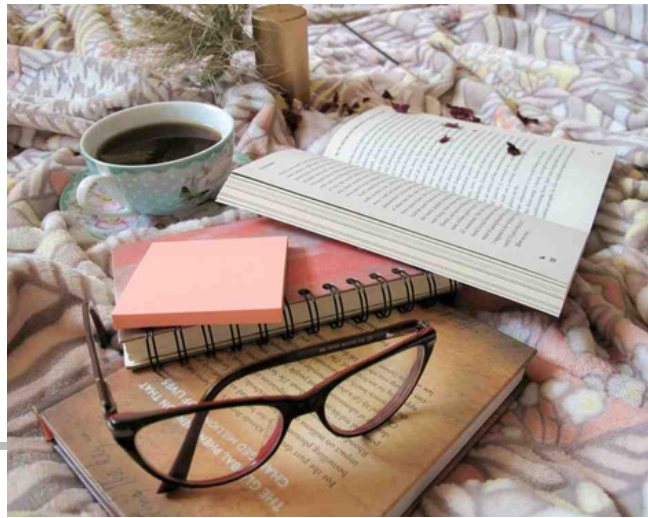


# How We Spend Our Time



Pre-intermediate (A2-B1)

## Part 1. Read the statements. Say which ones feel true for you and why.

1. My days often feel quite similar.
2. I'm busy, but not always productive.
3. My free time disappears quickly.
4. I plan to relax... and then don't.
5. Evenings are my favourite part of the day.

## Part 2. Choose one option in each pair. Give a reason or example.

<b>Early mornings</b>	or	<b>late nights?</b>
<b>Planned routines</b>	or	<b>flexible days?</b>
<b>Busy weekdays</b>	or	<b>busy weekends?</b>
<b>Staying in</b>	or	<b>going out?</b>
<b>Alone time</b>	or	<b>social time?</b>
<b>Doing one thing properly</b>	or	<b>doing many things at once?</b>

**Part 3. Complete the sentences in a way that feels natural for you.**

1. Mornings usually start with \_\_\_\_\_.
2. During the day, I spend a lot of time \_\_\_\_\_.
3. After work or study, I tend to \_\_\_\_\_.
4. Evenings are when I usually \_\_\_\_\_.

**Part 4. Imagine you've finished your day. It's 7pm. You have a few hours.**

**Step 1:**

Say what your evening usually looks like. Choose 3 activities that you usually do.

**Step 2: Rank them**

Put your three choices in order:

1 = what happens most often, 3 = least often

**Step 3: One honest question**

Which one do you enjoy most, and which one just happens?

**Part 5. Read the situations. Talk about what you do, not what you "should" do.**

1. You finish work earlier than expected.
2. You come home tired with no plans.
3. A friend messages: "What are you doing tonight?"
4. You suddenly have a free evening.
5. You wake up with nothing scheduled.

**Talk about:**

- what you usually do
- what affects your decision (energy, mood, money, weather, people)

**Part 6. Look at the list. Which ones usually improve your day, and which ones usually drain it?**

**Possible “boosters” or “drainers”:**

sleep • exercise • social time • alone time • screens • good food • rushing • nature • music • mess • a clear plan • surprises

**Task:**

Choose four items and explain:

- whether they boost or drain you
- why
- what it looks like in real life

**Part 7. Complete the sentences with your own ideas.**

1. Weekdays feel \_\_\_\_\_.
2. Weekends give me \_\_\_\_\_.
3. I wish weekdays had more \_\_\_\_\_.
4. I sometimes waste weekends by \_\_\_\_\_.

**Part 8. Discuss each of the following points.**

1. One thing I'd like more time for
2. One habit I'd like to change
3. One moment of the day I really enjoy

## **REFLECTION**

**Discuss the following questions.**

1. When does your day feel most “yours”?
2. What quietly wastes your time most often?
3. What helps you feel balanced during a normal week?
4. Do you prefer routines, or do you get bored easily? Why?
5. If you could change one thing about how you spend your free time, what would it be?