Material name: Describing habits and routines
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Date: January 27th, 2015
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 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)
• Conclusion
• References
How to express ROUTINES (MODELS)

I wake up at 6 ó clock

I get up at 6:05 a.m.
I take a shower

I have breakfast
Figure 6

I brush my teeth

Figure 7

I go to work/the school
I work at the office

I arrive to my house
I relax at home

I cook the meal
I eat

I do the housework

Figure 12

Figure 13
Facebook helps you connect and share with the people in your life.

I check my Facebook

I watch TV
Figure 16

I have dinner

Figure 17

I sleep at 11 ó clock
My daily routine

First I wake up at 6:00 o'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...
In the morning, first she always wakes up at 10:00 ó clock, then she prepares the breakfast, after that she brushes her teeth, next she sometimes washes the dishes and her clothes.

In the afternoon she does exercise and takes a shower, later she eats. At last she relaxes in her sofa and watches a movie with her family. We sometimes visit to my grandparents or go to the cinema.

At night she usually listens to music or checks my mail in the computer.
Affirmative:
I wake up at 6:00 o'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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Figure 17. sleep [image] (2015) Retrieved from.
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Thank you!
Material desarrollado en la Dirección de Superación Académica

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