

STUDENT'S WORKSHEET · EVERYDAY ENGLISH

How do busy people organise their day?

LEVEL
A1 · Beginner

TIME
60 min

SKILLS
Reading · Speaking · Grammar · Vocabulary

Learning objectives

In this lesson, you can:

- understand a real infographic about a very busy work day
- say times and how often you do things
- use the present simple: *I work / she works*
- describe your work day and your habits

Key vocabulary

wake up · have breakfast · exercise · repair · experiment · meeting · sleep · every day · a week · plan

Materials

- this worksheet
- web page with infographic: *A day in the life of an ESA astronaut* (European Space Agency)

1 Warm up

SPEAKING

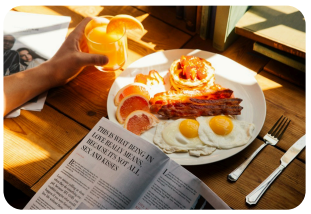
Look at the pictures. What can you see? How are they connected to the topic? Then answer the questions with your teacher.



PICTURE A · an alarm clock



PICTURE B · a morning run



PICTURE C · breakfast



PICTURE D · going to work

1. What time is it now? What do you usually do at this time?
2. Are you a morning person or a night person? Why?
3. Who has a very busy day in your company? What does he or she do?

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2 Vocabulary preparation

VOCABULARY

Part A: Match the words with the definitions.

repair (v) | have breakfast (v) | experiment (n) | wake up (v) | meeting (n) | exercise (v)

1. _____ to stop sleeping
2. _____ to eat your first meal of the day
3. _____ to move your body to be fit and healthy, for example running
4. _____ a time when people talk together about work
5. _____ to fix something that is broken
6. _____ a scientific test

Part B: Telling the time. Write the times in numbers.

Example: *ten o'clock* = 10:00

1. half past seven = _____
2. a quarter past eight = _____
3. a quarter to nine = _____
4. half past twelve = _____
5. four o'clock = _____

3 Main input: read and learn

READING · GRAMMAR

Astronauts on the International Space Station have very busy days. The European Space Agency (ESA) shows a typical day in an infographic (a picture with information).

READING

A day in the life of an ESA astronaut

European Space Agency (ESA) · careers page · look at the infographic "Astronauts in space" and read the paragraph under it (about 2 minutes) · free

https://www.esa.int/About_Us/Careers_at_ESA/ESA_Astronaut_Selection/A_day_in_the_life_of_an_ESA_astronaut

Look at the infographic. Answer: How many hours do astronauts sleep? How many hours do they exercise every day?

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Language focus: the present simple

Look at the change with *he / she / it*.

	I / you / we / they	he / she / it
+	I wake up at 6:00.	She wakes up at 6:00.
+	Astronauts exercise every day.	An astronaut exercises every day.
+	I have a meeting every morning.	He has a meeting every morning.
–	I don't work on Sundays.	She doesn't work on Sundays.
?	Do you sleep eight hours?	Does he sleep eight hours?

Practice: Complete the sentences with the correct form of the verb.

1. An astronaut _____ (sleep) eight hours a day.
2. I _____ (have) lunch at 1 p.m.
3. My manager _____ (go) to work by car.
4. My colleague _____ (watch) the news in the morning.
5. _____ you _____ (start) work at 8:00?

4 Reading comprehension

READING

Part A: Look at the infographic again. Are the sentences true (T) or false (F)? Circle.

1. Astronauts exercise two hours a day. T / F
2. They exercise five days a week. T / F
3. They sleep eight hours a day. T / F
4. The daily meeting is one hour. T / F
5. They talk to doctors every day. T / F
6. They make phone calls to family and friends. T / F

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Part B: Match the activities with the information. Write the letter.

Activity	Letter	Information
1. Daily meeting		a. Usually an all-day event
2. Health check		b. Housekeeping, public relations and free time
3. Spacewalk		c. 20 minutes, about the day's activities
4. Weekends		d. Every week, with doctors

Part C: Think and answer.

1. Read the paragraph under the infographic. Who plans the astronauts' day?

2. Which activity in the infographic do you also do at work?

3. Is an astronaut's day similar to your day? Write two sentences.

5 Speaking practice and discussion

SPEAKING

Part A: Choose TWO cue cards. Talk about each card with your teacher for 1–2 minutes.

Cue card 1: My perfect morning

- What time do I get up?
- What do I eat?
- Where am I?

Cue card 2: Breakfast

- Breakfast in my country
- Sweet or salty?
- At home or at work?

Cue card 3: Going to work

- Bus, car, bike or walk?
- How long is the trip?
- What do I do on the way?

Cue card 4: Healthy habits

- Water, exercise, sleep
- One good habit I have
- One bad habit I have

Cue card 5: Meetings

- How many a week?
- Long or short?
- My favourite meeting time

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Part B: Answer the questions with your teacher. Give reasons and examples.

1. What do you do in the first hour of your day? Tell me in order.
2. What do you have for breakfast on a work day, and why?
3. Who plans your work day: you, your boss or your team? How?
4. Which part of your day is the busiest? Why?
5. Which habit from the astronauts' day do you want to try? Why?

6 Lesson takeaway and wrap-up

REVIEW

Complete the sentences. Then tell your teacher.

1. Three new words from today: _____
2. One fact about a day in space: _____
3. I wake up at _____ and then I _____ .
4. One change for a better day: _____

Takeaway: On the space station, every day has a plan, and exercise and sleep are part of the job. Try it tomorrow: write three times and three activities, for example *7:00 – I go for a walk*.

+ Optional extension / homework

WRITING

Write 40–60 words with the title "My work day". Use: *I wake up at… / Then I… / After that, I… / I usually…*

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Alternative activity:

Make an infographic of your work day, like the ESA picture: write six activities and the times. Present it to your teacher in the next class.

References

European Space Agency. (n.d.). *A day in the life of an ESA astronaut*. https://www.esa.int/About_Us/Careers_at_ESA/ESA_Astronaut_Selection/A_day_in_the_life_of_an_ESA_astronaut

Original materials: vocabulary, language examples and exercises were written for NATeacher for A1 learners.

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