

2 My day

How can I organise my day?

1 Look at the photo.



see



think




me



15  **2** Look at the photos. Listen and point.



16  **3** **SONG** Look at the photos again and listen to the song.
Which photo is NOT in the song?

How I plan my day

I get up at seven thirty.
I have breakfast and I get dressed.
I brush my teeth – that's my rule.
Before I go to school.

This is how I plan my day.
I do the same things every day,
from Monday to Friday.
What do you do every day?

I have lunch at one o'clock.
I finish school at three.
Then I go home and play
and I do my homework every day.

This is how I plan my day ...

I have dinner at eight o'clock.
I have a shower or a bath.
I brush my teeth and make them shine.
Then I go to bed at nine.

4 **LET'S SHARE!** How do you start your day?



Tell your partner.



Tell your group.



Tell the class.

OUR LEARNING SITUATION TASK

We're going to make a planner to help organise our day.



Good morning, world!



1 Look at the pictures. What's Mia doing?

17 2 Read and listen. What's funny?



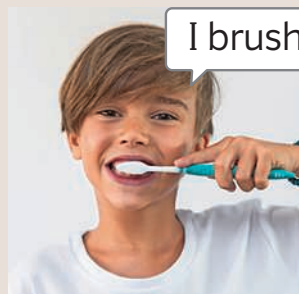
17 3 Read or listen again. Say true or false.

- 1 Mia puts her T-shirt on right.
- 2 Mia doesn't help make breakfast.
- 3 Mia's socks are different.
- 4 Mia goes to school in her slippers.

4 Look at the story. What does Mia do to get ready by herself?



5 What can you do by yourself?



6 Read, say or act it out.

How does Mia organise her day?



18 

2.1 

1

Listen and repeat. Which things do you do in the morning?



1 get up



2 have a shower



3 get dressed



4 have breakfast



5 brush my teeth



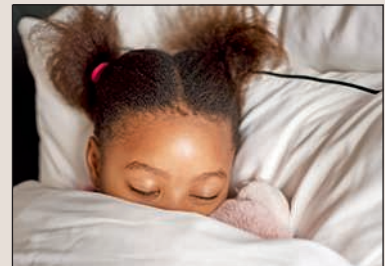
6 go to school



7 have lunch



8 have dinner



9 go to bed

19 

2

Listen and say the number. Listen again and repeat the sentences.

3

LET'S PLAY! Mime!



Brush my teeth!

4 Who is it? Read and match.

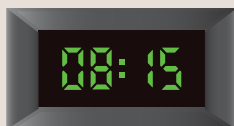


a I get up at **7:30**. I have breakfast. I have cereal and a glass of milk. I get dressed and brush my teeth. At **8:30** I go to school.

b I go home and have lunch at **2:30**. Then I do my homework. I go to my music class at **5:00**.

c I draw pictures or play with my brother. Then I have a shower. I have dinner at **8:30** and brush my teeth. I go to bed at **9:30**.

5 Listen and point. Act it out.



✓	I	get up	at	seven thirty.
✗	I	don't get up		eight o'clock.

6 Touch your head if it is true for you.

I get up at 7:15.



I get up at 8 o'clock.



I get up at 7:30.





21 

1 Listen and say the time.

DAILY PLAN	
7:15 am	have a shower
7:30 am	get dressed
7:45 am	have breakfast
9:00 am	go to school
12:30 pm	have lunch
8:00 pm	have dinner

2.2 

2 Match the questions and answers.

- | | | | |
|---|--|---|---------------------------------------|
| 1 | What time do you  ? | a | I go to bed at nine o'clock. |
| 2 | What time do you  ? | b | I have breakfast at seven thirty. |
| 3 | What time do you  ? | c | I get dressed at seven fifteen. |
| 4 | What time do you  ? | d | I brush my teeth at seven forty-five. |

