

## Warm Up

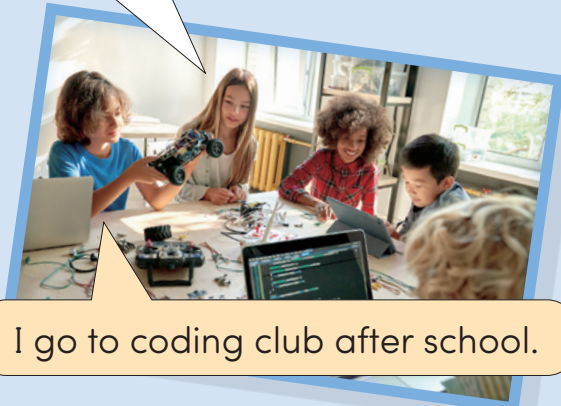
**A** Look and read.

What do you do before school?



I pack my bag before school.

What do you do after school?



I go to coding club after school.

**B** Look at the pictures. Write the words under the correct pictures.

hear my alarm

wash my face

~~brush my hair~~

eat breakfast

1.



brush my hair

2.



\_\_\_\_\_

3.



\_\_\_\_\_

4.



\_\_\_\_\_

play sports

write in my journal

watch videos

do my homework

5.



\_\_\_\_\_

6.



\_\_\_\_\_

7.



\_\_\_\_\_

8.



\_\_\_\_\_

**A** Read.

## My Day

Let me tell you about my day. I hear my alarm at six thirty. Before breakfast, I wash my face. I eat breakfast at seven o'clock. I brush my teeth after breakfast. I study at school from eight o'clock to three o'clock. After school, I play sports. I do my homework in the afternoon. I eat dinner at seven thirty. After dinner, I watch videos. I write in my journal before bed. My day is full.



**B** Imagine you are the writer. Answer the questions.

1. When do you hear your alarm?

I hear my alarm at         six thirty        .

2. What do you do before breakfast?

Before breakfast, I \_\_\_\_\_.

3. What do you do after school?

After school, I \_\_\_\_\_.

4. What do you usually do at seven thirty?

I \_\_\_\_\_ at seven thirty.

5. What do you do before bed?

I \_\_\_\_\_ before bed.

# Writing Practice

## A Look and read.

<b>in</b>	<b>in</b> the morning / <b>in</b> the afternoon / <b>in</b> the evening
<b>before</b>	<b>before</b> breakfast / <b>before</b> school / <b>before</b> bed
<b>after</b>	<b>after</b> school / <b>after</b> dinner
<b>at</b>	<b>at</b> seven o'clock / <b>at</b> eight thirty / <b>at</b> night

**Tip**

I eat breakfast **in the morning**.  
**Before breakfast**, I wash my face.

## B Look and write the sentences using the given words.

after breakfast

at seven thirty

after dinner

1.



(brush my teeth)

**After breakfast, I brush my teeth.**

2.



(watch videos)

3.



(wash dishes with my mom)

## C Read. Fill in the missing words.

at

Before

~~after~~

in

This is what I do <sup>1</sup> **after** school. I go to coding club <sup>2</sup> \_\_\_\_\_  
the afternoon. <sup>3</sup> \_\_\_\_\_ dinner, I ride my scooter. After dinner, I do my  
homework and watch videos. I also write in my journal to relax. I take a bath  
<sup>4</sup> \_\_\_\_\_ nine thirty. Then I go to bed at eleven o'clock.

# Writing Ideas

**A** Read. Write your own ideas about things you do every day.

- go to soccer club
- eat a snack
- brush my teeth
- watch TV
- take a bath
- ride my bike



