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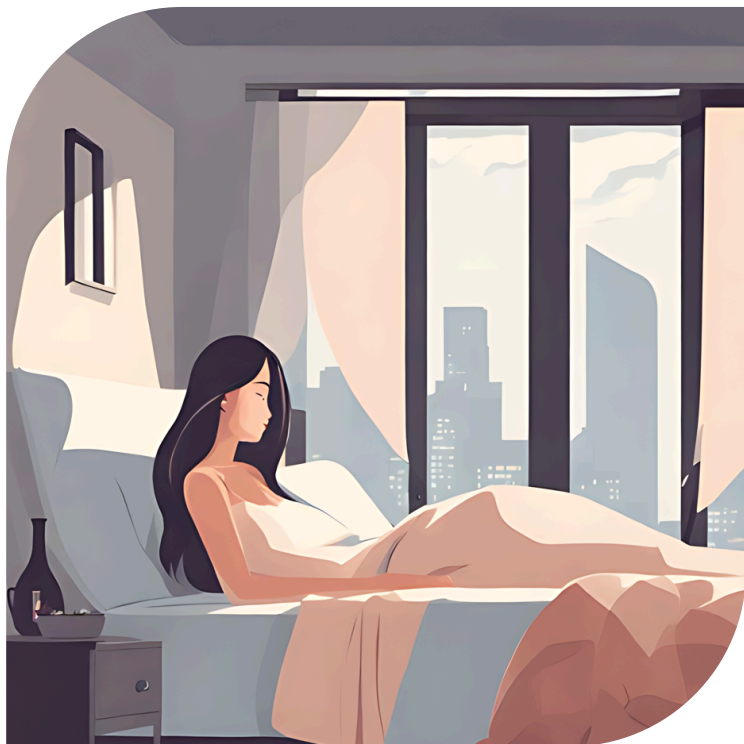
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My Daily Routine

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STORY SPRINTERS®

-Chapter One-



Hello! My name is Sarah. I wake up at 7 o'clock every morning. I stretch and yawn.

Check your understanding:

Remember to write in complete sentences.

1. What time does Sarah wake up every morning?

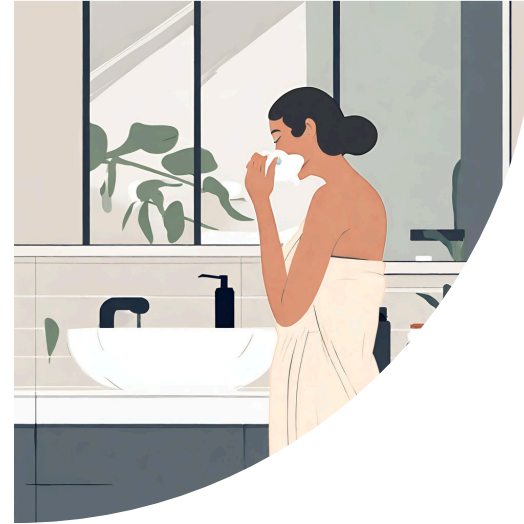
2. What does Sarah eat for breakfast?

3. How does Sarah go to work?

4. What does Sarah do during her break at work?

5. What does Sarah do in the evening before going to bed?

Now, it's your turn!
What is your daily routine?



**Then, I wash
my face and
brush my
teeth.**

**After that, I have
breakfast. I like to
eat cereal with
milk and drink
coffee.**



-Chapter Two-



Next, I get dressed. I put on a shirt and pants. I also wear high-heeled shoes and grab my work bag.

