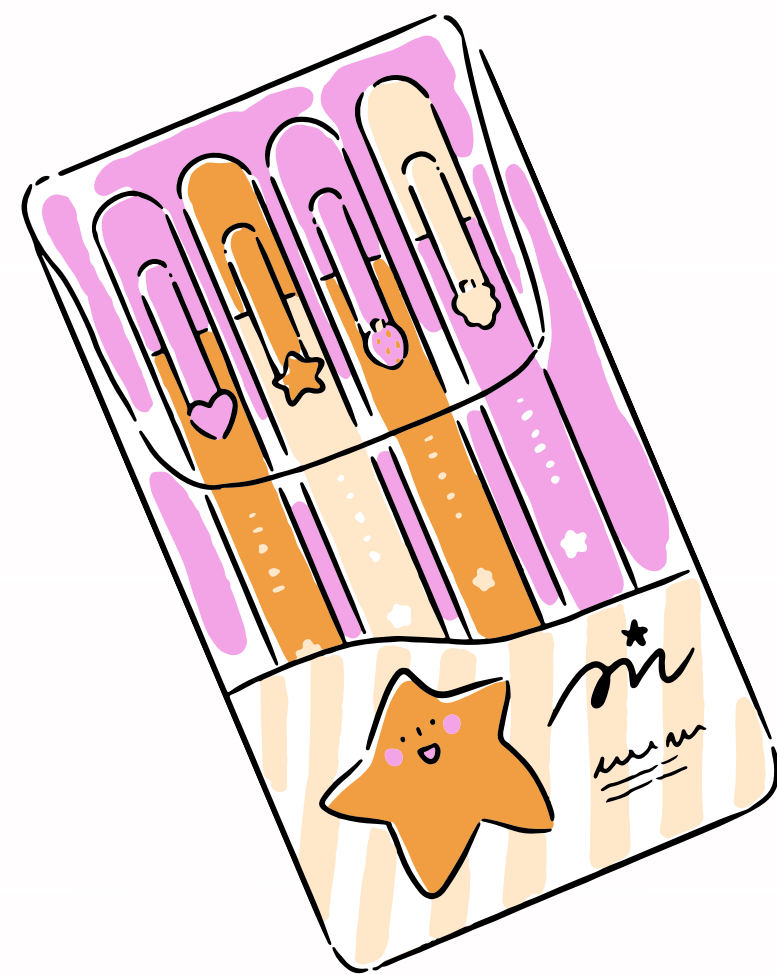
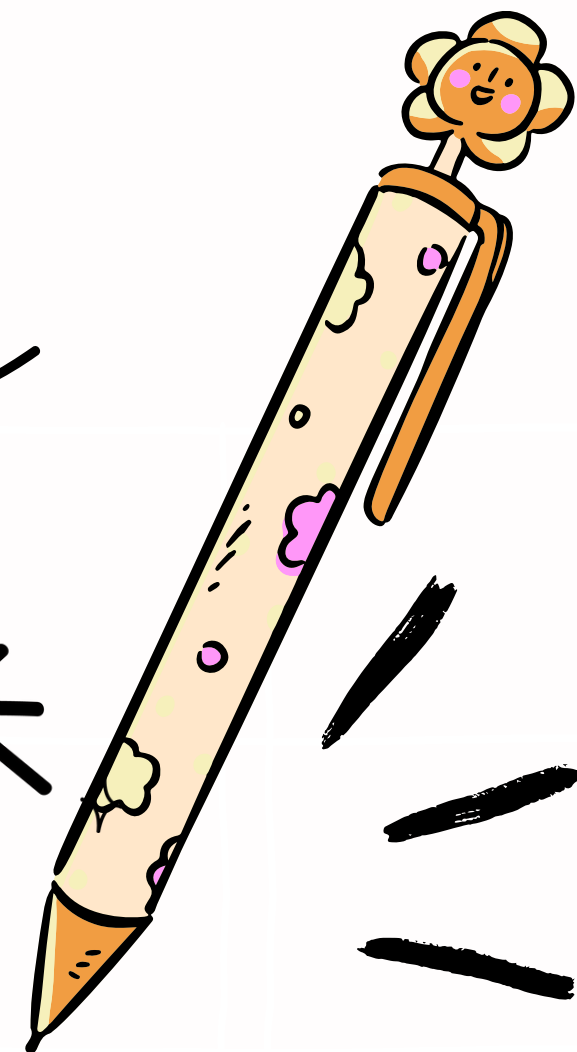




BASIC ENGLISH⁴

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DAILY ROUTINES



Wake up

Despertarse



Get up.