Your ideas

- 
- 
- 
- 

**B** Write the ideas under the correct topic. Ideas can be used more than once.

Morning

Afternoon

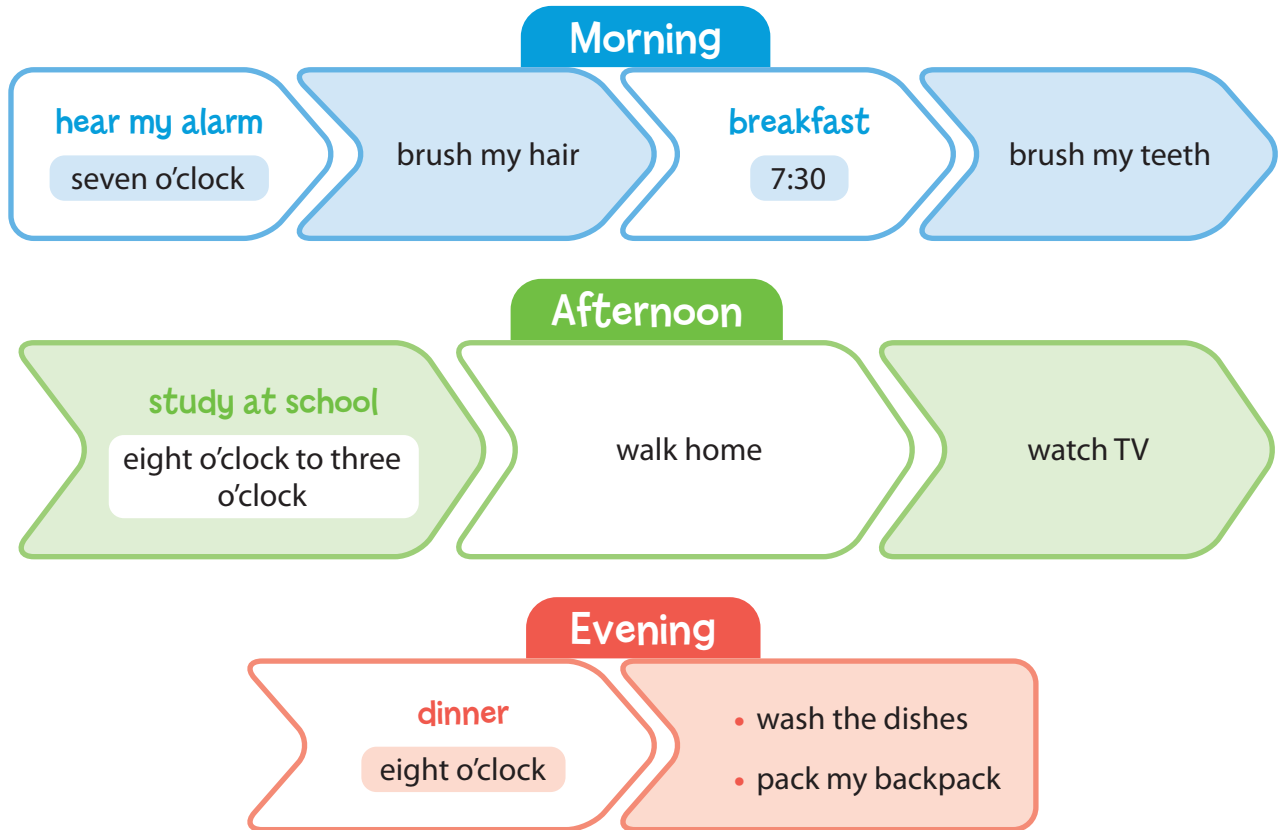
Evening

**C** Fill in the blanks using ideas from above.

I hear my alarm at seven o'clock. Before breakfast, I <sup>1</sup>  and <sup>2</sup> . Then I eat breakfast at eight o'clock. After breakfast, I ride my bike to school. I study at school from nine o'clock to three o'clock. In the afternoon, I <sup>3</sup> . Before dinner, I <sup>4</sup> . I eat dinner at six o'clock. After dinner, I <sup>5</sup>  and <sup>6</sup> .

## Writing Model 2

**A** Look at the organizer.



**B** Fill in the blanks. Use information from the organizer above.

### About My Day

I want to tell you about my day. I hear my alarm at  
1 seven o'clock. Before breakfast, I brush my  
hair. I eat breakfast at seven thirty. I brush my teeth after  
2 \_\_\_\_\_ . I study at school from eight o'clock to three  
o'clock. After school, I <sup>3</sup> \_\_\_\_\_ . I <sup>4</sup> \_\_\_\_\_ in  
the afternoon. I eat dinner at eight o'clock. After dinner, I <sup>5</sup> \_\_\_\_\_  
\_\_\_\_\_. I pack my backpack before bed. What a busy day!



## Writing Tip

- Use a comma (,) when a time phrase is at the beginning of a sentence.

I wash my face **before breakfast**. (no comma)

**Before breakfast**, I wash my face. (needs a comma)

- A** Read the questions and sample answers. Then write your own answers.

1. What do you do before breakfast?

I wash my hair before breakfast.

---

2. What time do you eat breakfast?

I eat breakfast at seven o'clock.

---

3. When do you study at school?

I study at school from nine o'clock to three o'clock.

---

4. What do you do after school?

After school, I walk home.

---

5. What do you do in the afternoon?

I do my homework in the afternoon.

---

6. What do you do before bed?

I watch TV before bed.

---

**B** Complete the organizer.



**Title:** \_\_\_\_\_

**Morning**

hear my alarm

breakfast



**Afternoon**

study at school



**Evening**

dinner



**A** Write your first draft. It's OK to make mistakes here!

Title: \_\_\_\_\_

Choose one:

I want to tell you about my day. / Let me tell you about my day.

I hear my alarm \_\_\_\_\_. Before breakfast,

I \_\_\_\_\_. I eat breakfast

\_\_\_\_\_. I \_\_\_\_\_.

I study at school from \_\_\_\_\_ to \_\_\_\_\_

\_\_\_\_\_. I \_\_\_\_\_ after school. In the

afternoon, I \_\_\_\_\_. I eat

dinner \_\_\_\_\_. After dinner, I \_\_\_\_\_

\_\_\_\_\_. I \_\_\_\_\_ before bed. My day is

Choose one:

busy. / What a busy day!

**B** Check your writing using the checklist below.

## Student Checklist

- Is there punctuation at the end of every sentence?
- Is the spelling correct?
- Did you use *in*, *before*, *after*, or *at* correctly?
- Did you use commas with time phrases correctly?