

**(RUTINAS DE LA SEMANA)**

**(INGLES)**

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**PRESENTA EL ALUMNO:**

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**GRUPO, SEMESTRE y MODALIDAD:**

**(4to Semestre Grupo B enfermería)**

**Lugar: Frontera Comalapa Chiapas**

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During the week we carry out activities that become habits, then we will mention the routines we do during the week.

On Monday I get up early at 5:30 a.m. as usual we usually say good morning to dad because mom is still resting, I brush my teeth and we go for a run with my sister at 6:00, we don't use to do it but we have 3 months practicing it. We come back at 7:30 am, we bathe and then we tidy up the house while mom prepares breakfast, we always take turns doing something, when we finish we sit down to breakfast. At noon we go to sit on the patio, we usually do it every day. At 1:30 pm we help mom with lunch, at 2:30 we all have lunch, then at 4 pm we go out to visit my grandmother, we always visit her on Mondays, Tuesdays, Saturdays and Sundays sometimes at noon but normally we are going to see her in the afternoon. We returned home at night, with my mother we sat down to watch television while having a delicious coffee, at 10:30 pm we all went to bed to rest.

A great day awaits us on Tuesday, my sister and I prepare breakfast, we have breakfast alone and when we finish we start to tidy up the house, because on Tuesdays my mother always leaves very early to see my grandmother and my father goes to work. We go at noon with my sister since everything is ready at home but sometimes we stay. At 2 in the afternoon my mother comes home to prepare lunch, we wait for my father to return from work so that we can all eat together. We had lunch around 3:30. In the afternoon we sat on the patio to talk, we stayed there for a while, at 6 in the afternoon we watched television with my sister, we sat down to watch our novel while my parents were still in the patio. At 8:00 or 8:30 we sit down for a light dinner and then we sit on the couch for a long time and at 10:30 we go to rest.

On Wednesdays and Thursdays we get up a little late, around 8:30, my dad goes to work very early, we with my mom and my sister tidy up the house so that everything is ready we sit down to breakfast and when we finish, we we get ready and go to church, usually we take time out and come home a little late. When I get home, each one locks himself in his rooms, I start to do some earrings that I still have to do or there are times that I start reading, right now I am reading a book that they gave me on my birthday the book is called "Love for the four seasons" is a very nice book and in my free time I sometimes read it, at night at 9:30 we have a coffee and talk, it takes a long time and each of us goes to rest.

On Friday again we got up early with my sister to go for a run, we returned home at 7:30 or 8:00 a.m., we arrived, bathed and had breakfast all together, finishing cleaning the house, we sat down to watch television at the 1:00 pm I get ready and go out to help my aunt, every Friday

I help her at a food stand near the center, I started helping her about 3 months ago, I come home late and a little tired, I have a quick dinner, I take a shower and go to rest while my sister and my parents do other things.

Normally all my days are like this, on Mondays and Fridays we run with my sister, on Mondays, Tuesdays, Saturdays and Sundays we usually go to my grandmother's house since most of my family arrives, sometimes we even celebrate the birthdays of my cousins or any of my family at grandmother's house, we are the typical family to celebrate anything, Mother's Day, New Years, among many parties, but the important thing about this is that we are a very close family. and on Wednesdays and Fridays we are especially dedicated to church.