Levantarse



Brush your teeth.

Lavarse los dientes



Have breakfast

desayunar



DAILY ROUTINES



Go to work. Ir a trabajar



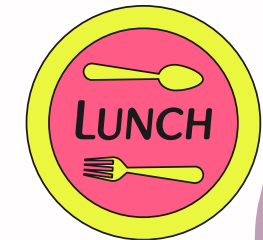
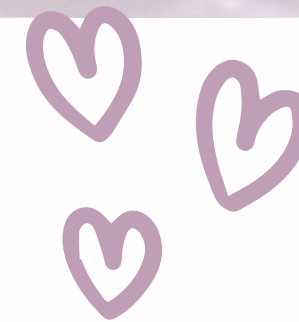
Have lunch. Comer



Do exercise. Hacer deporte



Watch TV. Ver la Tv



DAILY ROUTINES



Have dinner. Cenar



Go to bed. Ir la cama



Cooking. Cocinar

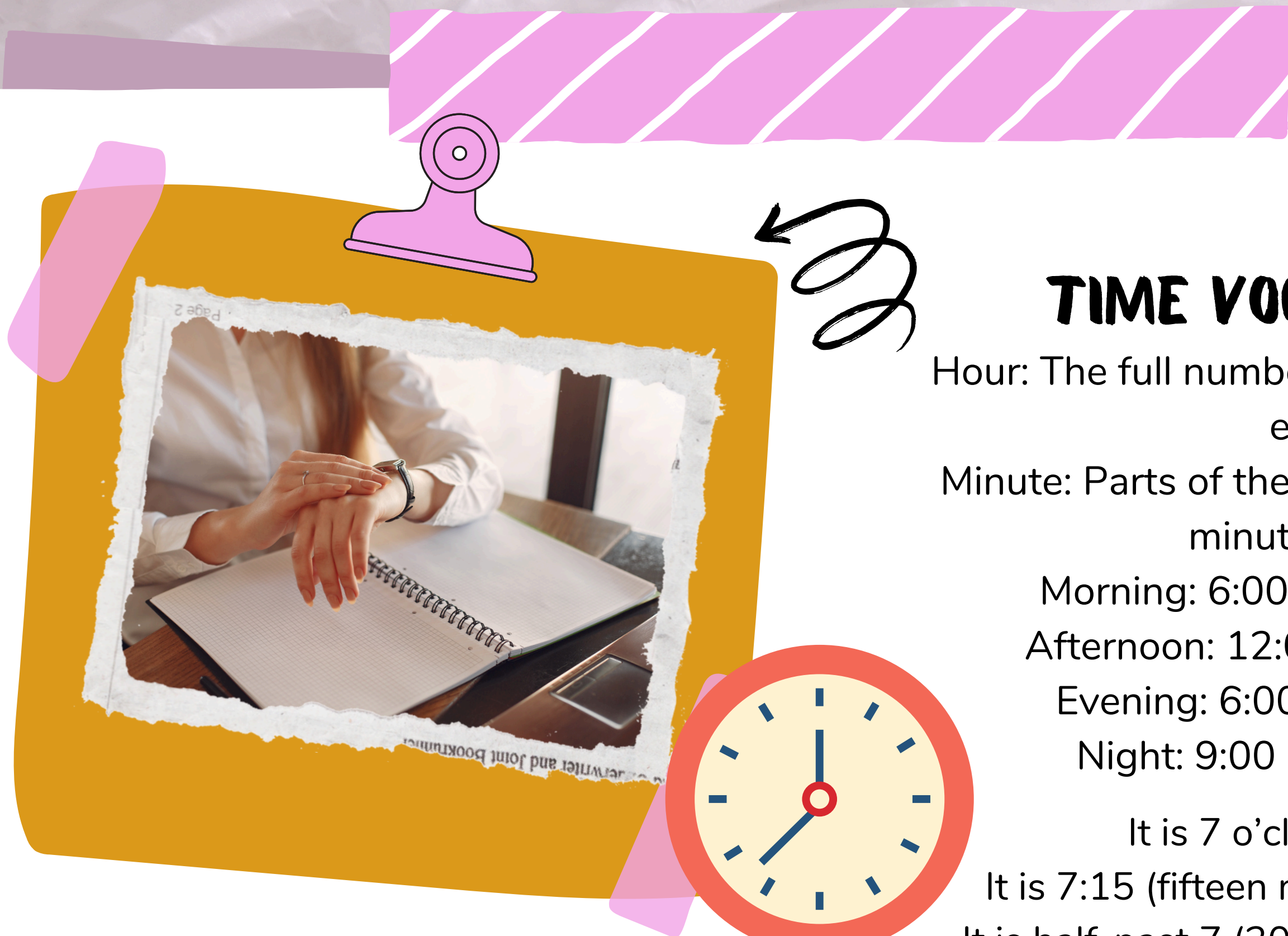


Get dressed. Vestirse



Zzzzzzz...





TIME VOCABULARY

