

Reading Passage: Adam's Day

My name is Adam. I always wake up at 7 o'clock in the morning. After I wake up, I wash my face and brush my teeth. After that, I do some exercises to get ready for the day. Then, I put my clothes on and prepare my school bag.

Next, I have my breakfast and wait for the school bus. At 8 o'clock, I go to school and start my first class. After the first class, I go to the second class. After that, I often take my lunch break and talk with my friends.

At around 12 noon, I go back home and take a rest. Next, I usually watch some TV and chat with my family. Then, I do my homework and help my mother in the house. Finally, at 9 o'clock, I read a book and go to sleep.

Worksheet: Understanding Adam's Routine

Name: _____

Date: _____

A. Fill in the Blanks. Use the words from the word bank to complete the sentences.

Word Bank: homework, 7, lunch break, teeth, rest, book, exercises, school bus

1. Adam wakes up at _____ o'clock.
2. He washes his face and brushes his _____.
3. After that, he does some _____.
4. He waits for the _____ after breakfast.
5. He talks with his friends during his _____.
6. He goes home and takes a _____.
7. He does his _____ and helps his mother.
8. At 9 o'clock, he reads a _____ and goes to sleep.

B. Read the passage again. Then, answer the questions in complete sentences.

1. What is the first thing Adam does after he wakes up?

2. What does he do to prepare for school after getting dressed?

3. What time does his school day begin?

4. Who does he chat with at home in the afternoon?

C. Write about your own daily routine. What do you do from morning until night?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____