

Inglês

4^o ano

Caderno 1 2026

Nome _____

Professor(a) _____

Classe _____

ENGLISH

4rd YEAR - 1st TERM

2026 EDITION

HELLO, DEAR STUDENTS!

Welcome to 4th year!

Lots of new things are waiting for you.

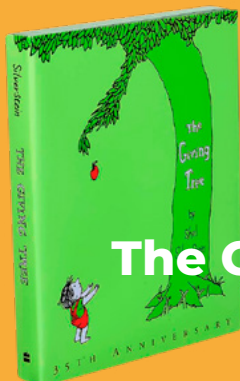
The first term project is called A week in the life of...

In this project, you will get to know the routine of kids from all over the world and also talk about your own routine in English. You will watch videos, listen to audio records, read texts about the theme and then write about your routine, describing a week in your life.



You will also learn about the routines of different people, such as astronauts, babies, and movie characters. Then, you will choose a person or character and create their daily routine. Get ready because it's going to be awesome!!

In addition to that, you will study a great American author called Shel Silverstein. He wrote amazing poems and books, such as The Giving Tree and The Missing Piece.



The Giving Tree

The Missing Piece



**We are very happy to have you in the fourth year!
Let's learn English and have fun!**

READING

(compreensão escrita)

- Ler e compreender as ideias principais de textos sobre a rotina de outras crianças.
 - Identificar informações pontuais e explícitas nos textos lidos apoiando-se em palavras-chave, palavras conhecidas e características do texto.
 - Ler e compreender perguntas, frases e enunciados em atividades do projeto.
-

LISTENING

(compreensão oral)

- Compreender informações explícitas e específicas em vídeos e áudios em inglês apoiando-se em palavras-chave, palavras conhecidas, linguagem corporal e situação comunicativa.
 - Compreender as falas, instruções e explicações durante as aulas.
-

WRITING

(produção escrita)

- Produzir textos em inglês que comuniquem a sua rotina e de outras pessoas.
 - Escrever corretamente as estruturas de linguagem trabalhadas no trimestre.
-

SPEAKING

(produção e interação oral)

- Comunicar-se em inglês usando o vocabulário relacionado ao projeto *Week in the life of...*
 - Apresentar oralmente a sua rotina e de outras pessoas.
-

LANGUAGE STUDIES

(Vocabulário e estruturas)

- days of the week
 - parts of the day
 - telling the time
 - adverbs of frequency
 - simple present
 - routine/daily activity expressions
-

Literature/ Community of Readers

- Participar ativamente em inglês das leituras obras do autor Shel Silverstein, lendo poemas e livros.
 - Comentar as histórias lidas usando palavras e frases simples em inglês apoiando-se em modelos.
-

ENGAGEMENT

(atitudinal)

- Participar das discussões e atividades coletivas do projeto.
- Colaborar com o bom andamento das aulas.

USEFUL EXPRESSIONS

GREETINGS:

- Hello, teacher! / Hi, teacher!
- Good morning!
- Good afternoon!
- How are you?
 - I am fine, thanks.
 - Not so good, because...



WHEN YOU NEED SOMETHING:

- May I go to the restroom, please?
- May I drink some water, please?
- May I borrow your pencil, eraser, pen, ..., please?
- Stop, please!
- Thank you very much! / Thanks!
- You're welcome!
- What's the page?
- How can I spell...? How can I say...?
- What's the meaning of ...?

A WEEK IN THE LIFE OF...

DAYS OF THE WEEK:

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

FEBRUARY 2025

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 1 |

MARCH 2025

| S | M | T | W | T | F | S |
|-------|-------|----|----|----|----|----|
| 23 | 24 | 25 | 26 | 27 | 28 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23/30 | 24/31 | 25 | 26 | 27 | 28 | 29 |

APRIL 2025

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |

MORNING



AFTERNOON



EVENING



NIGHT



Daily Routine

Read the texts below about the routine of two different children and complete the glossary at the end of the exercise.