Hour: The full number (1 o'clock, 2 o'clock, etc.)

Minute: Parts of the hour (30 minutes, 15 minutes, etc.)

Morning: 6:00 AM - 12:00 PM

Afternoon: 12:00 PM - 6:00 PM

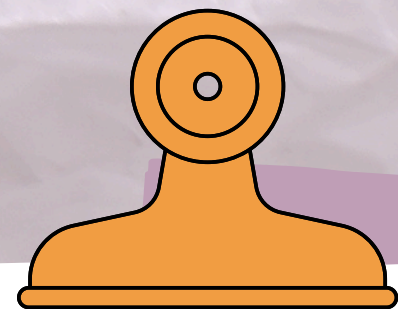
Evening: 6:00 PM - 9:00 PM

Night: 9:00 PM - 6:00 AM

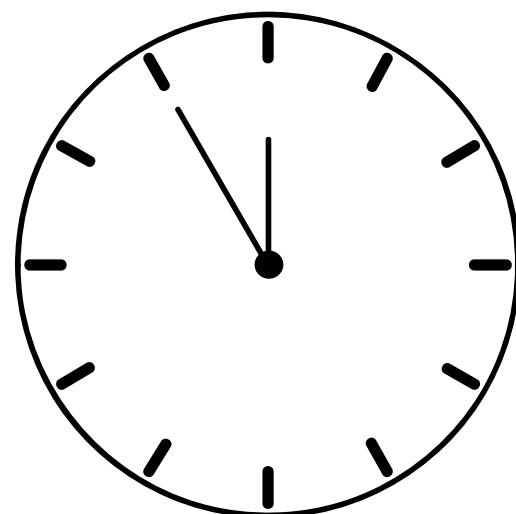
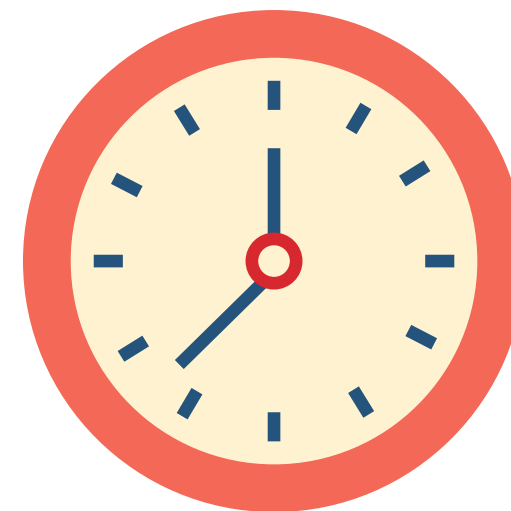
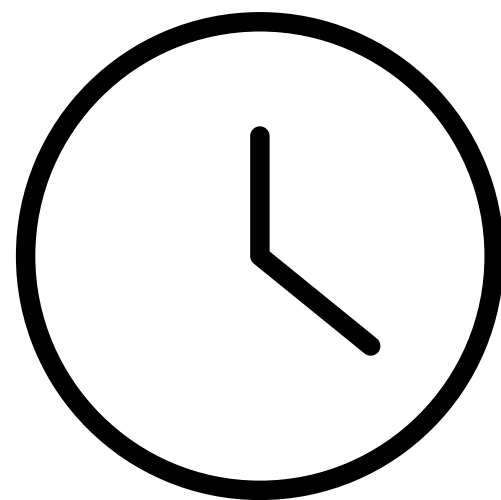
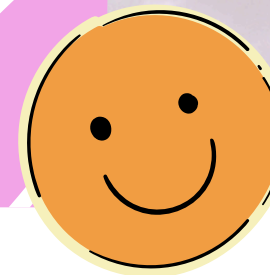
It is 7 o'clock (full hour).

