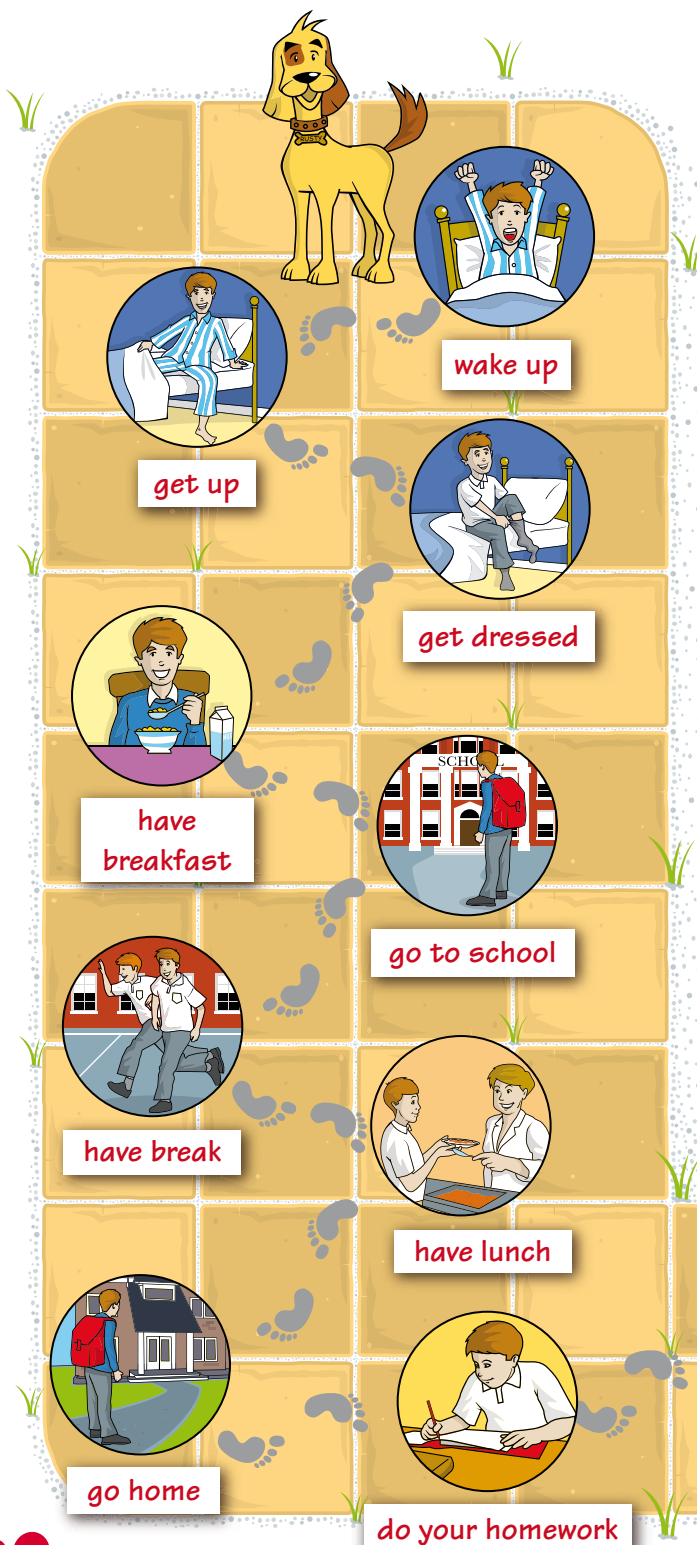


1 My day

Lesson 1

1 Follow the footprints.



2 Listen and sing the song.

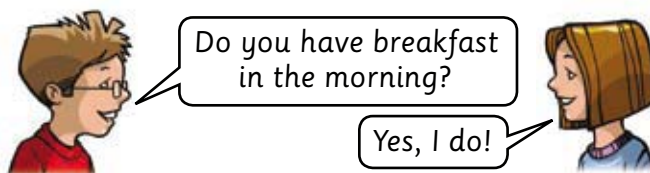
I wake up and get up in the morning
I get dressed and have breakfast hey, hey, hey
I go to school and I see my friends
I'm happy it's another day!

I work and have break in the morning
I play and have lunch hey, hey, hey
I go home and I see my mum and dad
I'm happy it's another day!

I do my homework in the evening
I watch TV and have dinner hey, hey, hey
I get undressed and I go to bed
It's the end of another day!