get
up
dressed

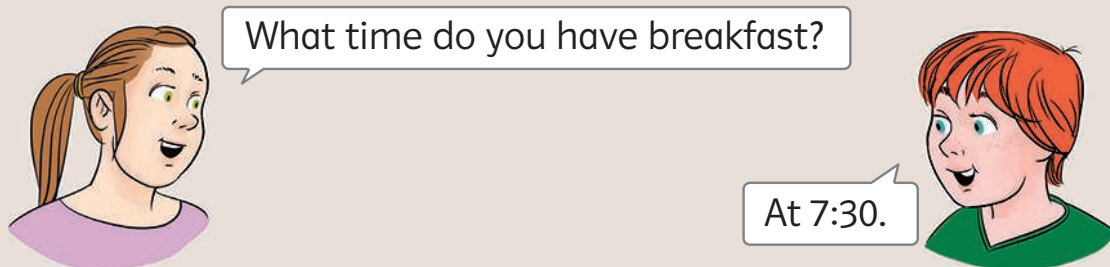
have
a shower
breakfast

go
to school
to bed

brush
your teeth
your hair

What time do you have dinner?
I have dinner **at eight thirty.**

3 Ask and answer about your day.



4 LET'S SHARE! What time do you like to get up and go to bed?



Tell your partner.



Tell your group.



Tell the class.

22 5 Listen to the words.

What two sounds can you hear?

car start arm bag have pasta

SOUNDS OF ENGLISH

23 6 Listen and say.



Put your bag in the car, Adam.
Can I start my pasta, Dad?



7 What other words do you know with these sounds?

How do we decide what we need to do every day?



Time zones

What time is it?

There are different time zones in the world. When children get up at 8 o'clock in Australia, children are in bed in Spain. That's because in Spain, it is 10 o'clock the night before.

1



In Tokyo in Japan, school starts at 8:30 **in the morning**.
It is 12:30 at night in Spain.

2



In New York in the USA, school starts at 8 o'clock **in the morning**.
It is 2 o'clock **in the afternoon** in Spain. It's time for lunch.

2.3

1

Look at the photos. Which photos look like your day?

24

2

Read or listen. Which routine is similar to yours?

3

THINK What time is it?

- 1 It's 10:30 in the evening in Spain. What time is it in the UK?
- 2 It's 2 o'clock in the afternoon in Buenos Aires. What time is it in Spain?
- 3 It's 9:15 in the evening in Spain. What time is it in New York?
- 4 It's 6:30 in the morning in Japan. What time is it in Spain?

New words

in the morning • in the afternoon • in the evening • at night • midnight

3



In the UK, children have lunch at 12:30 **in the afternoon**. It is just one hour later in Spain.

4



In Buenos Aires in Argentina, children have dinner at 8 o'clock **in the evening**. It is **midnight** in Spain and the children are in bed.

2



4

Watch the video. What time do the children start school?

Why is it important to plan your day?
What about your week?



Healthy habits

25 

Did you know? When you organise your day, you need to think about some important things to include. You need to plan your sleep, exercise and when to drink water.

1 Read and match the texts.



You need 9 to 11 hours of sleep every night. Sleep helps your memory. It helps you concentrate at school.



You need to drink 1.5 litres of water every day. Water helps your body work, including your brain.



You need one hour of exercise every day. Exercise can make you feel happy. It's good for your bones and muscles. It helps your memory too.

a Walk to and from school. Take the stairs, if you can. Do sport or go to the park after school.

b Go to bed early on school nights. Don't have screen time before you go to bed.

c Drink a glass of water when you wake up and before you go to bed. Always have a bottle of water in your bag.

2 Read again and answer.

How much water do you need to drink every day?

How many hours do you need to sleep every night?

How much exercise do you need to do every day?

About you
What are your healthy habits?

Let's make a planner to help organise our day!

How can I organise my day?



1 Think about your planner. What sections do you need?



Every day



Every week



Special activities



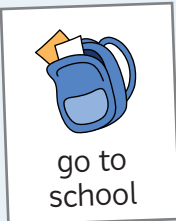
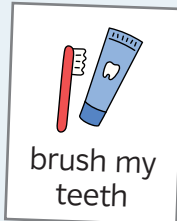
Homework



Healthy habits

2 Make your planner. Include the sections you chose in Activity 1.

3 What activities do you need to do? Make cards.



4 Plan your day or your week.

5 Display or show your planner to your class.



6 LET'S SHARE! What did you learn in this unit?