

## ***LIVE LESSONS***

# **Daily Life**

### **What you will learn:**

Listening activities and vocabulary for:

- Morning Routines
- Food and Eating Habits
- Free Time Activities

Review with a song

# Morning Routines

This is Jack. He's an IT expert.



But today is Saturday, so he doesn't have to work 😊.

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Watch Jack talk about his morning routine.



1. Decide if the phrase below is True **[T]** or False **[F]** or Don't Know **[DK]**

**Most days he has a big breakfast**

**Answer at end of PDF**

2. Watch again and note any interesting collocations.

**Full script on next page**

## Script

Cool, today's Saturday, so I don't have to **rush anywhere**. You know, I usually get up around seven during the week, but today I **had a bit of a lie-in**.

I know! I eventually got out of bed around **ten-ish**, made myself a cup of coffee, and sat on the balcony for a while. I like starting the day slowly, as you can see.

Around ten thirty, I had a shower and got dressed. You know, work is so busy lately, so weekends are the only time I can really relax, slow down and, well, enjoy my morning routine.

## Vocabulary Chunks

1. To **rush** (v.) = to go somewhere or do something quickly

*I don't have to **rush anywhere**.*

*I am rushing to finish my homework before 'Squid Games' starts.*

To rush somewhere

To rush home

To rush to work

To be in a rush

2. To have a **lie-in** (n.) = to choose to stay in bed longer than usual

*Today I **had a bit of a lie-in**.*

To lie in (v.)

To sleep in (v.)

3. **Ten-ish** = more or less ten o'clock. We can use '-ish' after a number or some adjectives to mean 'more or less'.

*I get up at seven-ish*

*This jumper is blue-ish*

## Rephrase and Level Up 🚀

Can you say the following in another way?

1. I usually get up around seven
2. Work is so busy

Answer at end of PDF

## Food and Eating Habits

1. Watch Jack talking about food.



Which of these words do you hear?

- A) Meal
- B) Caution
- C) Lunch

Answer at end of PDF

2. Watch again with subtitles and check your answer.

Full script on next page

## Script

I'm trying to eat more healthily these days. So, for breakfast, I usually have oatmeal with yogurt and fruit — and that **keeps me going** until lunchtime. At the weekend, though, I sometimes **throw caution to the wind** and enjoy a big **brunch**.

So, this morning, I'm meeting my friend Emma at a new American restaurant in town. I don't **eat out** very often, but today is special - hey, it is Saturday, after all!

## Vocabulary Chunks

1. To **keep** [someone] **going** = to help someone continue doing something difficult.

*And that **keeps me going** until lunchtime.*

*It's hard studying late at night, so I drink coffee to keep me going.*

2. To **throw caution to the wind** (idiom) = To ignore any risk

*I sometimes **throw caution to the wind** and enjoy a big brunch.*

3. **Brunch** (n.) = breakfast + lunch together (often around 11am - 2pm)

*I am going out for brunch today.*

4. To **eat out** (v.) = to eat in a restaurant.

*I eat out from time to time.*

## Rephrase and Level Up 🚀

Can you say the following in another way?

To enjoy a big brunch

Answer at end of PDF

## Free Time Activities

1. Read and guess the missing words below

On Saturday afternoons, I [1] \_\_\_\_\_ go for a walk in the park. It's nice to [2] \_\_\_\_\_ my legs and get some fresh air.

In the evenings, I really want to [3] \_\_\_\_\_ from work, so sometimes I meet friends for a drink, but tonight - I am staying in.

2. Listen to Jack and check your answers



<https://soundcloud.com/keithohare/free-time-activities>

Answer at end of PDF

3. Watch the whole extract and note any interesting collocations.

Full script on next page

## Script

On Saturday afternoons, I typically **go for a walk** in the park. It's nice to **stretch my legs** and **get some fresh air**.

In the evenings, I really want to **disconnect from work**, so sometimes I meet friends for a drink, but tonight - I am **staying in**.

To be honest, I've been watching a new series on Netflix, and I want to finish the last episode.

I love spending quiet evenings like this — no stress, no **deadlines**, just me and my sofa!

## Vocabulary Chunks

1. To **stretch my legs** = to go for a short walk (after being sitting for too long)

*It's nice to **stretch my legs** and get some fresh air.*

2. A **deadline** (n.) = a time by which something must be done

*no stress, no **deadlines**, just me and my sofa!*

*My boss **set a deadline** to finish the project by June. I think we can **meet the deadline** without any problem.*

To meet a deadline

To set a deadline

## Rephrase and Level Up

**Can you say the following in another way?**

I want to disconnect from work

**Answer at end of PDF**

## **The Weekend Song**

Today's Saturday, won't **rush** anywhere  
Had a **lie-in** — I don't need to care  
Work is so **hectic**, you know what I mean  
That's why I love my morning routine

### **Chorus**

Saturday, finally mine,  
No **deadlines** and I'm feeling fine.  
Take it easy, **put up my feet**,  
Smell the coffee, it can't be beat  
Saturday is finally mine.

Good morning, I should eat light,  
But **brunch** today, just feels right.  
**Stretch my legs** then home to unwind,  
Netflix waiting, the weekends are so kind!

— — —

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# Answers

## Morning Routines

1. Watch and decide if the phrase below is True **[T]** or False **[F]** or Don't Know **[DK]**

**Most days he has a big breakfast**

**Answer:**

DK

We only know he had a coffee today. We don't know about 'most days'.

**Rephrase and level up**

**Possible Answers**

1. I usually get up around seven

I normally get up around seven-ish

Oftentimes, I get up at 7-ish

I often get up about seven

I tend to get out of bed around seven-ish

I typically get up at seven

I tend to get up at seven

I am used to waking up at 7-ish

2. Work is so busy

I'm swamped with work

Work is hectic

My schedule is really hectic these days

I'm snowed under with work

I'm up to my neck with work

I'm tied up at work (these days)

My schedule is packed

My schedule is jam-packed

## Food and Eating Habits

1. Which of these words do you hear?

**B) Caution**

**Rephrase and level up**

**Possible Answers**

To enjoy a big brunch

To happily have a solid brunch

To savour a big brunch

To feast on a big brunch

To treat myself to a big brunch

To indulge in a big brunch

To splash out on a hearty brunch

To be fond of a big brunch

## Free Time Activities

1. Read and guess the missing words

**Answers:**

On Saturday afternoons, I **typically** go for a walk in the park. It's nice to **stretch** my legs and get some fresh air.

In the evenings, I really want to **disconnect** from work, so sometimes I meet friends for a drink, but tonight - I am staying in.

**Rephrase and level up**

**Possible Answers**

I want to relax

I want to unwind

I want to take it easy

I want to put my feet up

I want to chill out