

MATERIA:

INGLES I.

LAE 1RE CUATRIMESTRE.

HECHO POR:

VANESSA GPE SANCHEZ PIMENTEL.

MAESTRO:

ANDRES LOPEZ ARELLANO.

DAILY ROUTINES.

-MONDAY

ME

I always wake up at 7:00 a.m.

I always take a shower at 7:15 a.m.

I always eat breakfast at 7:30 a.m.

I always study law topics at 8:00 a.m.

I always take a short break at 10:00 a.m.

I always continue studying until 12:00 p.m.

I always have lunch at 1:00 p.m.

I always practice inline skating at 4:00 p.m.

I always review my notes from the day at 7:00 p.m.

I always go to sleep by 10:30 p.m.

MY MOTHER

She always gets up at 7:00 a.m.

She always takes a shower at 7:15 a.m.

She always makes breakfast for the family at 7:30 a.m.

She always eats breakfast at 8:00 a.m.

She always cleans the kitchen at 8:30 a.m.

She always organizes the house at 9:00 a.m.

She always goes grocery shopping at 10:00 a.m.

She always prepares lunch at 12:30 p.m.

She always relaxes with a book or TV show at 3:00 p.m.

She always goes to bed at 10:30 p.m.

MY FATHER

He always gets up at 7:00 a.m.

He always drinks coffee at 7:15 a.m.

He always takes a shower at 7:30 a.m.

He always reads the news at 7:45 a.m.

He always drives to work at 8:00 a.m.

He always works on projects or meetings at 9:00 a.m.

He always has lunch at 1:00 p.m.

He always finishes work at 5:00 p.m.

He always relaxes by watching TV at 6:30 p.m.

He always goes to bed at 10:30 p.m.

-TUESDAY

ME:

I always wake up at 6:30 a.m.

I always drink water at 6:35 a.m.

I always take a shower at 6:45 a.m.

I always eat a light breakfast at 7:15 a.m.

I always study for two hours starting at 8:00 a.m.

I always review key concepts at 10:15 a.m.

I always go skating at 4:00 p.m.

I always read a book or article at 6:00 p.m.

I always organize my notes for the next day at 8:00 p.m.

I always go to bed at 10:00 p.m.

MY MOTHER

She always gets up at 7:00 a.m.

She always drinks coffee first thing in the morning at 7:15 a.m.

She always takes a shower at 7:30 a.m.

She always prepares breakfast at 7:45 a.m.

She always starts laundry at 9:00 a.m.

She always waters the plants at 10:00 a.m.

She always prepares a new recipe for lunch at 12:00 p.m.

She always helps with the children's homework at 3:00 p.m.

She always organizes her planner for the week at 6:00 p.m.

She always watches her favorite series at 9:00 p.m.

MY FATHER

He always gets up at 6:30 a.m.

He always takes a quick shower at 6:45 a.m.

He always eats a big breakfast at 7:00 a.m.

He always prepares for an early meeting at 7:30 a.m.

He always leaves for work at 8:00 a.m.

He always attends a workshop or training session at 10:00 a.m.

He always takes a power nap during lunch at 1:00 p.m.

He always calls a friend or relative at 5:00 p.m.

He always watches the news in the evening at 7:30 p.m.

He always plans his next day before sleeping at 10:00 p.m.

-WEDNESDAY

ME

I always wake up at 7:00 a.m.

I always stretch for 10 minutes at 7:05 a.m.

I always take a shower at 7:20 a.m.

I always eat breakfast while listening to a podcast at 7:30 a.m.

I always start studying at 8:30 a.m.

I always take a walk during my study break at 10:30 a.m.

I always practice skating techniques at 4:00 p.m.

I always have a healthy dinner at 7:00 p.m.

I always write down my goals for the next day at 8:30 p.m.

I always relax and watch a series at 9:00 p.m.

MY MOTHER

She always gets up at 7:00 a.m.

She always prepares fresh juice at 7:30 a.m.

She always takes a walk around the neighborhood at 8:00 a.m.

She always does a quick workout at 8:30 a.m.

She always cleans the living room at 10:00 a.m.

She always prepares lunch at 12:00 p.m.

She always calls her family or friends in the afternoon at 3:00 p.m.

She always irons clothes at 5:00 p.m.

She always listens to relaxing music at 8:00 p.m.

She always prepares for the next day at 9:30 p.m.

MY FATHER

He always gets up at 7:00 a.m.

He always drinks orange juice with breakfast at 7:15 a.m.

He always takes a shower at 7:30 a.m.

He always drives the kids to school at 8:00 a.m.

He always works on a big project at 9:00 a.m.

He always has a meeting with his boss at 11:00 a.m.

He always eats lunch at his desk at 12:30 p.m.

He always exercises after work at 5:30 p.m.

He always enjoys dinner with the family at 7:00 p.m.

He always reads a book before bed at 9:30 p.m.

-THURSDAY

ME

I always wake up at 6:45 a.m.

I always meditate for 5 minutes at 6:50 a.m.

I always take a shower at 7:00 a.m.

I always eat oatmeal or fruit for breakfast at 7:15 a.m.

I always study a new topic at 8:00 a.m.

I always practice skating for an hour at 4:00 p.m.

I always take time to rest at 5:30 p.m.

I always review my study notes at 7:00 p.m.

I always plan my weekend schedule at 8:00 p.m.

I always go to sleep at 10:30 p.m.

MY MOTHER

She always gets up at 7:00 a.m.

She always makes coffee at 7:15 a.m.

She always prepares breakfast for the family at 7:30 a.m.

She always goes for a walk at 8:00 a.m.

She always sweeps and mops the floors at 9:00 a.m.

