

ENGLISH WAVE

Workbook

4



AI Fluency
Practice


 e future

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Daily Routines



A Look at the pictures. Complete the dialogs.



A What are you doing?
B I'm _____.



A What are you doing?
B I'm _____.



A What are you doing?
B I'm _____.



A What are you doing?
B I'm _____.



A What are you doing?
B I'm _____.



A What are you doing?
B I'm _____.

B Complete the dialogs using the pictures.



A How is school going?
B Oh, everything is good.
Every day I _____ with friends.



A How is school going?
B It's always the same routine.
I _____.



A Are you doing anything interesting at school?
B Yes, I _____ every day.



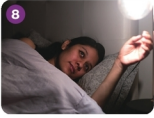
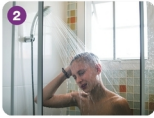
A Are you doing anything interesting at school?
B No, not really. Every day I _____.

C Answer the questions about yourself.

- 1 Do you usually wake up early? _____
- 2 Do you usually have breakfast? _____
- 3 Do you usually pack your bag in the morning? _____
- 4 Do you usually leave for school early? _____
- 5 Do you have lunch with friends? _____
- 6 Do you go to any club meetings at school? _____

I usually have dinner at that time.

A Look at the pictures and complete the sentences. What do they do in the evening and at night?



- 1 He _____.
- 2 He _____.
- 3 He _____.
- 4 They _____.
- 5 They _____.
- 6 He _____.
- 7 She _____.
- 8 She _____.

B Answer the questions about yourself.

- 1 Do you do your homework in the evening? _____
- 2 Do you watch TV in the evening? _____
- 3 Do you play games on your phone at night? _____
- 4 Do you take a shower at night? _____
- 5 When do you do your homework? _____
- 6 What time do you set your alarm? _____

C Write one word in each blank to complete the sentences.

A healthy sleep routine

Sleep is important **1** _____ our physical and mental health. **2** _____ we sleep well, we can think more clearly and remember information better. We also feel calmer.

Teenagers need **3** _____ least eight to ten hours of sleep a night, but many teens say they are getting less. **4** _____ this true for you? **5** _____ yes, do these things to develop healthier sleep habits:

- ▶ Wake **6** _____ and go to bed at the same time every day.
- ▶ Do your homework in the afternoon or early evening, **7** _____ before bed.
- ▶ An hour before bed, avoid watching TV **8** _____ playing games on your phone or laptop.

Grammar

Present tense review: Simple present and present continuous

A Look at the pictures. Complete the dialogs using the correct form of the verbs in parentheses.

1



- A What _____ they _____ now? (do)
 B They _____ dinner. (have)
 A What time _____ they usually _____ dinner? (have)
 B They usually _____ dinner around 7. (have)

2



- A _____ she _____ her alarm now? (set)
 B Yes, she _____.
 A When _____ she usually _____ her alarm? (set)
 B She usually _____ her alarm before going to bed. (set)

3



- A What _____ he _____ now? (do)
 B He _____ his bag for school. (pack)
 A _____ he usually _____ his bag in the morning? (pack)
 B No, he _____. He always _____ his bag at night. (pack)

4



- A _____ they _____ to class now? (go)
 B No, they _____. They _____ to the club meeting. (go)
 A How often _____ they _____ to the club meeting? (go)
 B They _____ to the club meeting twice a week. (go)

B Complete the sentences in the simple present or present continuous. Use the verbs in the box.

cook check drink get go play talk take walk watch

- 1 He _____ on the phone with his friend now.
- 2 She _____ her emails every morning.
- 3 It's 7:30, and I _____ ready for school now.
- 4 They usually _____ their dog in the evening.
- 5 My mom _____ dinner in the kitchen right now.
- 6 I _____ jogging every morning. It's my routine.
- 7 My dad _____ a cup of coffee every morning.
- 8 They _____ soccer at the park now.
- 9 My family sometimes _____ TV together after dinner.
- 10 We _____ the bus to school right now.



Lesson 1B I'll do it on Sunday.

A Look at the pictures and complete the sentences. What will they do this weekend?



- 1 She will _____.
- 2 She will _____.
- 3 She will _____.
- 4 He will _____.
- 5 He will _____.
- 6 He will _____.
- 7 They will _____.
- 8 They will _____.

B Answer the questions about yourself. What are you going to do this weekend?

- 1 Are you going to do chores at home? _____
- 2 Are you going to get together with friends? _____
- 3 Are you going to spend time with your family? _____
- 4 Are you going to stay up late? _____
- 5 Are you going to study for a test? _____

C Complete the text. Use the phrases in the box.

around the house
for a math test

be different
late on Sunday night

exercise more
some of my homework

feel less stressed
watching videos

A change of weekend routine

by Mario

In the past, I got up late on the weekend. I spent hours ¹ _____ on my phone. I did my homework at the last minute, usually ² _____. That was very stressful. On top of that, my parents were always angry because I wasn't doing my chores ³ _____.

Starting this weekend, my routine will ⁴ _____. I won't get up late anymore. I'll wake up around 7:30. I'll go to the gym and ⁵ _____. This Saturday, I'm going to do my chores and do ⁶ _____. On Sunday morning, I'm going to study ⁷ _____ and then finish my homework. If I do that, I'll have free time in the afternoon and ⁸ _____.

A Look at the weekend plans. Answer the questions in full sentences.

