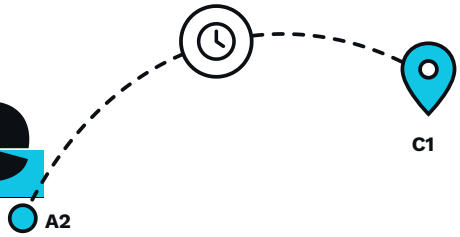
SPEAKING TOPICS · TEMAS DE CONVERSACIÓN · A2 → C1

Daily routine



Words, phrases and questions to talk about your typical day and your habits — at your level.

Todo lo que necesitas para hablar de tu día a día en inglés, ordenado por nivel del Marco Común Europeo (MCER).

1. **Find your level.** Start with your column, then try the next one.
2. **Say it out loud.** Read every example sentence aloud — twice.
3. **Make it yours.** Answer the questions on page 3 about **your** life.

1 Vocabulary by level

Vocabulario por nivel

A2 Elementary	B1 Intermediate	B2 Upper-int.	C1 Advanced
wake up despertarse	**routine** rutina	**commute** trayecto al trabajo	**work-life balance** conciliación
have breakfast desayunar	**timetable** horario	**schedule** agenda, horario	**burnout** agotamiento
usually normalmente	**chores** tareas domésticas	**downtime** tiempo de desconexión	**procrastination** procrastinación
in the morning por la mañana	**to-do list** lista de tareas	**productivity** productividad	**sleep pattern** patrón de sueño
lunchtime hora de comer	**busy** ocupado/a	**time management** gestión del tiempo	**mindfulness** atención plena
housework tareas de casa	**free time** tiempo libre	**workload** carga de trabajo	**habit stacking** encadenar hábitos
weekend fin de semana	**nap** siesta	**self-care** autocuidado	**monotonous** monótono
bedtime hora de dormir	**habit** hábito	**hectic** frenético	**unwind** desconectar

2 Phrasal verbs in action

Phrasal verbs con ejemplos

get up — A2
leave your bed
I **get up** at seven on weekdays.

work out — B1
do exercise
I **work out** three times a week.

put off — B2
delay doing something
I always **put off** the ironing until the last minute.

wind down — B2
relax after work or activity
I read for half an hour to **wind down**.

go out — A2
leave home for fun
We usually **go out** on Friday nights.

eat out — B1
eat in a restaurant
We **eat out** every Sunday.

stick to — B2
continue doing something planned
I try to **stick to** a routine, even at weekends.

zone out — C1
stop paying attention
I sometimes **zone out** on the bus.

3 Usually, normally or used to?

Cuidado con "soler"

PRESENT HABIT

usually

What you do now, most of the time. Goes **before** the main verb.

> **I usually have lunch at two.**

PAST HABIT (FINISHED)

used to

Things you did in the past, but **not anymore**.

> **I used to get up at six when I lived in Madrid.**

GETTING COMFORTABLE

be used to

Something is **normal** for you now. + **-ing**.

> **I'm used to getting up early now.**

4 Idioms & expressions

Para sonar como un nativo

bright and early B1
very early in the morning
I start work bright and early.

an early bird B2
someone who gets up early
I'm an early bird — I'm up at six.

a night owl B2
someone who stays up late
My brother's a night owl; he studies at 2 a.m.

lose track of time B2
forget what time it is
I lost track of time and missed the bus.

same old, same old B2
nothing has changed
How's work? Same old, same old.

at the crack of dawn C1
extremely early
We left at the crack of dawn.

the daily grind C1
boring, repetitive daily work
Weekends are my escape from the daily grind.

a creature of habit C1
someone who likes routine
I'm a creature of habit — same café every day.

make time for B2
find time for something important
I always make time for a walk.

get a head start C1
start before others
I got a head start by studying in summer.

5 Spanish speakers' traps

Errores típicos

✗ ~~I go to sleep at 11 and then to bed.~~
✓ **I go to bed at 11 and fall asleep.**
bed first, then **fall asleep**

✗ ~~I take breakfast at 8.~~
✓ **I have breakfast at 8.**
have breakfast / lunch / dinner

✗ ~~I use to get up at 7.~~
✓ **I usually get up at 7.**
present habit = **usually**

✗ ~~I do the siesta.~~
✓ **I have a nap.**
have / take a nap

✗ ~~In the weekend I relax.~~
✓ **At the weekend I relax.**
UK: **at** the weekend · US: on

✗ ~~I always am tired.~~
✓ **I'm always tired.**
adverb **after** the verb "be"

6 Quick check

¿Lo has pillado?

1. I have / take breakfast at 8.
2. I usually / use to go to the gym after work.
3. I'm an early bird / early owl.
4. I always put off / put on my homework.
5. I'm used to work / working late.
6. I wind down / wind up with a book before bed.

Answers: 1 have · 2 usually · 3 early bird · 4 put off · 5 working · 6 wind down

7 Questions for your level

Practica en voz alta

A2 Cambridge A2 Key style

1. What time do you get up?
2. What do you usually have for breakfast?
3. What do you do in the evenings?
4. What do you do at the weekend?

B1 Cambridge B1 Preliminary style

1. Describe a typical day in your life.
2. Is your routine different at the weekend? How?
3. What's your favourite part of the day? Why?

B2 Cambridge B2 First style

1. Are you an early bird or a night owl?
2. What's one habit you'd like to change?
3. How has your routine changed in the last few years?

C1 Cambridge C1 Advanced style · discussion

1. Is having a fixed routine good for creativity?
2. How has technology changed people's daily habits?
3. Why do so many people struggle to find a good work-life balance?

8 Level up your answer

Sube de nivel

"Tell me about your typical day."

A2	I **get up** at seven. I go to work by bus. I **have** dinner at nine.	Present simple + time expressions.
B1	I **usually** get up at seven, and **after that** I take the bus to work. In the evening I **work out**.	Frequency adverbs + sequencers.
B2	It's quite **hectic**, to be honest. I'm up **bright and early**, and by the time I get home I just want to **wind down**.	Strong adjectives + idioms + "by the time".
C1	I'm **a creature of habit**, so my days are fairly predictable. **The one thing I never skip** is my morning walk — it sets me up for the day.	Idiom + cleft-style emphasis.

9 Keep talking

Frases para alargar tu respuesta

Sequence

First of all, I...
After that, ...
By the time I get home, ...

Frequency

I hardly ever...
Every now and then, I...
Nine times out of ten, I...

Then vs now

I used to..., but now I...
I'm getting used to...
These days, I tend to...

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