

English *in* Action

Speaking Practice Handbook:
HOLISTIC APPROACH TO ENGLISH COMMUNICATION SKILLS

Student's Book



Speaking CORNER
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unit 01

DAILY ROUTINE

"How we spend our days is, of course,
how we spend our lives."

-Annie Dillard

Warm up

DISCUSS IN PAIRS.

1. Describe your morning routine. What do you do first when you wake up?
2. How much time do you spend getting ready in the morning?
3. Do you have any evening routines? How do you relax before going to bed?
4. How do you usually spend your weekends? Do you have a different routine?
5. What is your favourite part of the day? Why?
6. How do you balance work/study and free time?

Let's talk!

DESCRIBE THEIR DAYS.

LUKE



prepare breakfast · scrambled eggs
cupboards · sink · frying pan · cooker
spatula · striped · floral · glass of juice

LISA



household chores · vacuum · mess
rubber gloves · coffee table · bookcase
sneakers · turtleneck · housewife

Name 5:

1. household chores:
2. daily activities:
3. adjectives describing feelings:
4. activities you can do at the weekend:





STUDY THE EXAMPLES

1. She dusts the furniture twice a week.
2. He doesn't often mop the floor.
3. What do you do every Monday?
4. They don't go out every night.
5. How often does she watch TV?
6. What time does this bus leave?
7. The bakery opens at 6:00.

How to make sentences?

+ subject + verb **-s/es** HE/SHE/IT

? (Wh-) do/does + subject + verb?

- subject + don't/ doesn't + verb

~~-s/es~~

Use this tense to talk about daily routine, habits, repeated actions, permanent situations, opening hours and timetables/schedules.

Let's practise

TALK IN PAIRS.

1. Ask your friend about his/ her daily routine.
2. Find out what your friend usually does at the weekend.
3. Tell your friend what you often do in the evenings.
4. Ask your friend if his/ her relatives (e.g. siblings, parents, partner) work or study.
5. Tell your friend the opening hours of your favourite supermarket.
6. Find out when your friend usually has some free time.

USEFUL expressions

- always
- often
- usually
- sometimes
- seldom/ rarely
- hardly ever
- never
- once/twice a week
- three times a month

Activities

1



2



3



4



Me

yes/no

How often?

☐
☐
☐
☐

yes/no

(NAME)

How often?

☐
☐
☐
☐

Vocabulary focus

COLLOCATIONS.
Match with the definitions.

1. hit the snooze button
2. grab a quick breakfast
3. commute to school/ work
4. run errands
5. go through emails
6. check social media
7. unwind after a long day
8. stick to a routine
9. take a coffee break
10. declutter the room

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- A. To read and respond to emails in your inbox.
- B. To do small tasks, like shopping or picking something up.
- C. To relax and rest after a busy or stressful day.
- D. To press a button to delay the alarm and sleep a little longer.
- E. To stop working for a short period to have coffee and relax.
- F. To look at your accounts on platforms like Instagram, Facebook, or Twitter.
- G. To eat something fast, usually because you're in a hurry.
- H. To clean up and remove unnecessary items from a space.
- I. To travel to and from school or work, usually daily.
- J. To follow a set schedule or habits regularly.

Let's practise

TALK IN PAIRS.

Complete the questions with the collocations.

1. Do you usually _____, or do you prefer to sit down and eat?
2. How often do you _____? Which platforms do you use?
3. How often do you _____? What do you usually tidy up?
4. How do you _____? How long does it take?
5. Why do you think people _____ instead of waking up right away?
6. How do you _____? What activities help you relax?
7. How do you know when it's the right time to _____ during your day?
8. Do you enjoy _____ or do you see it as a necessary task? Why?
9. Do you prefer to _____ on your phone or on a computer? Why?
10. What happens when you don't _____? How does it affect your day?

"A Day in My Life: Balancing Work and Relaxation"

Every weekday, I hit the _____ button once or twice before I finally get up at 7 a.m. I usually _____ a quick breakfast— just a piece of toast and some coffee. Then, I get dressed and head out the door to _____ to work. It takes about 30 minutes by bus.