3 Ask and say.



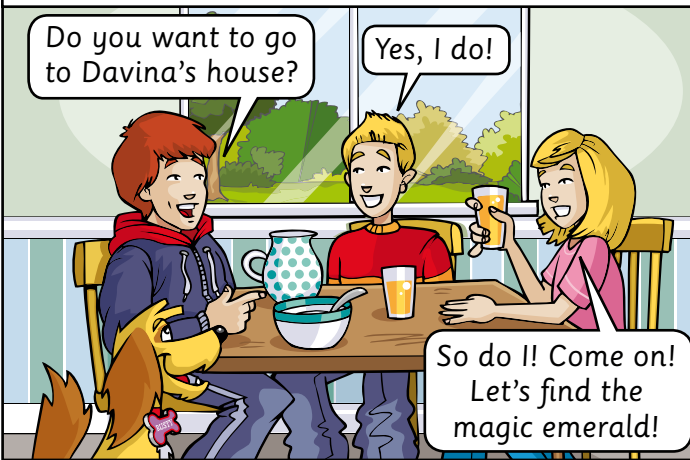
Lesson 2



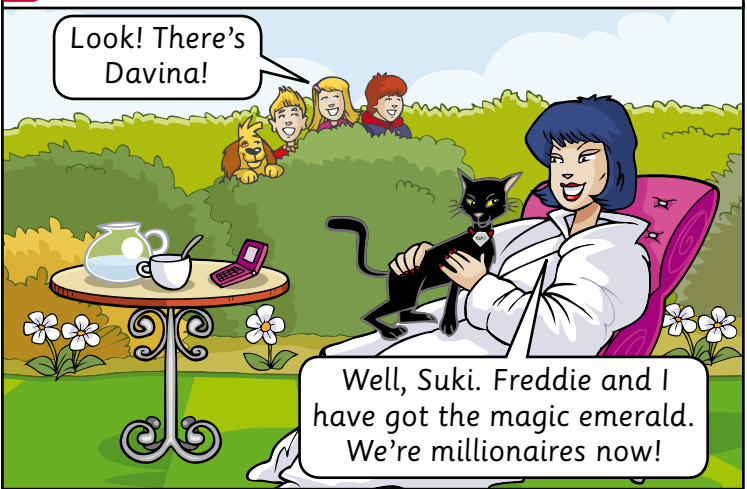
4 Listen and act out the story.

At Davina's house

1 Sam, Jack and Emily have breakfast. They read Davina's card and decide what to do.



2 Sam, Jack and Emily go to Davina's house.



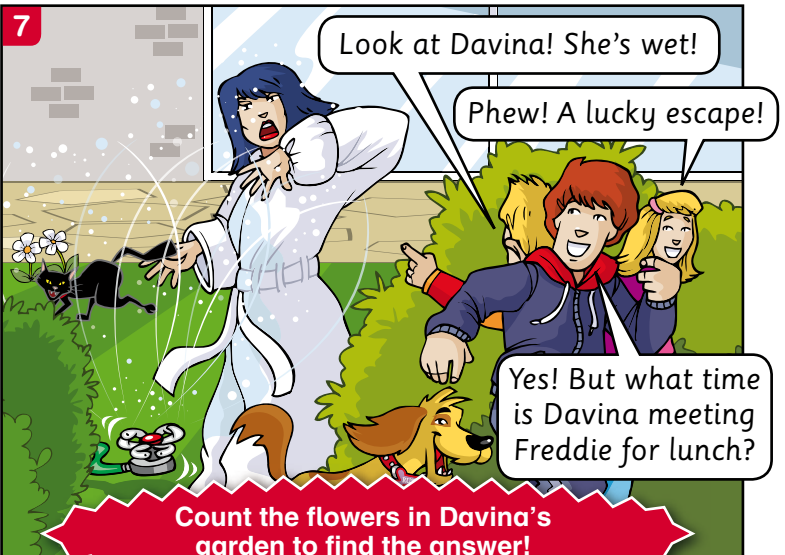
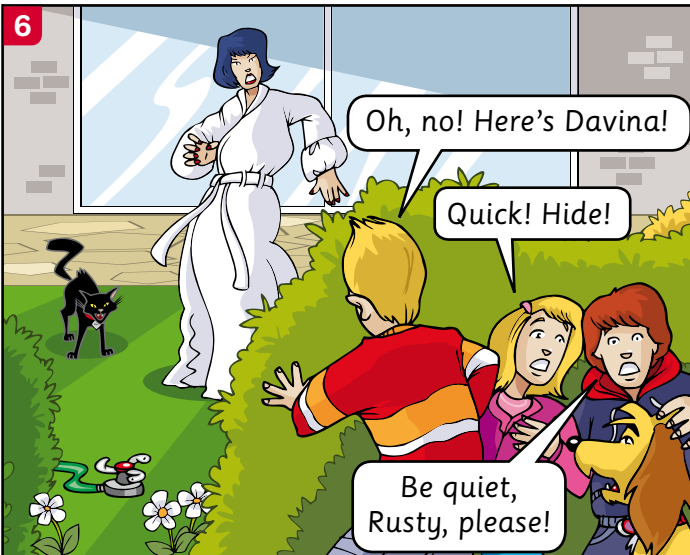
3 Suddenly the phone rings.



