addsor

# MY DAILY LIFE

*Work • Family • Routine • Your Time*

**THE BIG QUESTION**
What does your life actually look like?

**YOUR GOAL**
Come ready to talk about your real life—not a perfect routine. You will practice describing what you do, how often you do it, what takes your time, and how you feel about it.

## Before Class — 5 Minutes

- Think about ONE normal weekday. What usually happens from morning to night?
- Choose 5 or 6 things that take your time: work/study, family, cooking, commuting, responsibilities, phone, rest, exercise, hobbies, etc.
- Look through the vocabulary below. Choose expressions that feel useful for YOUR life.
- Say a few expressions out loud once. You do not need to prepare complete sentences.

**IMPORTANT**
No speech. No memorizing. No translating every sentence.

Bring IDEAS and useful words. We will build the English together in class.

# Your Life Pie

**IMAGE YOUR REAL WEEK**

If your life were a pie, how big would each piece be?

Work / Study ____%
Family ____%
Responsibilities ____%
Commute / Errands ____%
Phone / Social ____%
Rest ____%
Me Time ____%

You do NOT need exact numbers. Just notice what feels big and what feels small.

# The Conversation Pattern

**WHAT → HOW OFTEN → HOW MUCH → HOW I FEEL**
You do not need to use all four every time. This pattern simply helps you turn a short answer into something people can talk about.

## 1. WHAT — What is part of your life?

| ENGLISH | MEANING | EXAMPLE |
|---|---|---|
| **I work at…** | describe your work | I work at a hospital. |
| **I study…** | describe study/learning | I study English online. |
| **I take care of…** | talk about care/responsibility | I take care of my children. |
| **I spend time with…** | talk about people | I spend time with my family. |
| **I have to…** | talk about responsibilities | I have to cook after work. |
| **I'm responsible for…** | describe responsibility | I'm responsible for the morning routine. |

## 2. HOW OFTEN — How frequently?

| ENGLISH | MEANING | EXAMPLE |
|---|---|---|
| **every day** | daily | I cook every day. |
| **most days** | on the majority of days | Most days, I get up early. |
| **usually** | normally / most of the time | I usually work in the morning. |
| **often** | many times | I often call my family. |
| **sometimes** | on some occasions | I sometimes exercise after work. |

| | | |
|---|---|---|
| **hardly ever** | almost never | I hardly ever watch TV. |

## 3. HOW MUCH — How much time?

| ENGLISH | MEANING | EXAMPLE |
|---|---|---|
| **I spend about ___ hours…** | amount of time | I spend about eight hours at work. |
| **It takes most of my day.** | uses a large part of the day | Work takes most of my day. |
| **A lot of my time goes to…** | something receives much of your time | A lot of my time goes to my family. |
| **It doesn't take long.** | needs little time | My commute doesn't take long. |
| **I barely have time for…** | almost no time remains | I barely have time for exercise. |

## 4. HOW I FEEL — Your reality

| ENGLISH | MEANING | EXAMPLE |
|---|---|---|
| **I enjoy it.** | positive feeling | I cook often, and I enjoy it. |
| **It can be tiring.** | sometimes exhausting | Taking care of everything can be tiring. |
| **I don't mind it.** | it is okay for you | I don't mind driving to work. |
| **I wish I had more time for…** | you want more time | I wish I had more time for myself. |
| **I'd like to spend less time…** | you want to reduce it | I'd like to spend less time on my phone. |

## Vocabulary for Your Daily Life

| ENGLISH | MEANING | EXAMPLE |
|---|---|---|
| **routine** | things you regularly do | My morning routine is simple. |
| **responsibility** | something you need to take care of | Cooking is one of my responsibilities. |
| **commute** | travel between home and work/school | My commute takes 30 minutes. |
| **errands** | small necessary trips/tasks | I run errands after work. |
| **free time** | time when you are not working | I don't have much free time. |
| **me time** | time for yourself | I need a little me time. |
| **busy** | having many things to do | My weekdays are very busy. |
| **balanced** | with reasonable space for different parts of life | I want a more balanced routine. |
| **exhausted** | very tired | I'm exhausted after a long day. |
| **take up time** | use part of your available time | Commuting takes up a lot of my time. |

## Useful Questions You May Hear ?

- How much time does that take?
- How often do you do that?
- What do you usually do after work?
- What takes most of your time?
- What about weekends?
- Do you enjoy it?



- What do you wish you had more time for?
- What would you like to spend less time on?

**REMEMBER FROM OUR CONVERSATION SKILLS**
When someone tells you about their life, keep the conversation moving:

REACT — “Really?” / “Oh wow!” / “I get that.”
ASK — “How often?” / “How much time?” / “What about weekends?”
CONNECT — “Me too.” / “My routine is similar.” / “That’s different from my day.”

## A Natural Example

**DON’T MEMORIZE THIS — NOTICE HOW IT GROWS**
A: “What do you usually do during the week?”

B: “I work five days a week. Work takes most of my day, and after work I usually spend time with my family. I cook pretty often too. My days are busy, so I wish I had more time to exercise.”

A: “I get that. How about weekends?”

B: “Weekends are better. I usually rest more and spend time with friends.”

Notice: The English is simple, but the answer gives us something to talk about.

## What We'll Do in Class

**CONNECT**
We'll start by discovering what takes most of our time.

**LISTEN**
You'll listen to a real-life routine and notice what you understand—without reading a script.

**DISCOVER**
Together we'll discover useful English for routine, frequency, time, responsibilities, and feelings.

**INTERACT**
You'll discover what your daily life has in common with other students.

**PLAY**
Where Did My Time Go? You get 24 hours. Let's see where they disappear.

**SPEAK**
You'll use visual ideas—not a memorized script—to describe your real life.

**REFLECT**
You'll notice something about your routine and what you wish you had more—or less—time for.

## Quick Preparation — Your Idea Bank

**Something that takes a lot of my time**

_____

**Something I do almost every day**

_____

**A responsibility in my life**



_____

**Something I enjoy**

_____

**Something I wish I had more time for**

_____

**COME READY, NOT REHEARSED**
Your goal is NOT to arrive with perfect sentences.

Your goal is to arrive thinking:
“I know what I want to talk about.”

Then we’ll turn those ideas into English together.

## Your life already gives you something to talk about.

*Now let English become part of it.*