MONTH

DAY

YEAR

_____ / _____ / _____

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Text 1

A week in the Life of Ben

My name is Ben and I am from Australia. I am 10 years old and I live in Sydney. Today, I am going to tell you guys about my weekly routine.

I usually **wake up** at 7 'clock. I **get dressed** and **have breakfast** with my parents and siblings. I have one brother and two sisters. We go to the same school, so we always take the bus together at around 8 o'clock.

My classes start at 8:30. I have a snack at 10:30 and I have lunch at school everyday at 12:30. On Mondays, Wednesdays and Fridays, I have Math and Science classes. On Tuesdays and Thursdays, I have English and Physical Education classes. I love sports and my favorite sport is volleyball. On Fridays, we go to the library and read books and stories there.

My classes finish at 3 o'clock. On Monday and Wednesday afternoons, I have swimming classes. On Tuesday and Thursday afternoon, I study Spanish with my very nice teacher, Señor Costa.

When I arrive home, I play games with my brothers. Sometimes, when it is very hot, we go to the beach. At 6:30 my family and I have dinner. I take a shower, read a book and at around 9 o'clock I go to bed.



Text 2

A week in the Life of Andrea

I'm Andrea Crespo, and I'm 11 years old. I live in Madrid with my mother and grandmother. I learn English and Spanish in school. I wake up at 8 a.m. I watch TV and then have breakfast. For breakfast, I usually have bread, milk and fruit. Sometimes I have an apple, cookies and chocolate milk. After breakfast, I brush my teeth and get dressed.

At 9 a.m. my mother and I go to school by car. At school, I play with my friends in the schoolyard until it is time to go inside. There are 29 students in my class. My homeroom teacher, Miss Elvira, teaches class in Spanish. My favorite subjects are history or geography.

We always have lunch at school between 11:30 and 12:00. Some people take a snack to eat. After lunch, we play outside. I like to play soccer or basketball. At 2 p.m., we start our afternoon classes, which are all in English. On Fridays, we have arts classes. I love arts class! Around 4:30 p.m., my mother picks me up and we walk home.

Some days we go to the sports center, where I play soccer, basketball, rugby or baseball. On these days, I get home late at around 7 p.m. Otherwise, I'm home by 5:30. I usually do my homework and I take a shower. Then I have dinner, I usually have a ham sandwich or an omelet and some salad. After I eat, I like to watch TV.

At the end of the day, I read some comic books and go to bed at 10 p.m. On the weekends, I get to stay up a bit later. Sometimes I go to my uncle's house and sometimes I stay home and just relax.

Glossary of the texts: A in week in the life of Ben and A week in the life of Andrea

Now that you read the texts, list the vocabulary you consider important to talk about a person's routine and write its meaning. Highlight these expressions and words in the texts.

| | WORD | MEANING |
|-----|-------------|----------------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |
| 11. | | |
| 12. | | |
| 13. | | |
| 14. | | |
| 15. | | |
| 16. | | |

MONTH / DAY / YEAR

MONDAY ○ TUESDAY ○ WEDNESDAY ○ THURSDAY ○ FRIDAY ○

Daily Routine – PART I

Last class you read a text about Ben's and Andrea's routine. Do you remember the vocabulary used by these kids to talk about their day? Let's check!

1. Check your vocabulary: picture matching

Write the correct verb phrase in the box below the picture.

