

ASK AND ANSWER QUESTIONS ABOUT ROUTINES

We all have routines. Some people wake up early, go to school or work, eat lunch at noon, and go to bed at night. Other people do different things depending on the day. Being able to talk about your daily routine in English helps you explain your life, organize your time, and understand others.

This lesson teaches you how to talk about your everyday actions using simple verbs like “wake up”, “eat”, “study”, “watch TV”, and more.

Talking about daily routines is one of the first and most important topics in English. It gives structure to your speaking and helps you describe your habits clearly. It's also a great way to connect with others, since everyone has a routine they can share.

How to Talk About Daily Routines

To describe your routine, use the present simple tense with the verb:

- I wake up at 6:30.
- She eats breakfast at 7:00.
- We go to school at 8:00.
- He watches TV in the evening.



Notice that when we talk about he, she, or it, the verb usually ends in -s:

- She plays video games.
- He studies in the afternoon.

For I, you, we, they, the verb stays the same:

- They sleep at 10:00.
- I eat dinner at 7:30.

You can also add time words:

- in the morning
- at night
- every day
- on weekends

Real Life Example

Sam: What do you do every day?

Lina: I wake up at 7, go to school, and then study at home.

Sam: Do you watch TV at night?

Lina: Yes, a little bit. I like cartoons.



Daily routine conversations are very common, and they help people connect.

Reference:

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