ENGLISH REMOTE CLUB
SPEAK • CONNECT • GROW

More than English... A brighter you!

TOPIC 3 · SUNDAY SPEAKING SESSION

10-SLIDE PRACTICE BOOK

ERC PRACTICE BOOK #01

MY DAILY ROUTINE

Ma routine quotidienne



Talk about your day
Parle de ta journée.

Build speaking confidence
Développe ta confiance à l'oral.

Practice real-life English
Entraîne-toi avec un anglais de la vraie vie.

For **Sunday practice** and **self-study** on the ERC digital platform.

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ERC PRACTICE BOOK #01 • MY DAILY ROUTINE

02 PAGE

MEET MAYA

A day in English / Une journée en anglais

"Communication first, perfection second."

1



7:00 AM

I usually **wake up** at **7:00.**

Je me réveille généralement à 7h00.

2



First, I **brush my teeth** and **get dressed.**

D'abord, je me brosse les dents et je m'habille.

3



Then, I **go to work / school.**

Ensuite, je vais au travail / à l'école.

4



In the afternoon, I **have** lunch and continue my day.

L'après-midi, je déjeune et je continue ma journée.

5



After work, **I relax** and **listen to music.**

Après le travail, je me détends et j'écoute de la musique.

6



10:00 PM

I usually **go to bed at 10:00.**

Je vais généralement me coucher à 22h00.

Learn useful vocabulary
Apprends du vocabulaire utile.

Practice real situations
Entraîne-toi avec des situations réelles.

Build your confidence
Développe ta confiance en toi.

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03

KEY VOCABULARY

Les mots essentiels

Say each word aloud.

1

wake up
se réveiller

2

get up
se lever

3

brush my teeth
me brosser les dents

4

take a shower
prendre une douche

5

get dressed
m'habiller

6


have breakfast
prendre le petit-déjeuner

7

go to work / school
aller au travail / à l'école

8

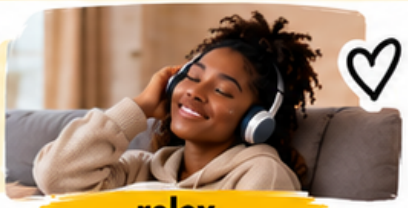
have lunch
déjeuner

9


finish work / classes
finir le travail / les cours

10

come home
rentrer à la maison

11

relax
me détendre

12


go to bed
aller au lit

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ERC PRACTICE BOOK #01 · MY DAILY ROUTINE 04

USEFUL SPEAKING STRUCTURES

Structures utiles pour parler



Practice today. Speak tomorrow!

Small steps Big progress

Same day. Brighter you!

Make it yours!

ROUTINE

Habitudes / Routine

- I usually wake up at...
- I always...
- I sometimes...
- I never...

Talk about what you do every day!

SEQUENCING

Enchaîner les actions

- First...
- Then...
- After that...
- Finally...

Put your ideas in order!

TIME EXPRESSIONS

Expressions de temps

- at 7:00
- in the morning
- in the afternoon
- in the evening
- at night

Say when you do things!

PRACTICE AND COMPLETE!

1. The first thing I do is... _____
2. I go to work / school by... _____
3. In the afternoon, I usually... _____
4. After work / school, I like to... _____
5. I go to bed at... _____

Use real English in your own life.
Utilise un anglais concret dans ta vie de tous les jours.

Build speaking confidence
Développe ta confiance à l'oral.

Practice step by step
Entraîne-toi étape par étape.

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05

DIRECT SPEAKING QUESTIONS

Questions 1 & 2

1. What time do you usually wake up?



I usually wake up at 6:30 on weekdays.

Je me réveille généralement à 6 h 30 en semaine.

2. What is the first thing you do in the morning?



The first thing I do is brush my teeth and drink water.

La première chose que je fais, c'est me brosser les dents et boire de l'eau.

Ask your partner a follow-up question!

1. Why?
2. And on weekends?
3. Is it the same every day?



Practice real conversations.
Entraîne-toi à de vraies conversations.

Build speaking confidence.
Développe ta confiance à l'oral.

Learn step by step.
Apprends pas à pas.

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06

DIRECT SPEAKING QUESTIONS

Questions 3 & 4

Practice to speak with confidence!

3. How do you go to school or work?



4. What do you usually do in the afternoon?



USEFUL WORDS



by bus · by car · by taxi · on foot · study · work · rest · eat lunch

PAIR WORK
Compare your afternoons.

