

Introduction (5 minutes)

Welcome to the Habits and Routines worksheet! This activity is designed to help you learn and practice vocabulary related to daily activities and morning routines.

Please read the introduction and answer the following question:

What do you hope to learn from this activity?

Vocabulary Review (15 minutes)

Match the vocabulary words with their definitions:

1. Habit
2. Routine
3. Morning
4. Schedule
5. Prioritize

Definitions:

1. A) A regular or usual practice or activity
2. B) A regular and usual way of doing things
3. C) The early part of the day, from sunrise to noon
4. D) A plan for what to do and when to do it
5. E) To decide what is most important and do that thing first

Match the vocabulary words with their definitions.

Morning Routine Interview (15 minutes)

Interview a partner about their morning routine using the following questions:

1. What time do you wake up in the morning?
2. What's the first thing you do when you wake up?
3. Do you have a favorite breakfast food?
4. What do you do after breakfast?
5. How do you get to school?

Write down your partner's answers to the questions.

Habit and Routine Charades (15 minutes)

Act out a habit or routine, and have your classmates guess what it is.

Examples:

- Brushing your teeth
- Exercising
- Reading a book
- Playing a musical instrument

Write down the habit or routine you acted out and how your classmates guessed it.

Schedule Scavenger Hunt (15 minutes)

Complete the following schedule for a hypothetical day:

Time	Activity
7:00 AM	
8:00 AM	
12:00 PM	
3:00 PM	
6:00 PM	

Vocabulary Building Exercises (20 minutes)

Complete the following exercises:

1. Write a short paragraph about your daily routine using at least three vocabulary words.
2. Create a schedule for a typical day, including your morning routine and other activities.
3. Draw a picture of your favorite habit or routine and write a short description.

Complete the exercises.

Assessment (15 minutes)

Complete the following assessment:

Formative Assessment:

1. What is one thing you learned about habits and routines during this activity?
2. Can you give an example of a habit or routine that you practice regularly?

Answer the questions.

Summative Assessment:

1. Write a short essay about the importance of habits and routines in your daily life.
2. Create a presentation or video about your daily routine, incorporating the vocabulary words learned in this activity.

Complete the assessment.

Extension Activities (20 minutes)

Complete one of the following extension activities:

1. Keep a habit tracker or schedule for a week, using the vocabulary words learned in this activity.
2. Reflect on your habits and routines, thinking about what you can improve or change.
3. Integrate the vocabulary into other subjects, such as English, Science, or Math.

Complete the extension activity.

Conclusion (5 minutes)

Congratulations on completing the Habits and Routines worksheet!

Please reflect on what you learned and how you can apply it to your daily life.

Individual Reflection:

1. What did you learn about habits and routines during this activity?
2. How will you apply what you learned to your daily life?
3. What questions do you still have about habits and routines?

Write down your reflections.

