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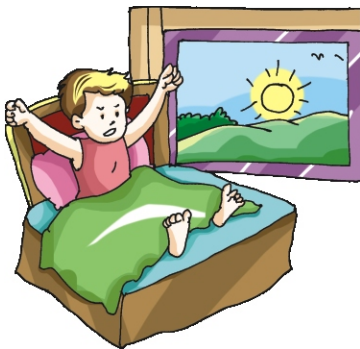


My Routine

Let's tell you
about my routine
of the day.



Routine is a habitual method which one follows daily. Every person has his/her own daily routine. Parents and grandparents have different routines. Children follow a different routine.



I wake up early
in the morning



Do some
exercise



Get ready
for school



Then, eat
breakfast



Attend the school



Eat lunch



Play in the
evening after
taking a nap.



Study in the evening



Eat dinner with the family

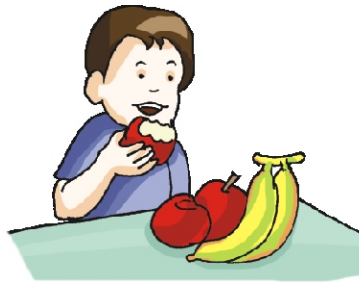


Go to sleep

These are a few things we should include in our daily routine.



Do exercise daily.



Eat a seasonal fruit daily.



Except your school books read some other books daily.



Help your parents in household work.



Spend some time with your family members

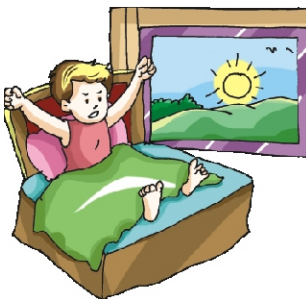


For You

Make a time table of the tasks that you do in a day and try to follow it honestly.

Exercise

Look at the pictures and write the time of the activity you do, in the given blanks .



Wake up time



Study time



Lunch time



Bed time