Daily routines ESL lesson plan (A1)

A1 (beginner) · 60 minutes · for English teachers · englishcue.app

Stage	Time
Warm-up	5–10 min
Vocabulary	15 min
Controlled practice	10 min
Grammar focus	10 min
Speaking	15 min
Wrap-up and homework	5 min

1. Warm-up (5–10 min)

- What time do you get up?
- What do you have for breakfast?
- How do you go to work?

2. Vocabulary (15 min)

Elicit each word before you give it, model the pronunciation, then check meaning with a quick question.

Word	Meaning	Example
get up	to leave your bed after sleeping	I get up at seven.
wake up	to stop sleeping	I wake up at six thirty.
have breakfast	to eat the first meal of the day	I have breakfast with my family.
brush your teeth	to clean your teeth with a toothbrush	Brush your teeth before bed.
take a shower	to wash your body under a shower	I take a shower every morning.
get dressed	to put on your clothes	I get dressed in five minutes.
go to work	to travel to the place where you work	I go to work by bus.
go to school	to travel to school to study	My kids go to school at eight.
have lunch	to eat a meal in the middle of the day	We have lunch at one.
come home	to return to your house	I come home at six.

Grammar focus (10 min): Present simple: do and does in questions and negatives

Kenji writes for a student magazine. He interviews Ada, a nurse: “Do you work at night?” “Yes, I do. I don’t work in the morning.” “Does your husband work at night too?” “No, he doesn’t.” By the end of this lesson you can ask about routines, give short answers and say what people don’t do.

Form	Pattern	Example
Negative	don’t / doesn’t + base form	She doesn’t work at night.
Question	Do / Does + subject + base form?	Does he live here?
Short answer	Yes, I do. · No, she doesn’t.	Yes, they do.
Wh- question	question word + do / does + subject + verb?	What time do you start?

Watch for: ~~She doesn’t works at night.~~ → **She doesn’t work at night.**. No -s after doesn’t.

Speaking (15 min): Guess whose day it is

The learner describes the daily routine of a job without naming it (I get up at four. I wear a white hat. I finish before lunch.). You guess after each sentence. Then swap, and finish with the learner’s own day.

Useful language

- I get up at… / I leave home at…
- first · then · after that · finally
- It takes me… to…
- always · usually · often · sometimes · hardly ever · never
- on weekdays · at the weekend · twice a week
- I’m always in a hurry.

Wrap-up and homework (5 min)

- Each learner says the three new words they will remember, and one sentence with each.
- Homework: write 80–120 words about daily routines using at least six words from the lesson and the grammar point.
- Self-study: the A1 daily routines vocabulary page on englishcue.app has a self-correcting quiz with all 21 words.

Daily routines (A1)

Student handout · Name: _____ · Date: _____

A. Word bank

morning · night · do homework · watch TV · evening · go to bed · have dinner · afternoon

B. Complete the sentences

Use a word from the word bank. Then compare with a partner.

1. I study in the _____.
2. I sleep eight hours a _____.
3. We _____ at eight.
4. I relax in the _____.
5. I _____ at eleven.
6. I _____ after dinner.
7. I drink coffee in the _____.
8. I _____ in the evening.

C. Talk with a partner

Ask and answer. Make notes of one interesting answer to report to the class.

1. What time do you have lunch?
2. What do you do after work?
3. When do you go to sleep on weekdays?
4. What do you do on Sundays?
5. Do you always do the same things every day?

Write

Write 80–120 words about daily routines. Use six words from the lesson.

Answer key

B. Complete the sentences: 1 afternoon · 2 night · 3 have dinner · 4 evening · 5 go to bed · 6 do homework · 7 morning · 8 watch TV