



Mentes Altus Academy

# Workbook

*DAILY ROUTINES IN ENGLISH*

*THE DISCOVERY*



Level: A2+ | Free Kids Workbook

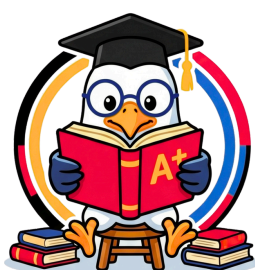


# MENTES ALTUS: WORKBOOK



Author: Mentos Altus

Level: A2



## Giving Directions in English The Discovery

Today we are going to learn how to talk about our daily routine in English.

You will learn to say:

- **I wake up at 7 AM.**
- **I get dressed.**
- **I have breakfast.**
- **I go to school.**
- **I do homework.**
- **I read a book.**
- **I go to sleep.**



Hello! I'm Alti.  
Today I will help you talk  
about your day.

Hello, Little Learner! 🖐️



### Think about your day.

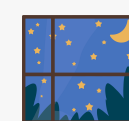
What do you do in the morning?



What do you do in the afternoon?



What do you do at night?



### Complementary Resource

To get the most out of this lesson, use our A2 vocabulary lesson: **"Vocabulary for Daily Routines"**  
You can find it at [mentesaltus.es](https://mentesaltus.es) in the Resources section.



# MENTES ALTUS: WORKBOOK



## Mini Activity

Circle the things you do every day:



- **wake up**
- **take a shower**
- **play a game**
- **do homework**
- **go to school**
- **have breakfast**
- **read a book**
- **go to sleep**



## Say it aloud

- **In the morning, I wake up.**
- **In the afternoon, I do homework.**
- **At night, I go to sleep.**

Your routine is your story.  
Let's learn how to tell it in  
English.

## Key words

| English        | Easy meaning          | Spanish               |
|----------------|-----------------------|-----------------------|
| wake up        | stop sleeping         | despertarse           |
| get out of bed | leave the bed         | levantarse de la cama |
| take a shower  | wash your body        | ducharse              |
| get dressed    | put on clothes        | vestirse              |
| have breakfast | eat in the morning    | desayunar             |
| have lunch     | eat at midday         | almorzar              |
| go to school   | travel to school      | ir al colegio         |
| take a break   | rest for a short time | tomar un descanso     |
| go back home   | return home           | volver a casa         |
| do homework    | complete school work  | hacer deberes         |
| play a game    | play for fun          | jugar un juego        |
| read a book    | read pages            | leer un libro         |
| go to sleep    | start sleeping        | irse a dormir         |



# MENTES ALTUS: WORKBOOK



## Pronunciation help

- **wake up** sounds like “weik ap”
- **shower** sounds like “shau-er”
- **breakfast** sounds like “brek-fast”
- **homework** sounds like “houm-work”
- **sleep** sounds like “sliip”

### Repeat with Alti:

- Wake up.
- Get dressed.
- Have breakfast.
- Go to school.
- Do homework.
- Go to sleep.



Repeat with me

## Grammar in a Tiny Box



To talk about routines, we usually use the **present simple**.

## Pronouns: I / You / We / They

- I wake up at 7 AM.
- You go to school.
- We have lunch at 1 PM.
- They play a game after school.



## Pronouns: He / She / It

Add -s or -es.

- He wakes up at 7 AM.
- She goes to school.
- He does homework.
- She reads a book.



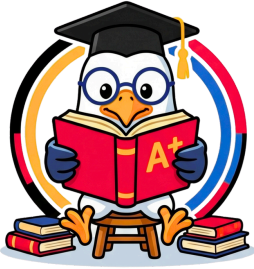
### Tiny mistake tip:

Don't say: **She go to school.**  
Say: **She goes to school.**





# MENTES ALTUS: WORKBOOK



## Practice Time

### A. Match the Words

Match the English word with the Spanish meaning.

- |                  |                  |
|------------------|------------------|
| • wake up        | a. hacer deberes |
| • get dressed    | b. desayunar     |
| • have breakfast | c. despertarse   |
| • do homework    | d. irse a dormir |
| • go to sleep    | e. vestirse      |

### B. Choose the correct answer

1. I \_\_\_\_\_ at 7 AM.

- a. wake up
- b. wakes up
- c. waking up

2. She \_\_\_\_\_ dressed before school.

- a. get
- b. gets
- c. getting

3. We \_\_\_\_\_ breakfast at 8 AM.

- a. have
- b. has
- c. having

4. He \_\_\_\_\_ homework in the afternoon.

- a. do
- b. does
- c. doing

5. They \_\_\_\_\_ a game after school.

- a. play
- b. plays
- c. playing



# MENTES ALTUS: WORKBOOK



## Mini Speaking



Practise with your teacher, mum, dad, or a friend.

### Dialogue 1

A: What time do you wake up?  
B: I wake up at 7 AM.

### Dialogue 2

A: What do you do in the morning?  
B: I have breakfast and go to school.

### Dialogue 3

A: What do you do after school?  
B: I do homework and play a game.

### Your turn



Change the answer:

- I wake up at \_\_\_\_\_.
- I have breakfast at \_\_\_\_\_.
- I go to school at \_\_\_\_\_.
- I go to sleep at \_\_\_\_\_.

## My Turn

Draw your day.

Add:

- your bed
- your breakfast
- your school
- your homework
- your favourite game
- your book
- your bedtime

Now write 4 sentences.

1. I wake up at \_\_\_\_\_.
2. I have breakfast at \_\_\_\_\_.
3. I do homework in the \_\_\_\_\_.
4. I go to sleep at \_\_\_\_\_.

**Aprender a aprender tip:**

Say your routine in order.

**morning → afternoon → evening night.**

This helps your brain organise the words.



**Complete Alti's speech bubble:**

Every day, I \_\_\_\_\_





# MENTES ALTUS: WORKBOOK



Exit Ticket



Circle your answer.

I can say...

1. **I wake up at 7 AM.**

Yes / A little / I need practice

2. **I go to school.**

Yes / A little / I need practice

3. **I do homework.**

Yes / A little / I need practice

4. **I go to sleep at night.**

Yes / A little / I need practice



## Answer Key

Answer Key

A. Match the words

1. wake up — c

2. get dressed — e

3. have breakfast — b

4. do homework — a

5. go to sleep — d

B. Choose the correct answer

1. a. wake up

2. b. gets

3. a. have

4. b. does

5. a. play



You don't need perfect English  
to communicate.

You need useful words,  
clear sentences, and  
courage.