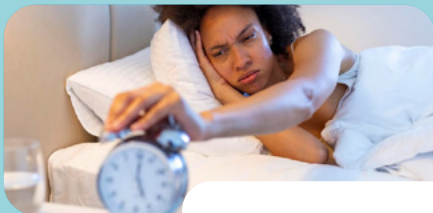
go to bed
do homework
get up
have breakfast
have lunch
have dinner

brush your teeth
wake up
have a shower
go to work
go home
go to school







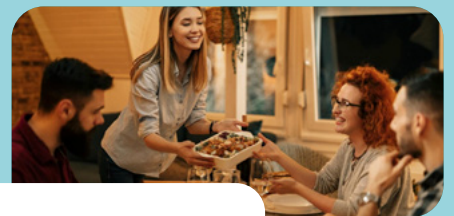
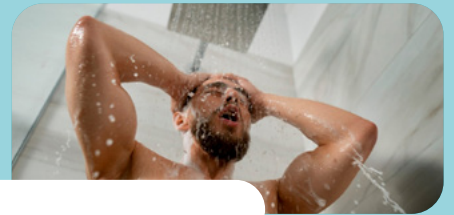
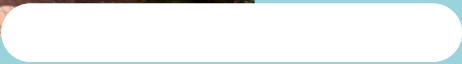
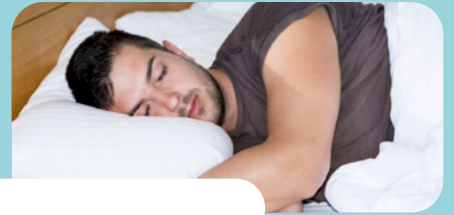






go to bed
do homework
get up
have breakfast
have lunch
have dinner

brush your teeth
wake up
have a shower
go to work
go home
go to school

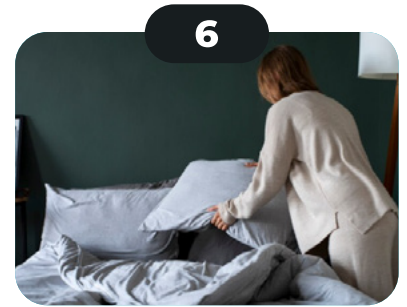
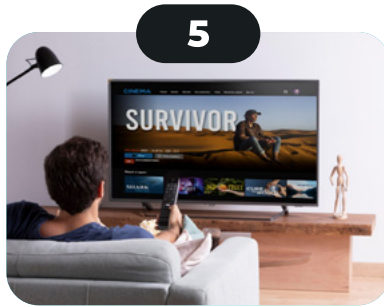
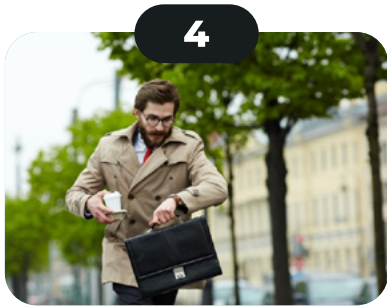
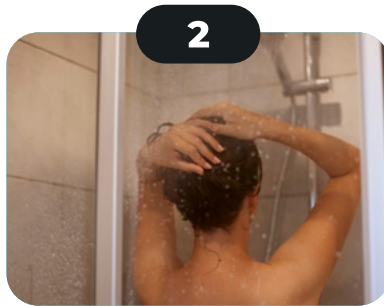


MONDAY ○ TUESDAY ○ WEDNESDAY ○ THURSDAY ○ FRIDAY ○

Look at the pictures

1. Look at the pictures

What can you see? Tell your partner.



Write the missing words.

I up at 7 o' clock.

I a shower.

I breakfast.

I to college.

I TV.

I to bed.

Read the sentences. Write the number.

I have shower. _____

I go to bed. _____

I watch TV. _____

I get up. _____

I go to work. _____

I have breakfast. _____

Match the words to make sentences.

.....

1. I get

.....

2. I have

.....

3. I have

.....

4. I go

.....

5. I watch

.....

6. I go

.....

.....

breakfast.

.....

TV.

.....

to college.

.....

up at 7 o' clock.

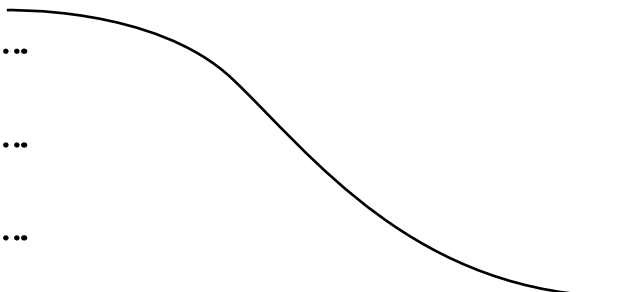
.....

to bed at 11 o' clock.

