

Teacher's guide

Healthy Morning Routines – Setting the Tone for a Successful Day – Upper-intermediate (B2-C1)



Canva Presentation Link: [Healthy Morning Routines](#)

Editable Presentation Link: [Healthy Morning Routines](#)

Editable Worksheet Link: [Student Worksheet: Healthy Morning Routines](#)

Warm-up discussion

Students read the quote and discuss the questions.

Reading activity

Part 1. Ask students to read the text on *The Rise of Morning Routines*.

Part 2. Students discuss the questions based on the text.

Suggested answers:

1. Because of social media trends and the belief they improve wellbeing/productivity.
2. Meditation, journaling, stretching, exercise.
3. Cold showers, ice baths.
4. They create a sense of achievement and motivation.
5. Open answer.

Vocabulary & speaking

Part 1. Students match the words/phrases to their meanings.

Answer key:

1. Sense of achievement
2. Structure your day
3. Daily rituals
4. Energising challenges
5. Biohacks
6. Decision fatigue
7. Boost energy
8. Set the tone

Part 2. Students complete the sentences with the correct word/phrase.

Answer key:

1. biohacks
2. decision fatigue
3. daily rituals
4. boost energy
5. energising challenges
6. structure your day
7. sense of achievement
8. set the tone

Part 3. Students act out the role-play with you or a partner, making sure to use today's vocabulary. Once finished, swap roles and repeat the activity.

Part 4. Students discuss the scenarios, aiming to recall and use today's vocabulary in their answers.

Part 5. Students discuss the question. Ensure they aim to recall the vocabulary from memory.

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write 8–10 sentences describing their own morning routine or the one they'd like to have. Encourage students to use at least 5 of today's target vocabulary items.