She always pays bills or organizes finances at 10:30 a.m.

She always prepares a healthy lunch at 12:00 p.m.

She always watches a cooking show in the afternoon at 3:00 p.m.

She always organizes the closet or drawers at 5:00 p.m.

She always reads a book before bed at 9:30 p.m.

MY FATHER

He always gets up at 6:45 a.m.

He always drinks tea instead of coffee at 7:00 a.m.

He always takes a shower at 7:15 a.m.

He always has breakfast at 7:30 a.m.

He always reads work emails at 8:00 a.m.

He always attends a morning meeting at 9:00 a.m.

He always works on reports until 12:00 p.m.

He always takes a walk during his lunch break at 1:30 p.m.

He always fixes something around the house in the evening at 7:00 p.m.

He always watches a documentary before bed at 9:30 p.m.

-FRIDAY

ME

I always wake up at 7:30 a.m.

I always take a shower at 7:45 a.m.

I always treat myself to a big breakfast at 8:00 a.m.

I always study for two hours starting at 9:00 a.m.

I always review the week's progress at 12:00 p.m.

I always go skating as a reward at 4:00 p.m.

I always relax and listen to music at 6:00 p.m.

I always write down what I learned at 7:30 p.m.

I always watch a movie or series at 8:30 p.m.

I always go to sleep at 10:30 p.m.

MY MOTHER

She always gets up at 7:00 a.m.

She always enjoys her coffee quietly at 7:15 a.m.

She always makes pancakes for breakfast at 8:00 a.m.

She always cleans the bathrooms at 9:00 a.m.

She always prepares a special lunch for the family at 12:00 p.m.

She always goes out to run errands at 2:00 p.m.

She always organizes the weekend plans at 4:00 p.m.

She always prepares a dessert in the evening at 6:00 p.m.

She always relaxes with a movie at 8:00 p.m.

She always goes to bed at 10:30 p.m.

MY FATHER

He always gets up at 7:00 a.m.

He always drinks coffee while checking his phone at 7:15 a.m.

He always takes a shower at 7:30 a.m.

He always eats breakfast at 7:45 a.m.

He always finishes all pending work tasks at 9:00 a.m.

He always treats himself to a special lunch at 12:00 p.m.

He always wraps

-SATURDAY

ME

I always wake up at 8:00 a.m.

I always enjoy a relaxed morning with coffee at 8:15 a.m.

I always take a shower at 8:30 a.m.

I always go skating at 10:00 a.m.

I always meet friends or family at 1:00 p.m.

I always take time to read at 3:00 p.m.

I always plan creative activities for the evening at 5:00 p.m.

I always reflect on my week in a journal at 7:00 p.m.

I always prepare my study materials for Sunday at 8:00 p.m.

I always stay up a little later at 11:00 p.m.

MY MOTHER

She always gets up at 8:00 a.m.

She always enjoys her breakfast slowly at 8:30 a.m.

She always prepares for family activities at 9:00 a.m.

She always goes to the market for fresh food at 10:00 a.m.

She always prepares a big lunch at 12:30 p.m.

She always spends time with the family in the afternoon at 2:00 p.m.

She always plays board games or watches TV with the family at 4:00 p.m.

She always takes a relaxing bath in the evening at 7:00 p.m.

She always enjoys dinner with the family at 8:00 p.m.

She always stays up a bit later watching a movie at 10:00 p.m.

MY FATHER

He always gets up at 8:00 a.m.

He always enjoys a slow breakfast with the family at 8:30 a.m.

He always washes the car at 9:30 a.m.

He always goes to the hardware store at 10:30 a.m.

He always fixes small things around the house at 11:30 a.m.

He always has a barbecue or family lunch at 1:00 p.m.

He always watches a sports game in the afternoon at 3:00 p.m.

He always takes a nap or relaxes at 5:00 p.m.

He always enjoys dinner out with the family at 7:30 p.m.

He always goes to bed a little later at 11:00 p.m.

-SUNDAY

ME

I always wake up at 8:30 a.m.

I always take a long shower at 8:45 a.m.

I always eat breakfast with my family at 9:00 a.m.

I always review all my study materials at 10:00 a.m.

I always plan my goals for the week at 12:00 p.m.

I always go skating for exercise at 4:00 p.m.

I always organize my room at 6:00 p.m.

I always cook or enjoy dinner at 7:00 p.m.

I always read or watch something inspiring at 8:30 p.m.

I always go to bed early at 10:00 p.m.

MY MOTHER

She always gets up at 8:30 a.m.

She always enjoys coffee and breakfast with the family at 9:00 a.m.

She always prepares a special Sunday lunch at 10:30 a.m.

She always spends time with extended family or friends at 1:00 p.m.

She always takes a nap or relaxes in the afternoon at 3:00 p.m.

She always plans the week ahead at 5:00 p.m.

She always prepares snacks or light dinner at 6:30 p.m.

She always enjoys family time in the evening at 7:30 p.m.

She always watches a Sunday night movie at 8:30 p.m.

She always goes to bed early at 10:00 p.m.

MY FATHER

He always gets up at 8:30 a.m.

He always has coffee while reading the newspaper at 9:00 a.m.

He always prepares the grill for a family lunch at 10:30 a.m.

He always spends time playing with the kids at 12:00 p.m.

He always takes a long nap in the afternoon at 2:30 p.m.

He always reviews his work schedule for the week at 4:00 p.m.

He always calls a family member to chat at 5:30 p.m.

He always takes a short walk in the neighborhood at 7:00 p.m.

He always watches a Sunday night movie with the family at 8:30 p.m.

He always goes to bed early at 10:00 p.m.