.....

a shower.

.....



MONTH / DAY / YEAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Tina's day



Tina's day

I wake up at 6:30 a.m. I take a shower, brush my teeth and get dressed for school. I have breakfast at 7:30 with my parents and brothers. I always eat cereal and milk for breakfast. I go to school on foot because I like to exercise in the morning. My classes start at 8:30 am. At 12 o'clock I have lunch at the school canteen with my friends. I really like English and Science classes. I go home at 4:30. On Tuesdays and Thursdays. I have swimming classes at 5:30pm. In the evening I do my homework, play video games with my brothers, have dinner with my family and then I listen to music. Usually I go to bed at 10:15 pm.

Now answer the questions about Tina's day

A. What time does Tina wake up?

B. What does she eat for breakfast?

C. When does she have swimming classes?

D. What does she do in the evenings?

E. How does she go to school?

TRUE OR FALSE?

- She goes home at 4:30.
- She plays video games in the morning.
- She has lunch at home.

Daniella's day

MONTH / DAY / YEAR



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
○ ○ ○ ○ ○

Daniella's day

I get up at 7 o'clock, then I get dressed for school. I have breakfast with my sister and my mother everyday and I like to have tea, eggs and white rice for breakfast. At 8 o'clock my mom takes me to school by car. My classes start at 8:30 am. I always have lunch at school with my friends. After lunch, I usually practice sports. My favorite sport is volleyball, but I also like to play soccer. I do my homework when I get home at 5:15 p.m. I have dinner with my family at 6:30 and then we watch TV together. We like to watch series and cartoons. On Fridays, I have dinner with my grandmother. Usually I read a book and then go to bed at 10 o'clock pm.

Now answer the questions about Daniella's day

A. What time does Daniella get up?

B. What does Daniella eat for breakfast?

C. What time do her classes start at school?

D. When does she have dinner with her grandmother?

E. How does she go to school?

TRUE OR FALSE?

- Her favorite sport is basketball.
- She watches TV in the morning.
- She reads a book before going to bed.

School Routine

Together with your group, write about your school routine. What classes and activities do you have on each day?

MONTH / DAY / YEAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

EVERY DAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

Frequency words and expressions

MONTH / DAY / YEAR

MONDAY ○ TUESDAY ○ WEDNESDAY ○ THURSDAY ○ FRIDAY ○

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| Red | Red | Red | Red | Red | Red | Red |
| Grey | Grey | Orange | Orange | Orange | Orange | Grey |
| Grey | Blue | Grey | Blue | Grey | Blue | Grey |
| Grey | Grey | Purple | Grey | Purple | Grey | Grey |
| Grey | Grey | Grey | Green | Grey | Grey | Grey |

EVERY DAY

FOUR TIMES A WEEK

THREE TIMES A WEEK

TWICE A WEEK

ONCE A WEEK

Week in the life - Expressions about your routine

Listen to your teacher, write the expression and illustrate it.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Routine: Let's think about your routine!

Along the week, take notes of the activities you do. It is going to help you write your text very soon.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Morning | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Afternoon | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Night | | | | | | | |
| | | | | | | | |
| | | | | | | | |

DAILY ROUTINE



Daily routine and telling the time WATCH THE VIDEO AND MATCH

- | | |
|---------------------------|----------------|
| He gets up at... ● | ● ... 8:00 PM. |
| He eats breakfast at... ● | ● ... 3:00 PM. |
| He goes to school at... ● | ● ... 8:00 AM. |
| He eats lunch at... ● | ● ... 1:00 PM. |
| He goes home at... ● | ● ... 9:00 PM. |
| He eats dinner at... ● | ● ... 7:00 AM. |
| He watches TV at... ● | ● ... 7:30 AM. |
| He takes a bath at... ● | ● ... 6:00 PM. |
| He sleeps at... ● | ● ... 6:30 PM. |

