

Healthy Morning Routines

Pre-Intermediate (A2-B1)



WARM UP DISCUSSION

Part 1. Discuss the questions.

1. What time do you usually wake up on weekdays?
2. What helps you feel good in the morning?
3. Do you eat breakfast every day? Why or why not?
4. If you had more time in the morning, what would you do?

Part 2. Rank these morning activities from most to least important.

Breakfast

Exercise

Shower

Planning the day

READING TEXT

Part 1. Read the following text.

Healthy habits can make mornings feel calmer and more positive. Many people start the day by having a shower, drinking coffee, or checking their phone. But small changes can make a big difference. For example, drinking a glass of water first thing helps your body wake up. Stretching or walking outside gives you more energy. A healthy breakfast, such as fruit or oats, can help you focus at work or school. Some people also write a short plan for the day. Everyone's routine is different, but choosing one or two healthy habits can make mornings less stressful and more enjoyable.

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

1. What do many people do first in the morning?
2. Why is drinking water in the morning helpful?
3. What food examples are given for a healthy breakfast?
4. What is one benefit of stretching or walking outside?
5. Why do some people write a short plan?

VOCABULARY & SPEAKING

Part 1. Match the words to their meanings.

Routine	Stretching	Focus
Stressful	Enjoyable	Habit

1. _____ A set of actions you do in the same order every day
2. _____ Paying attention carefully
3. _____ Causing worry or pressure
4. _____ Moving your body to make muscles longer
5. _____ Something fun or pleasant
6. _____ An action you repeat regularly, often without thinking

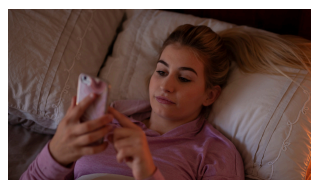
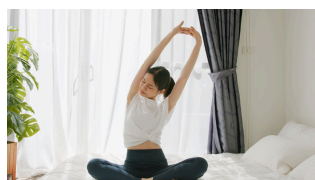
Part 2. Complete the sentences with the correct words.

1. Breakfast helps me _____ during class.
2. Mondays are often very _____ at work.
3. Drinking water in the morning is a healthy _____.
4. I like to do some _____ before exercise.
5. Watching the sunrise is really _____.
6. Brushing my teeth is part of my daily _____.

Part 3. Discuss the following questions.

1. What is one healthy **habit** you already do?
2. Which part of your morning **routine** do you enjoy most?
3. What helps you **focus** in the morning?
4. What is sometimes **stressful** about your mornings?
5. What could make your mornings more **enjoyable**?
6. Do you ever do **stretching** in the morning?

Part 4. Look at the pictures of morning activities. Describe what is happening and then discuss the questions.



1. Which activities are healthy?
2. Which are unhealthy?
3. What are some healthier things you could do instead of the unhealthy activities?

REFLECTION

Discuss the following questions.

1. What is your favourite part of the morning?
2. Do you prefer slow or fast mornings? Why?
3. Which small change could make your mornings better?
4. What is one new habit you want to try this week?

WRAP-UP TASK (OPTIONAL HOMEWORK)

**Record a 1-minute voice message or write 5–6 sentences about your ideal morning routine.
Share it in the next class.**

Sentence starters for writing/speaking:

- "I usually wake up at..."
- "One healthy habit I already do is..."
- "This week I want to try..."

Try to use at least 3 new words from the lesson.

