

Have students watch the video. <https://youtu.be/1KP9yoR1AO0>

Use the worksheet to check comprehension.

### Teacher's Notes for Before, During, and After Watching the Video

#### Before Watching

- **Introduce the Topic:** Briefly discuss the concept of daily routines and ask students to share their own routines.

Example questions:

- What time do you usually wake up?
- Do you prefer exercising in the morning or evening?
- What do you usually eat for breakfast?

- **Vocabulary Preview:** Introduce key vocabulary from the video to ensure comprehension.

Examples: snooze button, cardio, reliable, leftovers, neighborhood, journal.

Use visuals or simple definitions to explain unfamiliar words.


- **Set a Purpose:** Let students know they will watch a video about someone's daily routine, and their goal is to pay attention to specific details about what the speaker does throughout the day.

#### During Watching

- **First Viewing:** Play the video without interruptions. Ask students to simply focus on understanding the general ideas. Guiding question: What is the video about?
- **Second Viewing with Worksheet:** Provide students with the quiz in the table format above. Play the video again and ask them to answer the questions as they listen. Pause the video if needed to ensure students can keep up.
- **Pair Discussion:** After the second viewing, have students share their answers with a partner. This allows them to confirm their answers and discuss any differences.

#### After Watching

- **Review Answers:** Go through the quiz questions as a class and discuss the correct answers. Clarify any misunderstandings.



**Speaking Activity:** Ask students to compare their own daily routines to the speaker's routine. Prompt them with questions such as:

How is your morning routine similar or different?

Do you also work from home or go to school/work somewhere else?

- **Writing Activity (Optional):** Have students write a short paragraph about their own daily routine, using some of the vocabulary from the video. Encourage them to follow the same structure as the speaker in the video.
- **Follow-Up Discussion:** Discuss how routines might change based on circumstances, such as working from home, studying, or traveling. Example question: How would your routine change if you didn't have to work or go to school?

Question	Options	Answer
What time does the speaker usually wake up on weekdays?	a) 6:00 b) 6:30 c) 7:00 d) 7:30	b) 6:30
What does the speaker drink right after waking up?	a) Coffee b) Tea c) Water d) Juice	c) Water
Where does the speaker do their morning workout?	a) Gym b) Garage c) Living room d) Backyard	c) Living room
What type of exercise does the speaker do in the morning?	a) Yoga b) Cardio and weights c) Running d) Stretching	b) Cardio and weights
What is one breakfast food the speaker sometimes eats?	a) Pancakes b) Bacon and eggs c) Oatmeal d) Bagels	b) Bacon and eggs
What drink does the speaker always have in the morning?	a) Tea b) Coffee c) Juice d) Milk	b) Coffee
What time does the speaker start work?	a) 7:30 b) 8:00 c) 8:30 d) 9:00	b) 8:00
How does the speaker communicate with their colleagues?	a) In-person meetings b) Email only c) Online chats and video calls d) Phone calls	c) Online chats and video calls
What does the speaker do to make sure they take breaks during the workday?	a) Set an alarm b) Write reminders c) Use a timer d) Ask their boss to remind them	a) Set an alarm
What time does the speaker eat dinner?	a) 5:30 b) 6:00 c) 6:30 d) 7:00	b) 6:00
What does the speaker often do after dinner?	a) Go for a walk b) Watch TV c) Play video games d) Read a book	a) Go for a walk
What is one of the speaker's hobbies during the evening?	a) Knitting b) Painting c) Writing music d) Reading a book	d) Reading a book
What time does the speaker usually go to bed?	a) 9:00 b) 9:30 c) 10:00 d) 10:30	c) 10:00
What does the speaker do before turning out the light?	a) Read a book b) Write in their journal c) Listen to music d) Watch TV	b) Write in their journal
What does the speaker often do on the weekends?	a) Go to bars b) Visit their parents c) Go grocery shopping d) Travel to new places	c) Go grocery shopping
What is the speaker's favorite food to order when staying in on weekends?	a) Sushi b) Pizza c) Burgers d) Tacos	b) Pizza
Why does the speaker rarely go to bars or clubs?	a) They don't like loud music b) They are too expensive c) They don't drink alcohol	b) They are too expensive
How does the speaker usually spend time with friends on the weekend?	a) Go to the movies or hang out at someone's house b) Go hiking c) Take a road trip	a) Go to the movies or hang out



Question	Options	Answer
Who almost never visits the speaker's home?	a) Friends b) Boss c) Parents d) Neighbors	c) Parents
What does the speaker listen to while cooking dinner?	a) Podcasts b) Music c) Audiobooks d) TV shows	b) Music