Now complete the sentences and then match the sentences with the pictures

- a. _____ up
- b. _____ my face
- c. _____ dressed
- d. _____ my hair
- e. _____ breakfast
- f. _____ my teeth
- g. _____ the bus



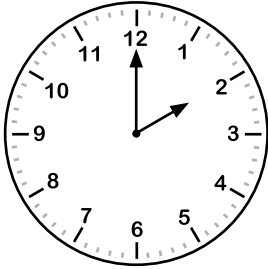
Telling the time

MONTH / DAY / YEAR

First write the numbers
and then the sentences

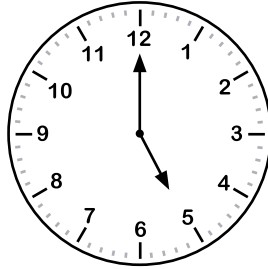
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1.



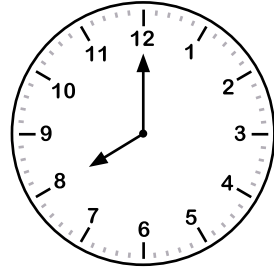
___ : ___

2.



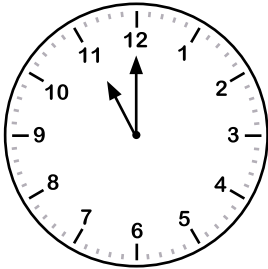
___ : ___

3.



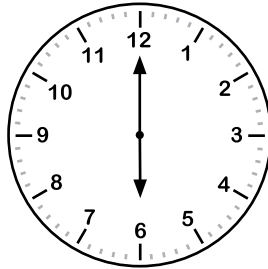
___ : ___

4.



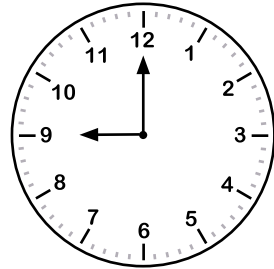
___ : ___

5.



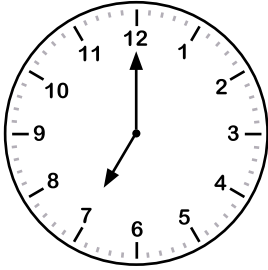
___ : ___

6.



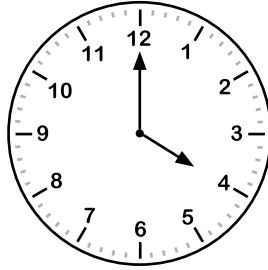
___ : ___

7.



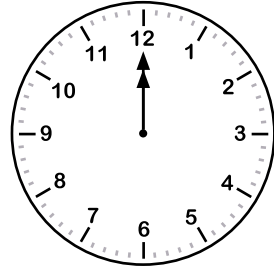
___ : ___

8.



___ : ___

9.



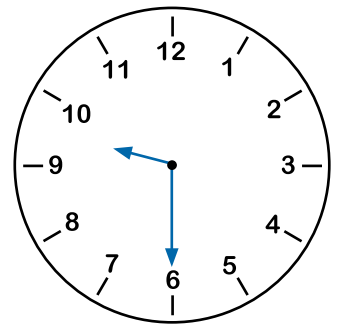
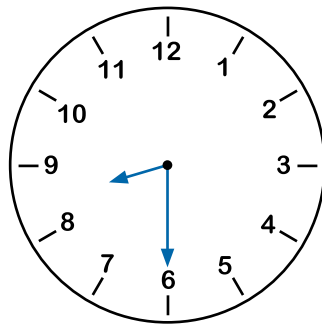
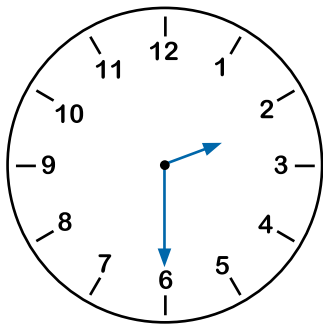
___ : ___

