Daily routines ESL lesson plan (B2)

B2 (upper 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
the daily grind	the boring, tiring routine of everyday work	I need a break from the daily grind.
burn the candle at both ends	to work very hard and stay up late, until you are exhausted	You're burning the candle at both ends.
wind down	to relax after a period of activity or stress	I read for an hour to wind down.
procrastinate	to delay doing something you should do	I procrastinated all week and then rushed.
prioritize	to decide which things are most important and do them first	You need to prioritize your tasks.
streamline	to make a process simpler and more efficient	I streamlined my morning routine.
monotonous	boring because it never changes	My old job was monotonous.
sedentary	involving a lot of sitting	A sedentary lifestyle is bad for your health.
sleep-deprived	not getting enough sleep	New parents are always sleep-deprived.
well-rested	having had enough sleep	I feel well-rested after the holiday.

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 B2 daily routines vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Daily routines (B2)

Student handout · Name: _____ · Date: _____

A. Word bank

work-life balance · on autopilot · like clockwork · stuck in a rut · screen-free · a creature of habit · slow living · pressed for time

B. Complete the sentences

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

1. I drive to work _____.
2. I'm a bit _____ today.
3. We have a _____ hour before bed.
4. Flexible hours improve _____.
5. She's a fan of _____.
6. The trains here run _____.
7. My dad is _____.
8. I feel _____ at work.

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 on autopilot · 2 pressed for time · 3 screen-free · 4 work-life balance · 5 slow living · 6 like clockwork · 7 a creature of habit · 8 stuck in a rut