

Daily Activities

Describing your daily activities:

Men:

I wake up at 7.00am, go to the toilet, and wash my hands. Then I go to the kitchen to make breakfast, eat it; make lunch for work, and then do the washing up. Then I have a shower and wash my hair, and have a shave. When done I go to the bedroom to get dressed ready for work.

I leave home about 8.30am to catch the bus to the train station. I get the 9.10am train to London. At work I have my lunch at about 12.30pm. When I have finished working I get the tube back to a different train station, get the train and finally get the bus home.

At home I cook the dinner, and then take the dog for a walk. Back home I put my feet up and read the newspaper, watch TV to see the news. About 8.30pm I phone my friend and we have a long chat. When we have finished I then do the drying up.

At the weekend I mow the lawn, clean the windows, and water the plants.

Women:

I wake up at about 6.30am, get up and go to the bathroom, have a bath and wash my hair, clean my teeth, brush my hair. Then I get dressed and then put my make-up on because I work from home.

I do the washing firstly, and some dusting and hovering. I go shopping to get what I need, back home and then make the bed.

I am a child minder so when the children come to my home, I then cook breakfast, feed the baby, change nappy, and then we play games and watch TV. About 12.30pm we have lunch. At 3.45pm all the children go back home.

After dinner I then put my feet up and read a book. About 10.00pm I put the cat out, go upstairs, get undress and go to bed. Sometimes I have a sleepless night (toss and turn). Eventually I fall fast asleep, snoring.

Describe your daily activities....