It is 7:15 (fifteen minutes past the hour).

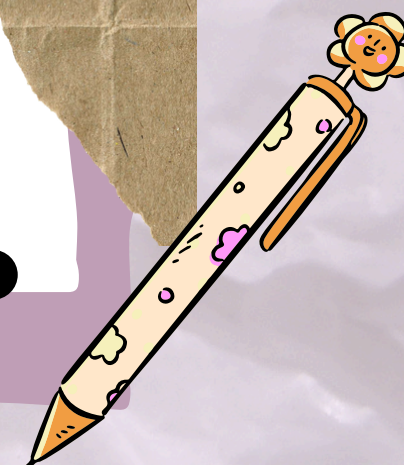
It is half-past 7 (30 minutes past the hour).

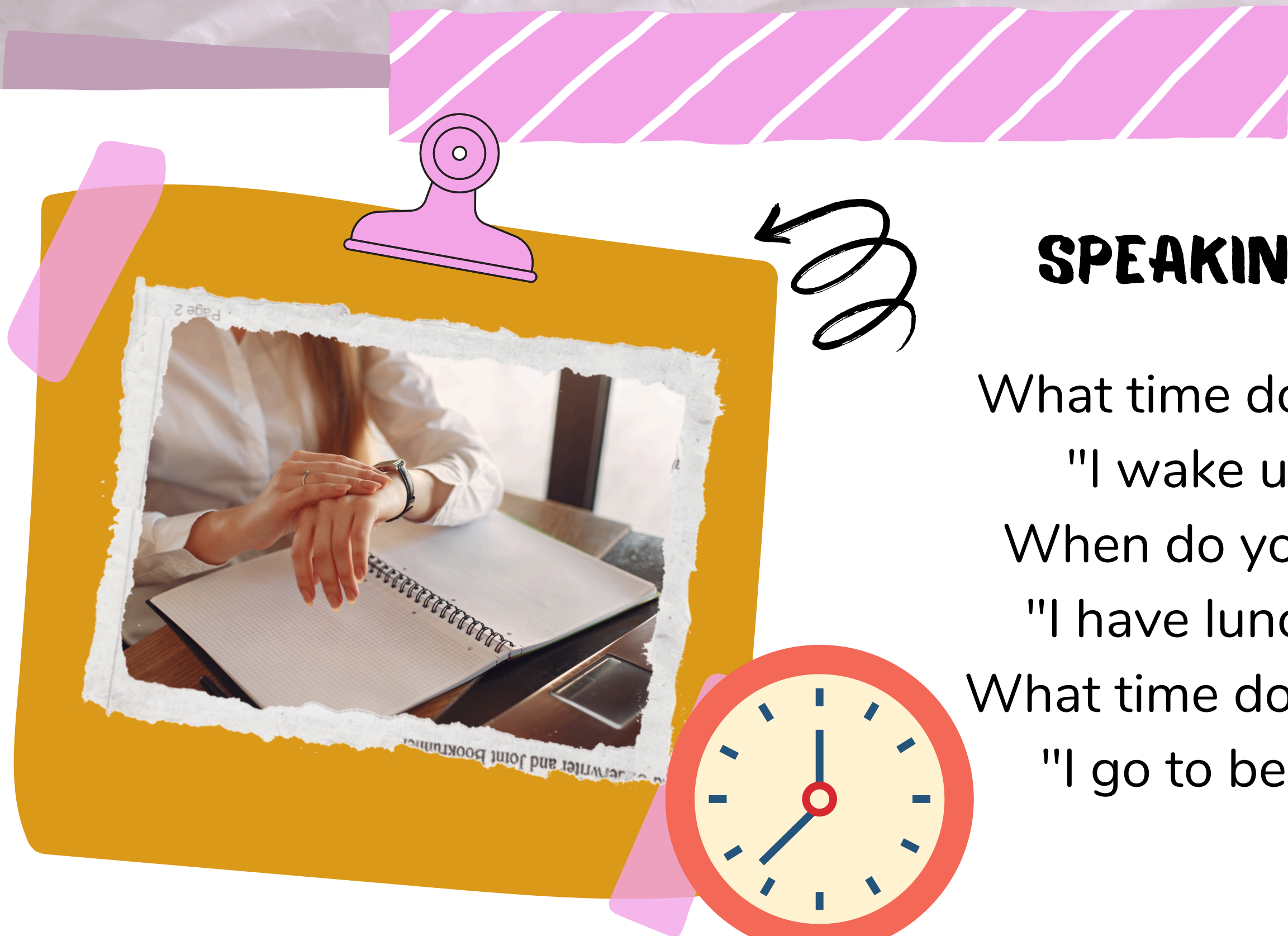


PRACTICE



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SPEAKING PRACTICE

What time do you wake up?

"I wake up at 7 AM."

When do you have lunch?

"I have lunch at 12 PM."

What time do you go to bed?

"I go to bed at 10 PM."

DAILY ROUTINES VERBS



Wake up

- "I wake up at 7:00 AM."



Get up

- "I get up after my alarm rings."



Brush

- "I brush my teeth after breakfast."



Wash

- "He washes his face every morning."

DAILY ROUTINES VERBS



Take

- "I **take** a shower in the morning."



Get dressed

- "She gets dressed after her shower."



Have

- "We have breakfast at 8:00 AM."



Eat

- "I eat lunch at school."

DAILY ROUTINES VERBS



Go

- "I go to work by bus."
- "She goes to school at 8:30."



Leave

- "They leave the house at 9:00."



Arrive

- "I arrive at work at 9:30."



Work

- "She works from 9:00 to 5:00."

