



DAY 7: TALKING ABOUT ACTIVITIES

Speaking English in 30 Days

Objectives

- 1. Learn how to talk about daily activities.
- 2. Practice forming sentences using common action words.
- 3. Engage in simple conversations about daily routines.

Common Activities in a Day

- - Morning:
 - 'I wake up at 6 AM.'
 - 'I eat breakfast.'
 - 'I go to school/work.'
- - Afternoon:
 - 'I have lunch at 12 PM.'
 - 'I take a short nap.'
- - Evening:
 - 'I watch TV.'
 - 'I do my homework.'
 - 'I go to bed at 10 PM.'

Forming Sentences About Activities

- - Basic sentence structure:
 - 'I + (verb) + (object).'
 - Example: 'I eat lunch.'
- - Adding time:
 - 'I eat lunch at 12 PM.'
- - Adding reason:
 - 'I study because I want to learn.'

Practice Conversation Example

- A: 'What do you do in the morning?'
- B: 'I wake up at 6 AM and eat breakfast.'

- A: 'What do you do in the evening?'
- B: 'I watch TV and do my homework.'

- Activity:
- Practice this conversation with a partner.

Interactive Exercises

- 1. **Complete the Sentences:**

- - 'I _____ at 7 AM.'
- - 'I _____ lunch at 1 PM.'
- - 'I _____ TV in the evening.'

- 2. **Multiple Choice:**

- - 'What do you do in the morning?'
- a) I watch TV.
- b) I wake up and eat breakfast.
- c) I go to bed.
- - 'What time do you go to bed?'
- a) At 6 AM.
- b) At 10 PM.
- c) At 12 noon.

Closing & Motivation

- Today, you learned:
 - - How to talk about daily activities.
 - - How to form sentences about your routine.
 - - How to have simple conversations about daily life.
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- Motivational Note:
 - 'Every day is a chance to practice and improve. Keep going!'