4 What time do you have lunch?



5



Count the flowers in Davina's garden to find the answer!

Lesson 3

5 Look and say.



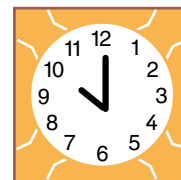
seven o'clock



half past nine



half past twelve



ten o'clock

6 Listen and say the grammar rap.

What time do you have breakfast?

At half past eight.

I always have breakfast at half past eight.

What time do you have lunch?

At half past twelve.

But I sometimes have lunch at one o'clock.

When do you have dinner?

At seven o'clock.

And I never have dinner at half past six.



7 Ask and say.



What time do you have breakfast?

When do you go to school?

At seven o'clock.

At half past eight.



8 Look and learn.

What time	do you	wake up?	At	seven o'clock.
When		get up?		half past seven.
I	always	have lunch	at	half past twelve.
	sometimes	go to bed		nine o'clock.
	never	do my homework		three o'clock.



Lesson 4

9  Listen, look and repeat.



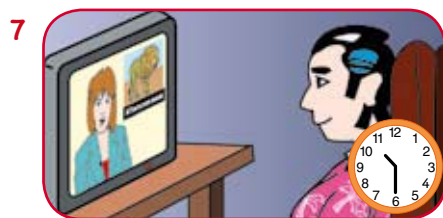
= never



= sometimes



= always



10 Play a game.



I always wake up at six o'clock.

I don't believe you!



11  Listen and say.

Say the tongue twister!



Pronunciation
gem



I sometimes cycle to school with my sister on Saturday.

Lesson 5

Why do we need sleep?



12 Read, listen and answer.

Sleep

Everybody needs sleep – babies, children, teenagers, adults and old people. When you sleep, you rest. Sleep gives you energy for the next day. Sleep helps you pay attention, remember what you learn and think of new ideas. Sleep also helps you grow and stay healthy. When you have enough sleep, you feel in a good mood. When you don't have enough sleep, you feel tired and in a bad mood. It is difficult to concentrate or play sport when you are tired.



- 1 Who needs sleep?
- 2 What does sleep help you do?
- 3 When is it difficult to play sport?

13 Guess, listen and say.

How many hours of sleep a day do they need?



baby

child

teenager

adult

old person

I think a baby needs about fifteen hours of sleep.



14 Ask and say.



What time do you go to bed?

When do you wake up?

How many hours do you sleep?

At half past eight.

At seven o'clock.

Ten and a half.



Sleep

Lesson 6

Social sciences

15 Listen, read and answer.

Ideas to help you go to sleep

It is sometimes difficult to go to sleep.
Here are some ideas to help:

To sleep well, always:

- go to bed at the same time every day.
- do an activity to relax before you go to bed.
- keep your bedroom quiet and dark.

Just before you go to bed, never:

- eat a big dinner.
- drink cola or other fizzy drinks.
- play computer games.
- do sport.



What do you do to help you sleep?

16 Play a game.



My key words

rest	concentrate
energy	good mood
healthy	bad mood
relax	pay attention

17 Make and complete *My Little Fact File of Sleep*. (AB p95)



Before I go to sleep,
I always read a book.




Before I go to sleep, I always
have a warm shower.

Children in Britain

Lesson 7

Learn about their daily routines!

18  Listen, read and answer.



Oliver



Daisy



Leo



Amy

For many children in Britain the school day starts at 9 o'clock and finishes at 3.30. Many children have dinner at about 6 o'clock and go to bed at about 8.30.

I always wake up at 7 o'clock. I get dressed and have breakfast at 7.30. I go to school at 8.30 and I go home at 3.30. I have dinner at 6 o'clock. I sometimes watch TV after dinner. I go to bed at 9 o'clock.
By Leo

I never wake up in time! And I always have breakfast in a hurry! I go to school at 8 o'clock and I have lunch at 12 o'clock. I'm always hungry! I go home at 3 o'clock. After school I have dinner and do my homework and I sometimes play on my computer. I go to bed at 8.30.
By Daisy

I get up and have breakfast at 8 o'clock every day. I go to school at 8.30. At school I always have morning break at 10.30, lunch at 12.30 and afternoon break at 2.30. I go home and have a snack at 4 o'clock. I sometimes play football after school.
By Oliver

I get up at 7.30 and have breakfast at 8 o'clock. I go to school at 8.30. At school I have morning break at 11 o'clock, lunch at 1 o'clock and afternoon break at 3 o'clock. After school I always go to computer club. I go home at 4.30. I have dinner at 6.30 and go to bed at 8 o'clock.
By Amy

- 1 Who has breakfast at 8 o'clock?
- 3 Who has dinner at 6 o'clock?
- 5 Who sometimes plays football after school?

