

Healthy Morning Routines – Setting the Tone for a Successful Day

Upper-intermediate (B2-C1)

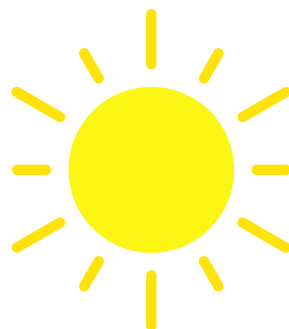


WARM-UP DISCUSSION

Read the quote below and then discuss the questions.

“Win the morning, win the day.”

1. Do you agree with this quote? Why or why not?
2. What's your current morning routine like?
3. Why do you think morning routine videos have become so popular on social media?
4. Which morning habits would you like to start – or stop?



READING TEXT

Part 1. Read the following text.

The Rise of Morning Routines

Morning routines have become a modern trend, with millions of videos on social media showing how people start their day. From fitness influencers to business leaders, many argue that what you do in the first hour after waking sets the tone for everything that follows.

Popular practices include meditation, journaling, stretching, and exercise. In recent years, “biohacks” such as cold showers and ice baths have also gained attention, with supporters claiming they boost energy, focus, and resilience. Even simple actions – like making your bed or drinking water – can create a sense of achievement that motivates the rest of the day.

Psychologists explain that routines reduce decision fatigue and give structure, which improves productivity. While no single routine works for everyone, experimenting with habits can help people design mornings that support their goals and wellbeing. Whether through calm rituals or energising challenges, a healthy morning routine is a powerful way to start strong.

Part 2. Discuss the questions below based on the text.

1. Why have morning routines become so popular recently?
2. What are some examples of traditional morning practices?
3. What modern “biohacks” are mentioned in the text?
4. How can simple actions, like making your bed, influence motivation?
5. Do you think social media helps or harms how people approach morning routines?



VOCABULARY & SPEAKING

Part 1. Match the words/phrases to their meanings.

Set the tone

Decision fatigue

Biohacks

Energising challenges

Structure your day

Boost energy

Sense of achievement

Daily rituals

1. _____ The feeling of success after completing something
2. _____ To give a framework or order to how time is spent
3. _____ Simple, repeated habits that shape daily life
4. _____ Physical or mental tasks that make you feel awake and active
5. _____ Lifestyle experiments or techniques to improve performance
6. _____ Mental tiredness caused by making too many choices
7. _____ To increase vitality, alertness, or motivation
8. _____ To create a mood or direction for what follows

Part 2. Complete the sentences with the correct words/phrases.

1. Taking a cold shower is one of the most popular modern _____.
2. Making small decisions the night before can help reduce _____ in the morning.
3. Meditation and journaling are examples of healthy _____.
4. A short run or workout can _____ and improve focus.
5. Hiking or cycling to work can provide _____ while also improving fitness.
6. Planning your morning carefully can help you _____ effectively.
7. People who make their bed often feel a _____ that motivates them.
8. The first activity you do in the morning can _____ for the whole day.



Part 3. Act out the role-play below with your teacher/partner, making sure to use today's vocabulary. Once finished, swap roles and repeat the activity.

Set the tone

Decision fatigue

Biohacks

Energising challenges

Structure your day

Boost energy

Sense of achievement

Daily rituals

Student A: You want to improve your mornings but don't know where to start.

Student B: Suggest a routine using both calm daily rituals and energising challenges.

Part 4. Discuss the scenarios below. Aim to recall and use today's vocabulary in your answers.

1. A company encourages employees to share their morning routines on social media. What benefits or risks could this bring?
2. A friend wants to try biohacks like ice baths but feels nervous. What advice would you give?
3. Do you think a "perfect morning routine" really exists, or should routines be flexible?

Part 5. Discuss the question below. Aim to recall and use today's vocabulary in your answer.

Describe your ideal morning routine. What habits would you include, and why?



REFLECTION

Discuss the following questions.

1. Which vocabulary phrase from today's lesson do you find most useful?
2. Do you think morning routines are more about discipline or enjoyment? Why?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write 8–10 sentences describing your own morning routine or the one you'd like to have. Use at least 5 of today's target vocabulary items.