1. It's two o'clock _____
2. _____
3. _____
4. _____

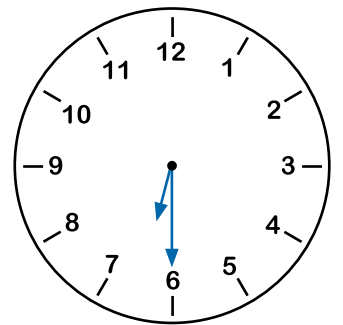
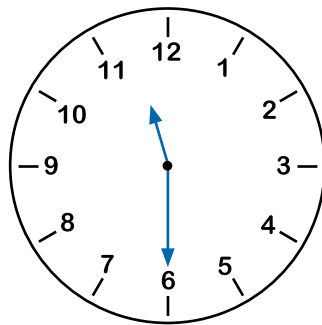
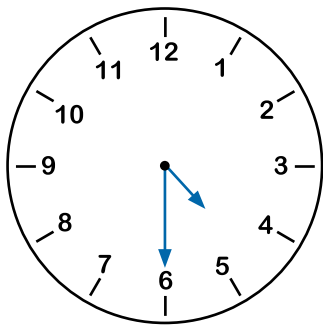
5. _____
6. _____
7. _____
8. _____
9. _____

Half past Activity

Write the correct time underneath each clock. The first one has been done for you.



Half past two



Complete the blanks with the correct time for you. Use numbers and words. Use the example to help you.

Ex. I do my homework at 7 : 00 - seven o'clock pm.

1. I wake up at _____ : _____ - _____

2. I have breakfast at _____ : _____ - _____

3. I have lunch at _____ : _____ - _____

4. I go to school at _____ : _____ - _____

5. I have snack at _____ : _____ - _____

6. I take a shower at _____ : _____ - _____

7. I have dinner at _____ : _____ - _____

8. I go to bed at _____ : _____ - _____

What time is it?

MONTH / DAY / YEAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1) What time is it? Set the clock and write the time.

Example:

It's eleven thirty.

It's half past eleven.



a. _____



b. _____



c. _____



d. _____

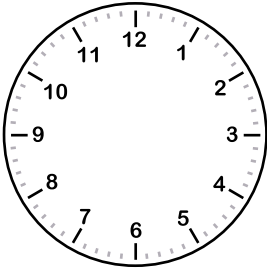


e. _____

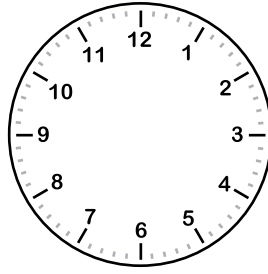


f. _____

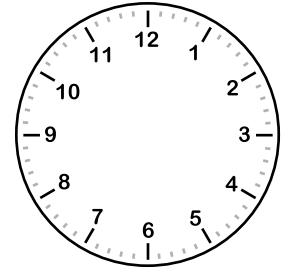
2) Set the time.



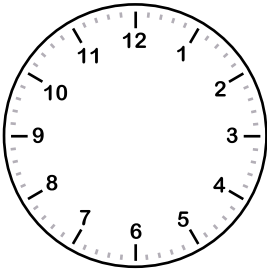
a. It's half past ten.



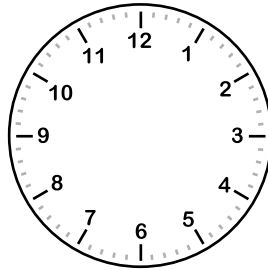
b. It's nine o'clock.



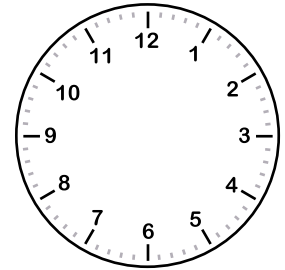
c. It's half past eight.



d. It's half past three.



e. It's half past twelve.



f. It's three o'clock.