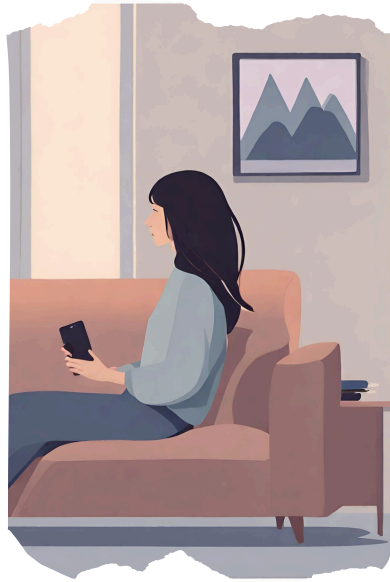


After dinner, I take a shower. Then, I brush my teeth and go to bed.

Now it's bedtime. Good night! See you tomorrow!

-Chapter Six-

In the evening, I relax. I watch TV or read a book.

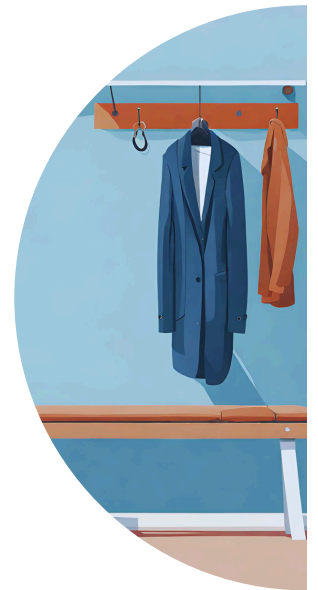


Sometimes, I cook dinner. I like to make pasta or salad.



I check the weather on my phone before I go out.

Sometimes, I wear a jacket if it's cold outside.



-Chapter Three-



I leave my house
at 8 o'clock.



I walk to the
bus stop. The
bus comes at
8:15. I get on
the bus and sit
down. It takes
me to work.



The bus comes at 5:15. I get on the
bus and sit down. It takes me back
home. I arrive at home at 6 o'clock.

-Chapter Five-

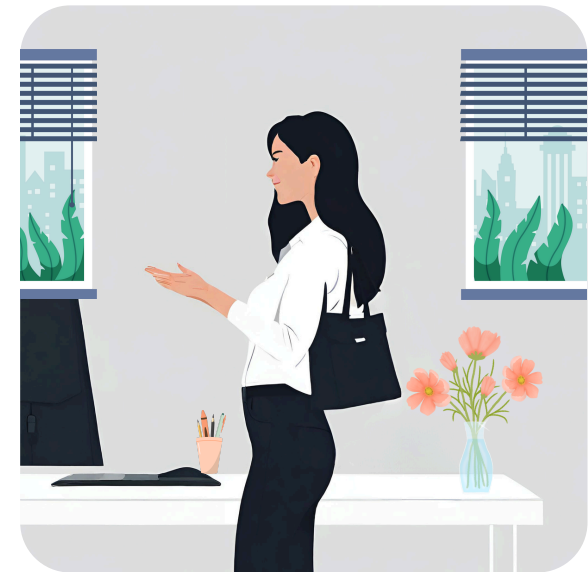
When work finishes, I say goodbye to my coworkers. I leave the office and walk to the bus stop.



I arrive at work at 8:45.



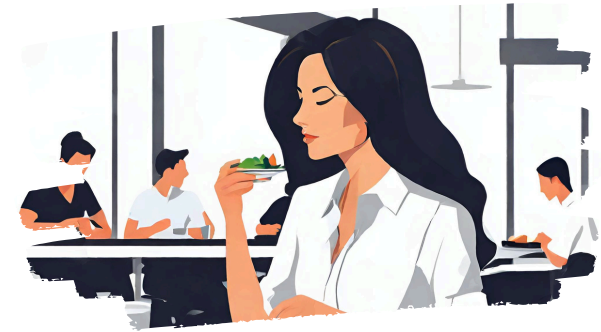
I say "Good morning" to my coworkers.



-Chapter Four-



At work, I have many things to do. I answer emails, make phone calls, and have meetings.



I also take a break for lunch. I eat a sandwich and drink water.

Then, I continue working until 5 o'clock.

