14



I check my facebook



Figure 15

I watch TV



Figure 16



I have dinner



I sleep at 11 ó clock

Figure 17



# My daily routine

**First** I wake up at 6:00 ó clock in the morning, then I always take a shower, **as soon as** I finish, I get dressed. **After that** I sometimes have breakfast, **next** I go to work at the office.

**In the afternoon** I arrive home and I usually relax for 15 minutes, **then** I eat with my sister...



## Example 3rd person

**In the morning, first she always wakes<sup>s</sup> up at 10:00 ó clock, then she prepares<sup>s</sup> the breakfast, after that she brushes<sup>es</sup> her teeth, next she sometimes wash<sup>es</sup> the dishes and her clothes.**

**In the afternoon she do<sup>es</sup> exercise and tak<sup>es</sup> a shower, later she eat<sup>s</sup>. At last she relax<sup>es</sup> in her sofa and watch<sup>es</sup> a movie with her family.**

**We sometimes visit to my grandparents or go to the cinema.**

**At night she usually listen<sup>s</sup> to music or check<sup>s</sup> my mail in the computer.**



Affirmative:

**I wake up at 6:00 ó clock**

Negative

**I don't wake up at 6:00**

Interrogative

**Do I wake up at 6:00?**



Affirmative

He **wakes** up at 6:00 ó clock

Negative

He **doesn't** wake up at 6:00

Interrogative

**Does** he wake up at 6:00?





When you want to express your daily routine you have to use the verb in simple present and use don't for negatives and do for questions.

When you want to express the routine of another person you have to add and s to the verb and use doesn't for negatives and does for questions.



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**Thank you!**





## Material desarrollado en la Dirección de Superación Académica



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