

Daily Routines

Discussion Topic Pack

A warm-up, vocabulary, and graded discussion questions for talking about **Daily Routines**.

Name _____ Class _____ Date _____ Score _____

Warm-up: What is the first thing you do when you wake up?

1 · Vocabulary

Word	Meaning	Example
wake	to stop sleeping	<i>I wake at 7 a.m. every day.</i>
brush	to clean teeth with a toothbrush	<i>I brush my teeth after breakfast.</i>
eat	to consume food	<i>I eat cereal for breakfast.</i>
commute	to travel regularly between home and work or school	<i>I commute by bus to work.</i>
work	to do a job or tasks	<i>I work from 9 to 5.</i>
exercise	to do physical activity to stay fit	<i>I exercise for 30 minutes after work.</i>
relax	to rest and feel calm	<i>In the evening I relax by reading a book.</i>
sleep	to rest with eyes closed, usually at night	<i>I try to sleep at least eight hours.</i>

2 · Discussion Questions

Take turns asking and answering — try to give a full answer, not just yes or no.

- 1 What time do you usually get up?
- 2 What do you have for breakfast?
- 3 How do you get to school or work?
- 4 What is your favorite part of the day?
- 5 Do you have any habits you do every morning?
- 6 How do you organize your tasks during the day?
- 7 Why is it important to have a regular routine?
- 8 How could a person change a bad habit in their daily routine?
- 9 What effect does technology have on people's daily routines?
- 10 In your opinion, should schools teach students how to plan their daily schedules?

3 · Extension

Try this: Write a short paragraph (about 80-100 words) describing your ideal daily routine, including when you wake, eat, work, exercise, relax and sleep.