



Describing Your Daily Routine and Times in Another Language

KS3

MODERN FOREIGN LANGUAGES

Ages 11-14 ⌚ 3 min read

Why Talk About Your Daily Routine?

Every day, you wake up, eat breakfast, go to school, play, do homework, and go to bed. When you're learning a **foreign language**, one of the most useful things you can do is describe your **daily routine**. This helps you practise real-life vocabulary and connect language learning to your actual life.

Talking about routines is important because it's something people ask about when they meet you. Whether you're visiting another country or making new friends online, they'll want to know: "What do you do every day? What time do you do it?"

The Key Language Patterns

To describe your routine, you need two main pieces of information: **what you do** and **when you do it**. In most foreign languages, the pattern is simple: **time + activity**.

For example, you might say: "At **7 o'clock**, I wake up. At **7:30**, I have breakfast. At **9 o'clock**, I go to school." You repeat this pattern for each activity throughout your day.

Think of it like telling a story in order. You're not jumping around randomly—you're taking someone through your day from morning to night, like following a path through a map.

Important Time Words

Different languages have different ways to say times. In **Spanish**, "morning" is *mañana* and "evening" is *noche*. In **French**, you might say *le matin* (morning) or *l'après-midi* (afternoon). Learning these **time expressions** is essential because they help listeners understand when things happen in your day.

You also need words for **frequency**: "every day," "always," "never," or "sometimes." This lets you explain which activities you do regularly and which ones you only do occasionally.

Action Verbs Are Your Best Friends

The most important words are **action verbs**—the doing words. Common ones include: wake up, eat, drink, study, play, watch, read, sleep, and go. Once you know about **10 to 15 key verbs**, you can describe most of your day.

Think of verbs like building blocks. Each verb is one block, and when you stack them together with times, you build your whole routine.

Putting It All Together

When you write or speak about your routine, you're creating a simple **narrative**. Start with morning, move through afternoon, and end with evening. This is much easier than jumping randomly between times. Your listener can follow your day like following a timeline.

The skill you're developing here isn't just about language—it's about **organisation** and **clear communication**. Whether you're speaking to someone in their native language or your own, presenting information in order makes you easier to understand.