When I get to work, I go _____ my emails and check my schedule for the day. Around 10 a.m., I always take a coffee _____ to recharge. I work until 5 p.m., and then I _____ a few errands on my way home, like picking up groceries or going to the post office.

Once I'm home, I spend time checking _____ media and _____ the room a bit to keep things tidy. I also prepare dinner, usually something simple like pasta. After dinner, I like to catch up on my favourite TV shows or read a good book to relax. Before bed, I always lay out my clothes for the next day to make my morning easier.

I try to _____ to a routine, so I go to bed around 10 p.m., ready to start another day.

VOCABULARY:

synonyms

Match the words from the text with their synonyms.

1. prepare clothes:
2. rest, gain energy:
3. get up-to-date:
4. review my calendar:
5. leave home, go out:

TRANSLATION

Extra

Choose 2 expressions from the text and create questions.

QUESTIONS:

Answer the questions.

1. What does the author do every weekday? Describe her day.
2. Do you do any of these activities? What's your routine like?
3. Is it easy for you to stick to a routine? Why (not)?
4. What kind of errands do you run in a week and at the weekend? Do you enjoy it?



STUDY THE EXAMPLES

1. She is watching series right now.
2. Where are you going?!
3. She is always coming late!
4. Tomorrow I m going to the dentist.
5. This week they 're staying at their grandma's.
6. Mike isn't working right now.
7. More and more people are working from home.

How to make sentences?

- + subject + verb **-ing**
- ? (Wh-) am/is/are + subject + verb **-ing**
- subject + am/is/are NOT + verb **-ing**

Use this tense to talk about temporary situations, actions happening right now, future arrangements, annoying habits (with always). Use it also to describe pictures and talk about changing, developing situations.

Let's practise

TALK IN PAIRS.

1. Ask your friend about his/ her plans/ arrangements for the next weekend.
2. Find out where your friend is spending this evening.
3. Describe what is happening outside right now.
4. Tell your friend where you are going after the lesson.
5. Tell your friend about 2 annoying habits that other people/ your relatives have.
6. Look around. Describe what other people are doing.

USEFUL expressions

- now/ right now
- at the moment
- tonight/ today
- this (week/month)
- tomorrow
- next (week/month)
- currently
- nowadays
- more and more
- less and less/ fewer and fewer

TALK ABOUT THESE PEOPLE.

Use Present Simple & Present Continuous.

Marie



USUALLY

Phil



OFTEN

Zac and Jill



ALWAYS



TODAY



THIS WEEK



TONIGHT

1. Checking emails first thing in the morning is a good habit. ☐
2. Social media is a good way to relax after a long day. ☐
3. It's better to stick to a routine than to be spontaneous. ☐
4. It's more important to relax in the evening than to finish household chores. ☐
5. It's helpful to plan your day the night before. ☐

USEFUL expressions

- To my mind,
- In my opinion,
- From my point of view,
- On the one hand,
- On the other hand,
- However,

- Firstly,
- Secondly,
- What's more,
- Moreover,
- To sum up,

- I agree/ disagree.
- I'm afraid I disagree.
- I can see your point but
- You're right/wrong.
- Exactly!

GIVE ARGUMENTS.

What are the advantages & disadvantages?

1. Waking up early vs. sleeping in late.
2. Having a fixed routine vs. being flexible with your schedule.
3. Using a planner vs. not planning your day.
4. Doing housework every day vs. doing it once a week.
5. Spending your free time alone vs. with friends.
6. Watching TV to relax vs. reading a book.

FOR

AGAINST

DESCRIBE THE PICTURES.

Use the given words.

TALK IN PAIRS.



1



2

- hairdryer
- bedtime routine
- night stand
- pillow
- radiator
- towel
- sticky notes
- errands
- steering wheel
- busy

Vocabulary focus

PHRASAL VERBS.
Match with the definitions.

1. PUT ON _____
2. TAKE OFF _____
3. PICK UP _____
4. LOOK AFTER _____
5. LOOK FOR _____
6. CALL OFF _____
7. PUT OFF _____
8. RUN OUT OF _____

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- A. To collect or lift something/someone from a place.
- B. To try to find something.
- C. To use all of something and have none left.
- D. To postpone* something to a later time.
- E. To cancel* something (e.g., a meeting, event).
- F. To remove clothing or an item.
- G. To take care of* someone or something.
- H. To dress yourself in clothing.