Ella's weekend plans

- ✓ do chores
- ✓ go to a concert
- ✓ play video games
- ✓ study for a test

Ryan's weekend plans

- ✓ do homework
- ✓ get together with friends
- ✓ go to the gym
- ✓ play video games

- 1 Who's going to study for a test? _____
- 2 Who's going to play video games? _____
- 3 Who's going to get together with friends? _____
- 4 Is Ella going to do chores at home? _____
- 5 Is Ryan going to go to a concert? _____
- 6 Are Ella and Ryan going to watch videos? _____

B Unscramble the words to make questions in the future.

- 1 Sunday / is / she / her friends / meeting / on / ?

- 2 will / the picnic / Saturday / they / to / come / this / ?

- 3 the / how / stay / will / beach / long / you / at / ?

- 4 when / coming / is / Uncle John / ?

- 5 visit / are / Sunday / you / going / to / your / this / grandparents / ?

- 6 do / what / to / is / weekend / going / she / this / ?

C Match the questions in **B** with the answers below. Write the numbers.

- a _____ We'll be there all day tomorrow.
- b _____ He's coming tonight.
- c _____ Yes, she is. She's meeting them for lunch.
- d _____ No, they won't. They'll go to the soccer game.
- e _____ She's going to work on her science project at home.
- f _____ No, I'm not. I'm going to visit them next Sunday.



A Unscramble the words to make sentences.

- 1 finish / I'd / project / like / tonight / to / my / . _____
- 2 to / early / I'm / planning / tomorrow / wake up / . _____
- 3 until / I / to / bedtime / music / to / intend / listen / . _____
- 4 I'm / school / leave / about / to / for / . _____
- 5 this / I / cousins / to / my / expect / visit / weekend / . _____
- 6 relax / dinner / to / I'm / hoping / before / . _____

B Complete the dialogs. Write the numbers.

- 1
- ① It sounds like you're busy.
 - ② I'll text you.
 - ③ No, I'm about to walk into class.
 - ④ I intend to finish my science project.

- A Hi, are you on your lunch break?
- B _____ What's up?
- A What are you doing this weekend?
- B _____ It's due on Monday.
- A Oh, OK. _____
- B Yeah, but maybe we can hang out on Sunday. _____

- 2
- ① A group of us is going to Water World.
 - ② Hey, what are you doing tomorrow morning?
 - ③ I'll meet you after that.
 - ④ What time are you leaving?

- A _____
- B It's Saturday, so I have a guitar lesson at 9:30. Why?
- A _____ Can you come?
- B I'd like to go. _____
- A We're planning to leave at 11:00.
- B Perfect! My lesson finishes at 10:30. _____

- 3
- ① There's traffic.
 - ② I expect to be there by 2:30.
 - ③ OK, see you soon.
 - ④ Where are you?

- A Hi, I'm running late. Sorry!
- B _____ The game starts in 20 minutes.
- A _____ I'm hoping to be there soon.
- B How long will you be?
- A _____ Save me a seat.
- B _____

C Interview your friends and family. Write their answers.

- ① What do you usually do before breakfast?
- ② What do you usually do after dinner?

- ③ What do you usually do on the weekend?
- ④ What are you going to do this weekend?

1

Name:

- ① _____
- ② _____
- ③ _____
- ④ _____

2

Name:

- ① _____
- ② _____
- ③ _____
- ④ _____

3

Name:

- ① _____
- ② _____
- ③ _____
- ④ _____

4

Name:

- ① _____
- ② _____
- ③ _____
- ④ _____

Word study Collocations for daily activities

Complete the collocations using the words in the box.

- | | | | | | |
|----------|---------|-----------|------------|---------|---------|
| my alarm | a break | my chores | the dishes | dressed | a movie |
| money | ready | time | the timer | TV | a walk |

- 1 do _____ ; do _____
- 2 get _____ ; get _____
- 3 set _____ ; set _____
- 4 spend _____ ; spend _____
- 5 take _____ ; take _____
- 6 watch _____ ; watch _____

A Complete the texts. Choose the correct sentence for each blank. Two sentences are not used.

On the weekend



Elena

On Saturdays, I get up early because I have soccer practice from 9:00 to noon. **1** After practice, I go home, take a shower, and have lunch. Then I start my homework. At night, I sometimes stay up late watching videos on my phone.

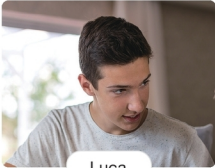
On Sundays, I get up around 10:00. After breakfast, I usually finish my homework. **2** I have two exams next week. Wish me luck!



Ming

These days, I'm taking a class on Saturdays to prepare for an important exam. **3** After class, I usually go to a cafe and relax a little. In the evening, I watch videos or text my friends.

On Sundays, I wake up early and have breakfast. Then I do my homework. **4** I love to draw, so that will be fun.



Luca

On Saturdays, I usually wake up early, have breakfast, and take our dog for a walk. At 10:00, I go to a neighbor's house. **5** In the afternoon, I usually play video games with my brother.

On Sundays, I get up around 9:00. After breakfast, I do my homework. On Sunday afternoons, my family usually does something together. **6** It's always nice to see them.

- A This weekend, we're planning to have lunch with my grandparents.
- B Our team is preparing for a big game next month.
- C This weekend, we're going to an escape room at the mall.
- D The class starts at 7:00, so I have to wake up early.
- E This Sunday, I'm also planning to work on an art project for school.
- F I'm tutoring their son in math to make some money.
- G I help my mom with house chores.
- H This weekend, I'm going to study a lot.