3) Write questions and answers.

a. _____

It's _____

b. _____

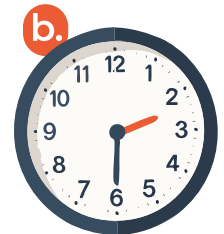
It's _____

c. _____

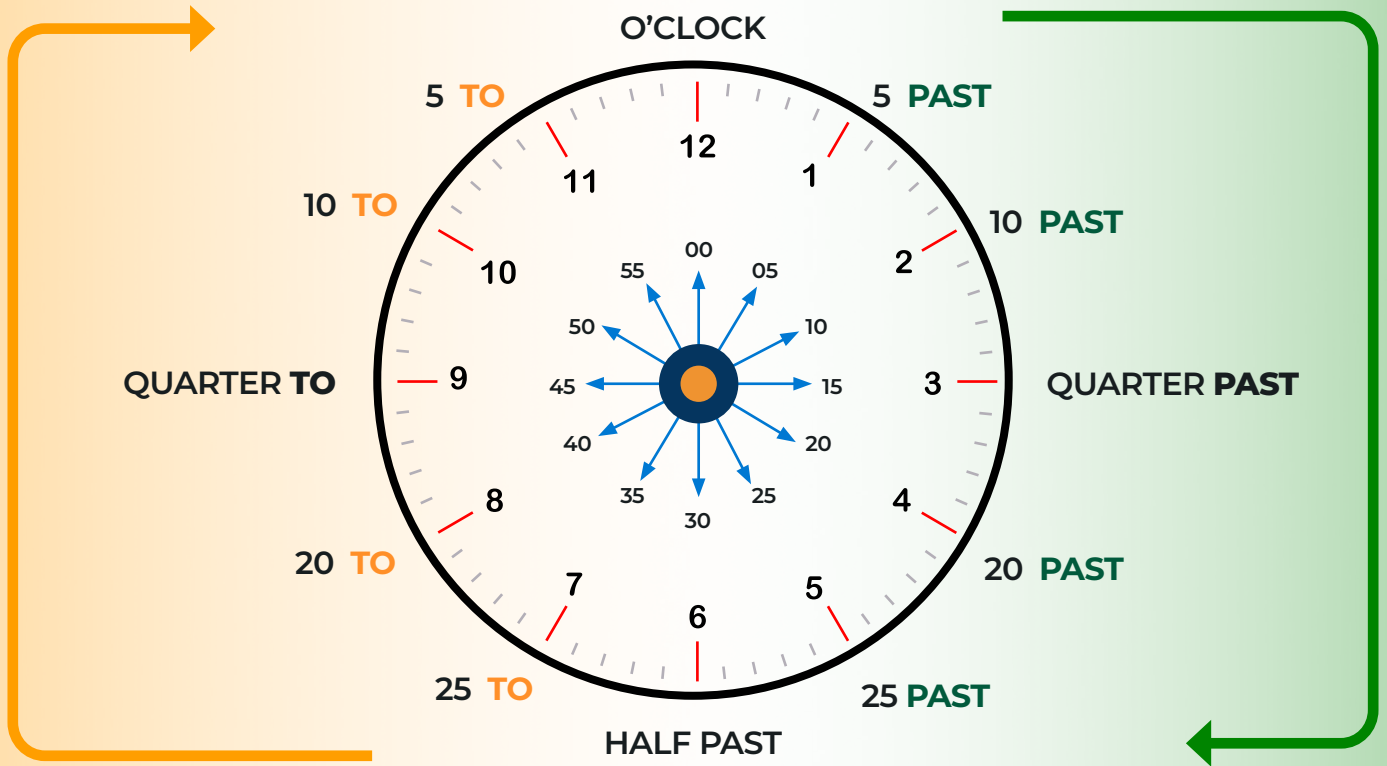
It's _____

d. _____

It's _____



TELLING THE TIME



Telling the time (week in the life)

