# My weekly routine – listening activity

You will hear a speaker talking about her daily routine. This activity has been divided up into 3 sections. Listen to each section and answer the corresponding questions.

## Section 1

1. What does the speaker do on Mondays and Wednesdays?

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1. Who does she have breakfast with in the morning and why?

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## Section 2

1. What time does the speaker leave the house in the morning?

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1. Who does she go to the gym with?

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1. What activities does she do after school?

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## Section 3

1. How long does the speaker spend on her homework?

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1. What time do her parents come home?

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1. What does she do after dinner?

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1. How does she relax in the evening?

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1. Having listened to the description of the speaker’s typical week and her routine activities, do you think she would fit in well into your family life? Include 5 details from the text in your justification.

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## For the teacher

Remove this section before sharing this resource with students.

### Audio file

[My weekly routine – listening activity (2:46)](https://players.brightcove.net/6197335233001/RYyTOryUkW_default/index.html?videoId=6361761092112)

### Section 1

#### Transcript

*Ciao ragazzi! Come state? Sono qui a casa, nella mia camera da letto e oggi vi parlo della mia routine quotidiana. Durante la settimana vado a scuola come tutti i raggazzi di sedici anni. Il lunedì e il mercoledì mattina mi sveglio presto alle sei perché mi piace molto andare in palestra prima di andare a scuola. Mi vesto alle sei e dieci, mi preparo e faccio colazione. La faccio con mio fratello perché si alza presto la mattina anche lui.*

#### Answers

1. **She wakes up early at 6 am to go to the gym.**
2. **Her brother because he gets up early.**

### Section 2

#### Transcript

*Esco di casa alle sei e mezza e passo un’ora in palestra. Mi piace molto perché fa bene al corpo e alla mente. Ci vado con il mio amico Gino e dopo andiamo a scuola a piedi. La scuola comincia alle nove meno dieci e finisce alle quindici e dieci. Dopo scuola io e i miei amici facciamo un’attività insieme: o giochiamo a calcio o facciamo lo skateboard al parco vicino. Torno a casa alle diciassette perché devo dare da mangiare al cane. Non mi piace farlo, però è un dovere.*

#### Answers

1. **The speaker leaves the house at 6:30 in the morning.**
2. **She goes to the gym with her friend Gino.**
3. **After school she and her friends either play soccer or skateboard at the nearby park.**

### Section 3

#### Transcript

*Ogni pomeriggio faccio i miei compiti per due ore. I miei genitori tornano a casa alle diciannove. Prepariamo la cena insieme e ceniamo verso le venti. Dopo cena, io lavo i piatti. Non mi piace per niente perché è noioso. Mio fratello non aiuta mai. Non gli piace e è molto pigro. Alle venti e mezza mi riposo un po’. Mi piace spesso chattare online o guardare la TV con la mia famiglia. Vado a letto alle ventuno e un quarto e leggo per trenta minuti. Mi addormento alle ventidue.*

#### Answers

1. **The speaker spends 2 hours every afternoon on her homework.**
2. **Her parents come home at 19:00.**
3. **After dinner, she washes the dishes.**
4. **She often relaxes by chatting online or watching TV with the family.**
5. **Student answers will vary.**

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