- 2 Who has lunch at 12 o'clock?
- 4 Who always goes to computer club?
- 6 Who never wakes up in time?



Remember! Good daily routines help you to be healthy and happy!



Do you know that people in Britain drink 165 million cups of tea every day?

Are children's daily routines the same or different in your country?

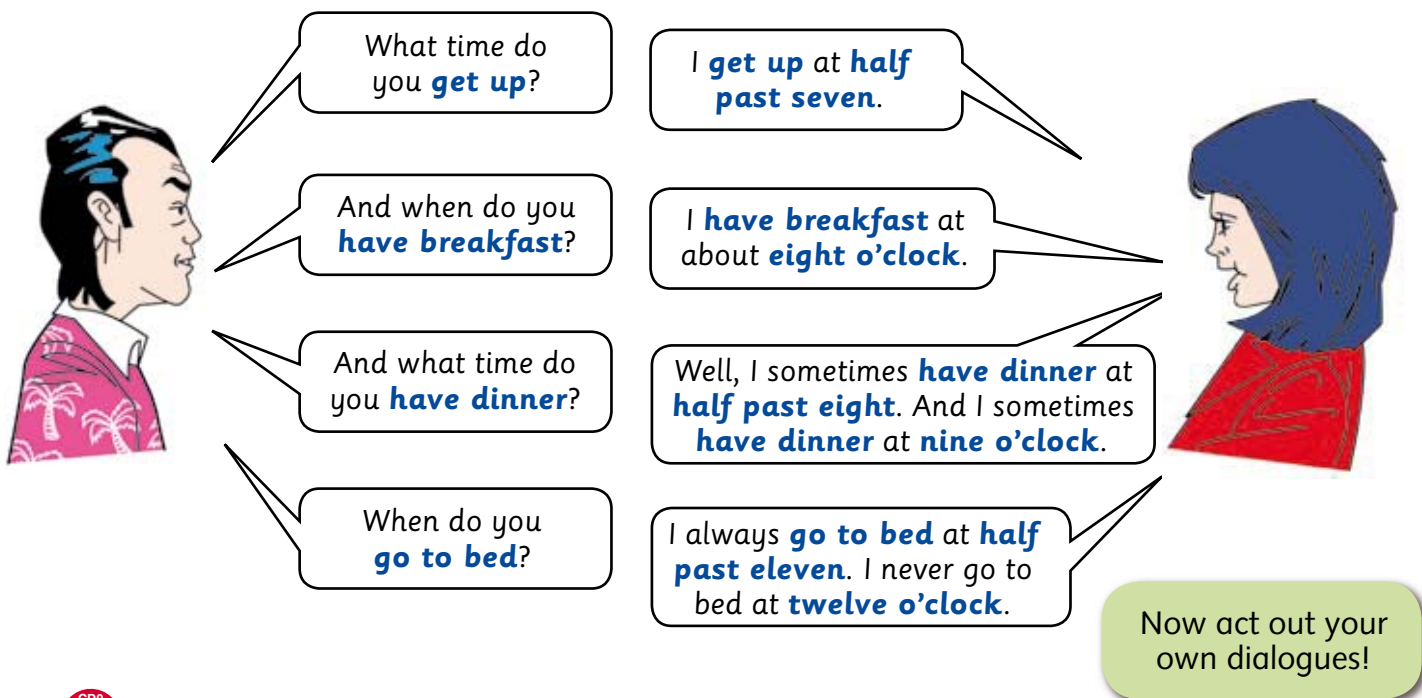


What two things can't you have for breakfast? Lunch and dinner!



Lesson 8

19  Listen, read and say.



What time do you **get up**?

I **get up** at **half past seven**.

And when do you **have breakfast**?

I **have breakfast** at about **eight o'clock**.

And what time do you **have dinner**?

Well, I sometimes **have dinner** at **half past eight**. And I sometimes **have dinner** at **nine o'clock**.

When do you **go to bed**?

I always **go to bed** at **half past eleven**. I never go to bed at **twelve o'clock**.

Now act out your own dialogues!

20  Listen and do the *Footprints quiz*.

- 1 Name three daily routines.
- 2 Say what you always do.
- 3 Say what you sometimes do.
- 4 Say what you never do.
- 5 What time do you go to bed?
- 6 When do you do your homework?
- 7 When do you have dinner?
- 8 Ask someone when they have breakfast.
- 9 Ask someone when they go home.
- 10 Who needs sleep?
- 11 What does sleep help you do?
- 12 How many hours do you sleep?
- 13 Say two ideas to help you go to sleep.
- 14 Say two things you always do before you go to sleep.
- 15 Say two things you sometimes do before you go to sleep.
- 16 Say two things you never do before you go to sleep.

