

Present Simple and Continuous Daily Routine Recall



Title: Daily Routine Recall

Level: Beginner/Intermediate (A2/B1)

<u>Objective</u>: To practice using the present simple and present continuous to describe daily routines and improve memory skills.

Materials: Paper and pen for each student.

Instructions:

1. Ask students to write down their daily routines for a typical weekday, including the time they usually do each activity.

For example:

- 7:00 AM Wake up
- 8:00 AM Eat Breakfast
- 9:00 AM Set off for school/work
- 12:00 PM Have lunch
- 3:00 PM Go home
- 5:00 PM Exercise at the gym
- 7:00 PM Watch TV
- 10:00 PM Go to bed
- 2. Divide the class into groups of 3-4 students.
- 3. Have each student take turns reading their daily routine out loud to the group.

For example:

- I wake up at 7:00 AM.
- I eat breakfast at 8:00 AM.
- 4. After each student has read their routine, one student asks the other students to remember and say what the student is doing at a specific time.

For example:

- It's 7AM, what am I doing?
- It's 3PM, what am I doing?
- 5. The first student to say the correct action in the present continuous (correctly) gets a point. If the students cannot remember, the person asking gets the point.

Variations:

You can modify the activity by adding more complex sentences or by asking students to use different time expressions with the correct prepositions or frequency adverbs.

Present Simple and Continuous Daily Routine Recall

ESL Worksheets

	T
<u>7 am - </u>	<u>7 am</u>
8 am -	<u>8 am - </u>
9 am -	<u>9 am -</u>
<u>12 pm - </u>	<u>12 pm - </u>
3 pm -	<u>3 pm -</u>
<u>5 pm - </u>	<u>5 pm -</u>
7 pm -	<u>7 pm - </u>
<u>10 pm - </u>	<u> 10 pm - </u>
	i
7	i ! !
<u>7 am - </u>	<u>7 am -</u>
<u>8 am - </u>	<u>8 am - </u>
<u>9 am -</u>	<u>9 am - </u>
<u>12 pm - </u>	<u>12 pm - </u>
3 pm -	3 pm -
<u>5 pm - </u>	<u>5 pm - </u>
7 pm -	<u>7 pm - </u>
<u>10 pm - </u>	<u> 10 pm - </u>