

**Topic: My Schedule & Routine**

**Let's get started...**

Today, did you follow your normal routine? What did you do? What did you do that was NOT a part of your normal routine?

**Background:**

Most people have routines and schedules. For example, in the morning, most people wake up, get dressed, eat breakfast, and read the newspaper. A routine is a pattern that people usually follow. Some people have routines everyday, and some people don't follow the same routine twice.

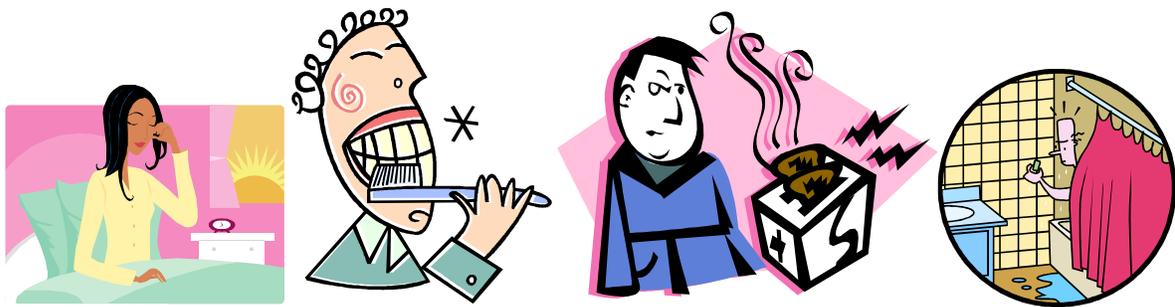


**In pairs for 5 minutes, ask and answer these questions:**

Are routines important to you? Why?

How long have you followed the same daily routine?

What do you do if your routine is interrupted?



**Share your partner's answers with the group.**

**Discussion Questions:**

What is the most important part of your daily routine? (For example, eating breakfast, reading the newspaper, watching the news, etc.)

What is the least important part of your daily routine? (For example, talking on the phone, cooking, exercising, etc.)

Do you use an alarm? Do you wake up immediately when the alarm rings?

What do you do when you accidentally sleep in?

Are you usually late or early? Are you punctual? Which do you prefer: to be too late or too early?

What do you do if you are late for a meeting?

Do you have the same routine in your native country and America?

Is the average routine in America similar to the average routine in your native country?

How do you keep track of your daily schedule? (For example, a calendar, a day book, etc.)

Do you wear a watch? Why or why not?

Are you spontaneous? Do you like spending time with spontaneous people?

Do you and your family have the same daily routine?

Do you often change your daily routine? (For example, what time you wake up, what you eat for breakfast, what you wear to work, etc.)

If you could change your daily routine, how would you change it? (For example, wake up earlier, work less hours, watch more TV)

Do you think you have enough time everyday? If you could add time to each day, how much time would you add?

Are hobbies an important part of your daily routine? Why or why not?

Do you have any bad habits?

Do you ever fall asleep when you are not supposed to? (For example, at work, in class, etc.)

Do you feel stress in your daily routine?

What routines do you skip if you have no time? (For example, eating, brushing your teeth, etc.)

In your daily routine, how much time do you spend alone and how much time do you spend with other people? Which do you prefer?

Do you think you should improve your daily routine? How? (For example, exercise, eat with family, wake up earlier, etc.)

Which do you prefer: to relax or to be active?

**New words and Idioms:**

Routine, schedule, pattern, interrupt, alarm, punctual, spontaneous, habits, skip