

Daily Activities at Home

What are some of the daily activities that you do at home?

I wake up at 7am every morning.

I press the snooze button five times every morning before I turn off the alarm and get up.

I have a cup of coffee and make breakfast. I usually read the newspaper while I have breakfast. My children like to have a shower after they have breakfast but I like to have a shower before I get dressed.

My wife brushes her long hair, and I have short hair so I comb my hair. How do you do your hair in the morning?

It is important to brush your teeth, and some women like to put make-up on.

After I have finished work, I go home to cook dinner. In my house I usually make dinner.

The family eat dinner together at 7:30pm.

After dinner I make sure that my children do their homework, and then I chill out on the sofa and watch television.

On television I usually watch the News. My wife usually comes to tell me to take the rubbish out, or wash the dishes. Our children feed the dog and the cat before they go to bed and I tell them to go to the bathroom too. If I am sick I have to take my medication, but then I get into my pyjamas and set the alarm so I wake up in the morning.

The last things I do is lock the door, turn off the lights, and go to bed.

It doesn't take me long to fall asleep.

Daily Activities at Work

What are some daily activities that you do at work?

I go to work at 8.45am every morning.

I usually drive to work.

I always check my emails when I get to work, but I don't always reply to them immediately.

I take a taxi or a train if I have a lunch meeting. I never take the bus because it is too slow.

When I am at my desk I usually work on the computer, even during morning tea.

At 1pm most days I have lunch.

At 3pm we have afternoon tea, and that is when we usually talk and eat cake.

When you are in the office you probably have a lot of papers. It is important for you to file your papers, and so that you can find them again you need to organise your files.

When I work I have to make telephone calls. If an important issue happens I ask my secretary to organise a meeting.

Once a month I report to my boss, but maybe you have to report to your boss more often. I usually write a document that my boss can read.

Other Daily Activities

What are some other daily activities that you do?

I exercise at least three times a week.

I usually go to the gym before work, but sometimes I go after work.

I meditate every morning so that I feel less stressed during the day.

Weekly Activities

What are some weekly activities that you do?

I go grocery shopping once a week at the local supermarket.

My family does the housework together every Saturday morning.

I usually do the washing on Sunday morning and when the machine is finished I hang the clothes out to dry.

On Sunday morning we go to church, and if there is lots of noise coming from next door, sometimes we fight with the neighbour.

On Saturday night my parents stay at home and I go out with friends.

Even my friends that live at home call their parents each week.

Every evening, I water the garden.

I usually pay someone to wash the car, but my partner says I should do it, so sometimes I argue with my partner about that.

If we are angry at the neighbour, we seek vengeance by annoying his dogs.

I work in an important office, so I have to shine my shoes each day.

Sometimes we hire a movie, because we don't like to illegally download music and films. I make sure that I synchronise my iPod so I always have new music on it.

To get our shopping, we go to the mall in the car.

Last week I forgot to recharge my travel card, and I had to argue with a bus driver. I couldn't call the office because I forgot to recharge my cellphone!