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DIRECT SPEAKING QUESTIONS

Questions 5, 6 & 7

5 **What do you like to do after school or after work?**

After work, I like to relax, cook, and listen to music.

6 **What time do you usually go to bed?**

I usually go to bed at 10:30.

7 **What is your favorite part of your daily routine and why?**

My favorite part is the evening because I can relax.



Your turn!

Choose one question (5, 6 or 7) and write your own answer here:

_____

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Parle de ta journée.

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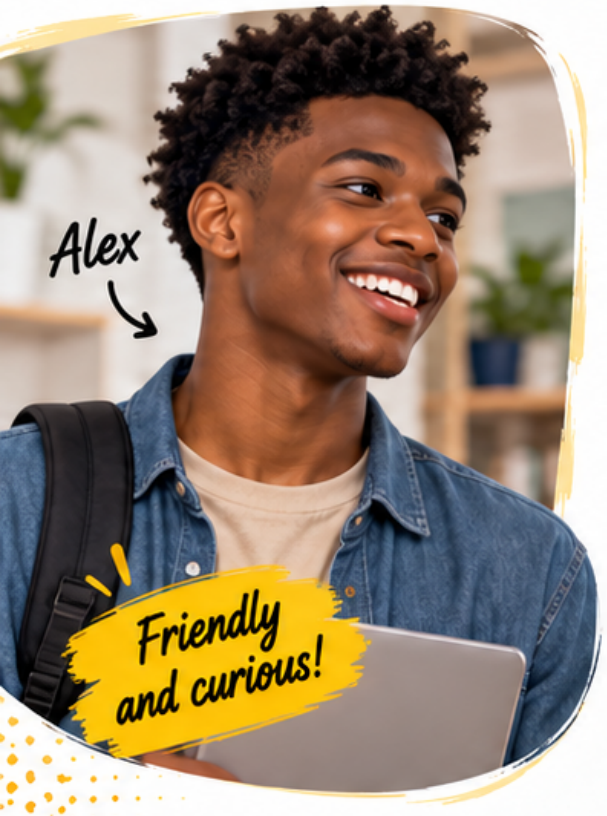
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ERC PRACTICE BOOK #01 · MY DAILY ROUTINE

08

MINI DIALOGUE

Petit dialogue



Hi Maya! What time do you usually wake up?	**I usually** wake up at 6:30.
What is the first thing you do in the morning?	I **brush** my teeth and make breakfast.
How do you go to work?	**I usually** go by bus.
What do you do after work?	**I relax,** cook dinner, and study English.



Practice in pairs | Read, switch roles, then change the answers.

Talk about your day
Parle de ta journée.

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Practice real-life English
Entraîne-toi avec un anglais de la vraie vie.

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SPEAK & INTERACT

Parle et interagis

ROLEPLAY

Interview your partner about their daily routine.

1. What time do you wake up?
2. What is the first thing you do?
3. How do you go to work or school?
4. What do you do after work?
5. What time do you go to bed?

Ask, listen, learn!

SPEAKING CHALLENGE

You can do it!

30-SECOND CHALLENGE
Describe your morning routine.

60-SECOND CHALLENGE
Describe your full day from morning to night.

USE THIS CHECKLIST:

- ☑ Use usually
- ☑ Use a time
- ☑ Use first / then / after that
- ☑ Speak clearly

Small steps Big progress



Speak Brighter You!

Talk about your day
Parle de ta journée.

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ERC PRACTICE BOOK #01 • MY DAILY ROUTINE 10

REVIEW & WEEKLY MISSION

Révision & mission de la semaine



Same journey. Brighter you!

Small steps. Big progress.

1 NOW I CAN...

- ☑ talk about my morning
- ☑ describe my afternoon
- ☑ say what time I do things
- ☑ ask someone about their routine
- ☑ speak for 30–60 seconds

2 KEY PHRASES

- *I usually…*
- *The first thing I do is…*
- *In the afternoon…*
- *After work / school…*
- *My favorite part of my day is…*

Useful today. For tomorrow!

3 YOUR ERC MISSION

Record a 45-second voice note in English: Describe your daily routine and share it with the ERC community.

Listen to the podcast | Practice with a partner | Come back next Sunday

You're doing great!

For **Sunday practice** and **self-study** on the ERC digital platform.

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