Daily routines ESL lesson plan (B1)

B1 (intermediate) · 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)

- Describe your perfect morning.
- What part of your day do you like most and least?
- How is your routine different at the weekend?

2. Vocabulary (15 min)

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

Word	Meaning	Example
habit	something you do often, almost without thinking	Biting your nails is a bad habit.
early bird	a person who likes to get up early	I'm an early bird: I'm up at five.
night owl	a person who likes to stay up late	My brother is a night owl.
stay up	to not go to bed	We stayed up until 2 am.
lie in	to stay in bed later than usual in the morning	I lie in on Sundays.
commute	the trip to and from work	My commute is 45 minutes each way.
schedule	a plan of what you will do and when	I have a very busy schedule.
time management	the skill of using your time well	Good time management reduces stress.
to-do list	a list of tasks you need to do	I write a to-do list every morning.
run errands	to go out to do small jobs like shopping or going to the bank	I run errands in my lunch break.

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 B1 daily routines vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Daily routines (B1)

Student handout · Name: _____ · Date: _____

A. Word bank

hectic · put off · multitask · get ready · productive · juggles · got stuck in traffic · fit in

B. Complete the sentences

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

1. Mornings in our house are _____.
2. I _____ for an hour.
3. She _____ work, study and two kids.
4. I always _____ doing the ironing.
5. I try to _____ a walk every day.
6. I can't _____.
7. It takes me twenty minutes to _____.
8. I'm most _____ in the morning.

C. Talk with a partner

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

1. What did your day look like ten years ago?
2. Are you a morning person or a night person?
3. What is one thing you do every day without fail?
4. What would you like to have more time for?
5. How did your routine change the last time you changed jobs or moved?

Write

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

Answer key

B. Complete the sentences: 1 hectic · 2 got stuck in traffic · 3 juggles · 4 put off · 5 fit in · 6 multitask · 7 get ready · 8 productive