DAILY ROUTINES VERBS



Study

- "He studies English after school."



Take a break

- "We take a break at 3:00 PM."



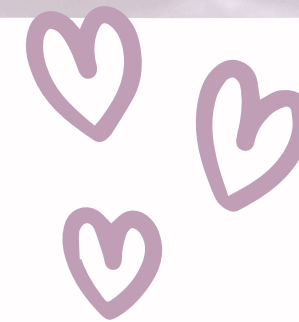
Do

- "I do my homework after dinner."



Exercise

- "I exercise at the gym after work."



DAILY ROUTINES VERBS



Relax

- "In the evening, I relax by reading a book."



Watch

- "They watch TV in the evening."



Cook

- "We cook dinner together at 7 PM."



Eat

- "I eat dinner with my family."

DAILY ROUTINES VERBS



Clean

- "She cleans her room on weekends."



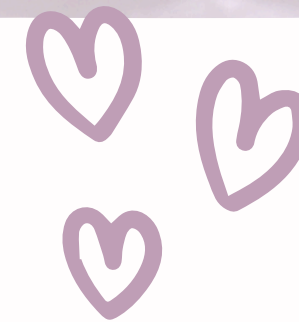
Go to bed

- "I go to bed at 10:30 PM."



Sleep

- "He sleeps for 8 hours every night."



DAILY ROUTINES VERBS



- I wake up at 6:30 AM, then get up and brush my teeth.
- After that, I take a shower and get dressed.
- I have breakfast at 7:00 and then go to work at 8:00.
- At work, I arrive at 8:30 and take a break at 12:00 to eat lunch.
- After work, I exercise for an hour, then I relax by watching TV.
- I cook dinner with my family and go to bed at 10:00 PM.