

# Super English

## Beginner Speaking Lesson 1 Routines



# Wake Up Time

Read the text and try to explain the words in bold.

Every morning, I wake up at 7:00. I hear my **alarm** and try not to fall back asleep! Sometimes I feel very sleepy, but I always try to get up right away. I **stretch**, **yawn**, and turn off my noisy alarm. It's a new day to start!

1. What time do you wake up on school days? Weekends?
2. Do you use an alarm clock or does someone wake you up?
3. What is the first thing you do when you get out of bed?
4. Do you like mornings, or do you wish you could sleep longer?



# Getting Ready

Read the text and try to explain the words in bold.



First, I go to the bathroom to brush my teeth and wash my face. It helps me feel **fresh** and ready for the day. I also **comb** my hair so it looks nice. Then I change out of my **pajamas** and put on my school uniform or favorite clothes.



1. What do you do in the bathroom each morning?
2. Do you comb or brush your hair or leave it messy? Why?
3. Do you get ready quickly or slowly in the morning? Why?
4. What kind of clothes do you wear to school? Do you like them?



# Vocabulary


Match the vocabulary words to their definitions.

- organized
- routine
- fresh
- prepare
- hydrated
- energy

1. When you do the same things in the same order every day.
2. Feeling clean, cool, or ready—like after a shower or a nap.
3. When your body has enough water and you don't feel thirsty.
4. To get ready for something, like packing or planning.
5. When things are neat and in the right place.
6. The power you need to run, play, and stay awake.

# Dialogue 1 – Early Bird

Practice the dialogue and answer the question.

A person wearing a pink long-sleeved shirt is lying in bed, stretching their arms upwards. The bed has white linens and a white brick wall is in the background.

**Liam:** What time do you wake up in the morning?

**Noah:** Around 6:30. I need time to do my whole routine.

**Liam:** Wow, that's early! I wake up at 7:15 and rush.

**Noah:** I like feeling fresh and ready, so I go slow.

**Liam:** Do you ever forget to pack your bag?

**Noah:** Not really. I try to stay organized!

Question: Do you like to stay organized? Why or why not?



# Before you go!



1. What part of your routine do you think you could do better?
2. How do you feel when you have to wake up early?
3. Do you think it's easier to get ready in summer or winter? Why?