

I'm a 'morning person'?

The alarm goes off at 7:00 and I



Put the words in the correct order.

The catches early worm bird
the.



All not Columbia morning me
coffee in make a the could
person.



Which is true for you?

The early bird catches the worm



I'm a 'morning person'

The alarm goes off at 7:00. I wake up, lean over and turn off the alarm. I get up quickly and go downstairs. I put on the coffee. I go back upstairs and have a shower. I sing a song in the shower. After the shower I put on my clothes. When I come downstairs again, I have my first cup of coffee.

Mmmmm! Then I have some toast and a second cup of coffee. I wash my cup and tidy up the kitchen. I take my bag and set off to work. It is 8:00 am. I lock up the house before I go. Sometimes I run to catch the bus. I get on the bus and go for three or four stops. Then I get off the bus. I go into work and say "GOOD MORNING!" to my first class. It is 8:45am.

Answer the questions.

1. What time does the alarm go off?
2. Does she get up straight after that?
3. What does she do in the shower?
4. How many cups of coffee does she have in the morning? What with?
5. Does she have time to tidy her kitchen?
6. What time does she leave home?
7. How does she travel to work?
8. What does she do for a living?



Insert the necessary prepositions.


- alarm goes ----
- Wake ----
- Lean ----
- turn ---- alarm
- get ---- quickly
- go ----stairs
- put ---- coffee
- put ---- clothes
- tidy ---- the kitchen
- set ---- to work
- I lock ---- the house
- Get ---- bus
- go ---- work

- *Over, off, on, up, down, into*

Try to complete all the gaps in the text.

I'm a 'morning person'!

- The будильник звенит at 7:00. I просыпаюсь, дотягиваюсь и выключаю it. I встаю quickly and спускаюсь stairs. I ставлю the coffee. I поднимаюсь stairs and have a shower. I sing a song in the shower. After the shower I одеваюсь. When I come downstairs again, I have my first cup of coffee. Mmmmm! Then I have some toast and a second cup of coffee. I wash my cup and прибираю the kitchen. I take my bag and отправаюсь work. It is 8:00 am. I запираю the house before I go. Sometimes I run to catch the bus. I get on the bus and go for three or four stops. Then I выхожу из the bus. I go into work and say “GOOD MORNING!” to my first class. It is 8:45am.



Wake Up Tips

complete the sentences.

To wake up early, go to --- ---

Have important things planned for the---


Do not eat before--- --- ---

Start slowly but start---

Put your alarm clock --- from your bed

Go to bed and get up at --- --- --- every day

Create a --- ritual



Wake Up Tips

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Put your alarm clock --- from your bed

Go to bed and get up at --- --- --- every day

Create a --- ritual

Now	morning (2)	bed early	going to bed
	the same time		far

A close-up, soft-focus photograph of a person's face and shoulder. The person is lying down, with their head resting on a white pillow. They are wearing a light purple or lavender long-sleeved shirt. The lighting is warm and gentle, creating a peaceful atmosphere.

Wake Up Tips

number these tips in accordance to their importance .

Do you have your own tips?

To wake up early, go to bed early

Have important things planned for the morning

Do not eat before going to bed

Start slowly but start now

Put your alarm clock far enough from your bed

Go to bed and get up at the same time every day

Create a morning ritual

Test

1 I ----- in my English lessons.

- a. got a good time b. have got a good time c. have a good time

2 You can ----- skiing, swimming, dancing and shopping.

- a. make b. do c. take d. go

3 'What -----?' 'I'm listening to music'.

- a. are you doing b. do you do c. do you like doing

4 -----this morning.

- a. I did a coffee b. I made a coffee c. I'm doing a coffee

5 What time did you -----last night?

- a. come home b. come to home c. come back to home

Try to complete all the gaps in the text.

I'm a 'morning person'!

- The --- --- --- at 7:00. I--- ---,--- --- --- --- --- --- --- . I --- --- --- and ---downstairs. I --- --- --- coffee. I --- --- upstairs and --- --- ---. I --- --- --- in the shower. I--- --- --- ---. --- --- --- downstairs again, I have --- --- --- --- ---. Mmmmm! Then --- --- --- --- and a second --- --- ---. --- --- my cup and--- ---
- --- ---, --- --- --- --- and --- --- to work. It is 8:00 am. --- --- --- --- --- before I go. Sometimes I --- --- --- --- --- . I --- --- the bus and --- --- --- --- --- stops. Then I--- --- --- ---. I --- --- --- --- --- "GOOD MORNING!"--- --- --- --- ---. It is 8:45am.

- Though I occasionally have to hit the snooze button, I'm pretty good about getting up in the morning. I love having a few minutes to myself before I start getting ready to clear my mind and enjoy that perfect morning sunshine. But for some people, there's just nothing enjoyable about early morning, except sleeping! Which category do you fall under?

If people were meant to pop
out of bed we'd
all sleep
in toasters



Go	over	
wake	upstairs	
lean	off	
turn	on	
get	up	
put	downstairs	alarm
tidy	into	
set		
lock	off to	