*postpone - przełożyć
*cancel - odwołać
*take care of - zajmować się

COMPLETE THE PREPOSITIONS.

- | | | | |
|-------------|--------------|--------------|--------------|
| • put _____ | • look _____ | • call _____ | • take _____ |
| • put _____ | • look _____ | • run _____ | • pick _____ |

Let's practise

TALK IN PAIRS.
Complete the gaps with the phrasal verbs.

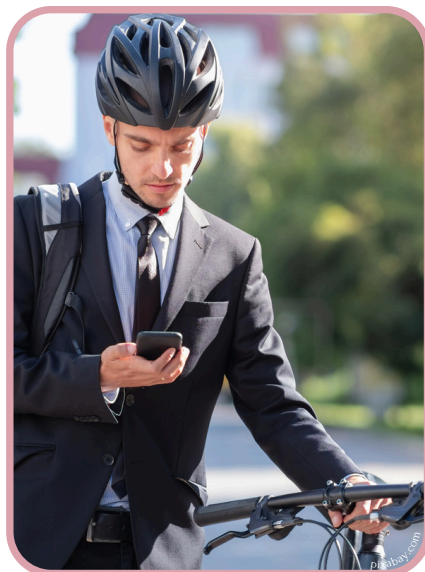
1. What do you usually _____ first when you get dressed in the morning?
2. What do you do if you need to _____ plans with friends?
3. What do you do when you _____ an essential item like toothpaste or milk?
4. Who usually _____ your pets or plants when you are away?
5. How do you _____ information online when you need it quickly?
6. What tasks do you tend to _____ and why?
7. Do you often _____ packages from lockers or delivery points? How do you manage this?
8. Do you _____ your shoes when you enter someone's house? Why (not)?

Listening focus

Pre-listening

DESCRIBE THE PICTURES.

TALK IN PAIRS.



ANSWER *the questions*

1. How long does it take you to get to work/ school?
2. What do you think about cycling to work/ school?
3. Do you prepare for the next day before going to bed? Why (not)? How?

While-listening

ANSWER THE QUESTIONS.

TALK IN PAIRS.

1. What does Sarah eat for breakfast?
2. How does Sarah look after her pet cat, Max?
3. How does Sarah commute to work?
4. What does Sarah do during her lunch break?
5. What kind of errands does Sarah run in the evening?
6. Why does she have to cancel her plans with friends at times?
7. How does Sarah prepare for the next day before bed?
8. What does Sarah do to relax before going to bed?



Scan me!

My notes

neighbourhood

immediately

groceries

tasks

dry cleaning

unwind

1. : activities or chores that need to be completed.
2. : the area or district where someone lives.
3. : right away, without any delay.
4. : food and other products purchased at a supermarket or store.
5. : to relax and release stress after a busy or tiring period.
6. : the process of cleaning clothes with chemicals instead of water.

Let's practise

TALK IN PAIRS.

Complete the questions with the words
from the previous exercise.

1. What do you like most about your ? How well do you know your neighbours? How often do you interact with them?
2. How much time do you usually spend in the evening, and why is it important for you?
3. How do you organise your daily ? Do you prefer to complete them early in the day or later?
4. How often do you use services, and what types of clothes do you usually take there?
5. When something important comes up*, do you handle* it , or do you prefer to wait? Why?
6. Do you prefer to shop for in supermarkets or at the market?

*come up - pojawiać się, wydarzyć się

*handle - zajmować się, radzić sobie

FINISH the sentences

My least favourite
errand to run is ...

I don't have much time
... so I catch up on ...

I always/ never stick to
a routine.

My favourite book/
series/ film is...

After work/ school I
usually...

When my friend calls
off our meeting...

The person who never
declutters his/ her
room is...

Every morning I
always... but I never...

1. Write an email to a friend describing your morning routine. Include many details.
2. Write a text message to a friend detailing your plans for the weekend.
3. Write a blog post about how you relax at the end of the day.

TOPIC:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.