1. Match the time.

- | | | |
|--------------------------------|--------------------------|----------|
| 1. It's three o'clock. | <input type="checkbox"/> | a) 10:30 |
| 2. It's a quarter past eight. | <input type="checkbox"/> | b) 8:05 |
| 3. It's ten thirty. | <input type="checkbox"/> | c) 11:25 |
| 4. It's five to five. | <input type="checkbox"/> | d) 3:00 |
| 5. It's nine twenty five. | <input type="checkbox"/> | e) 8:15 |
| 6. It's twenty-five to eleven. | <input type="checkbox"/> | f) 4:55 |
| 7. It's eleven twenty-five. | <input type="checkbox"/> | g) 10:35 |
| 8. It's five past eight. | <input type="checkbox"/> | h) 9:25 |

2. What time is it? Write in numbers.

- It's seven thirty - _____
- It's five to ten - _____
- It's eight forty-five - _____
- It's a quarter past three - _____
- It's ten past eleven - _____
- It's a quarter to three - _____
- It's four thirty-five - _____
- It's twelve o'clock - _____

3. What's the time? Write sentences.

- a. 1:00 - _____
- b. 3:10 - _____
- c. 11:55 - _____
- d. 4:15 - _____
- e. 5:20 - _____
- f. 3:00 - _____
- g. 7:30 - _____

4. Ask about the time. Use: know, time (2x), tell, what, please.

- a. What's the _____ ?
- b. _____ time is it?
- c. Do you have the _____ , please
- d. Could you _____ me the time, please?
- e. What's the time, _____ ?
- f. Do you _____ what the time is?

Glossary - Week in the life

Write down the meaning of the words and expressions that we have used during the project A Week in the life of...

| | |
|------------------------|--|
| I wake up | |
| I do my homework | |
| I take a shower | |
| I go to school | |
| I have English class | |
| I have breakfast | |
| I have lunch | |
| I have dinner | |
| I go home | |
| I play with my friends | |
| I read a book | |
| then | |
| on the weekends | |
| at around | |
| usually | |

Now write down 4 more words that you have used and its meaning

| | |
|--|--|
| | |
| | |
| | |
| | |

A Stormtrooper's routine

1) Are you a Star Wars fan? What do you know about it? Brainstorm some ideas.

**STAR
WARS**

2) Complete the collocations with the verbs in the list.

buy

listen to

go (x2)

play

get (x2)

arrive

read

leave

take (x2)

walk

have

a) () _____ a bus/a train

h) () _____ video games

b) () _____ to bed

i) () _____ a shower

c) () _____ breakfast

j) () _____ up (early/at 8 a.m.)

d) () _____ to the supermarket

k) () _____ a book/a comic

e) () _____ / () _____ home

l) () _____ music

f) () _____ food

m) () _____ dressed

g) () _____ in the park



Day in the
life of
a Stormtrooper

3) Watch the video. Number the actions in activity 1 in the correct order.

4) Look at the sentences below. Read the rules about the simple present.

On weekends, **I get up** at 7 a.m., but the Stormtrooper **gets up** at 8 a.m.
I don't go to the park and **he doesn't go** to work.

- He, She, it = verb + s (He gets up)
I, you, we, they = verb (I get up)
- **Negative sentences:**
He, She, it = doesn't + verb (She doesn't get up early.)
I, we, you, they = don't + verb (I don't get up early.)

| I, you, we, they | he, she, it | why |
|------------------|-------------|---------------------------------|
| get | gets | add -s |
| wash | washes | verbs ending in ch, sh, s, or x |
| study | studies | verbs ending in consonant + y |

5) Now, learn about Darth Vader's routine. Complete the sentences with the correct form of the verbs in brackets.

- Darth Vader usually _____ at 6 a.m. (wake up)
- He _____ coffee for breakfast. (have)
- He _____ vegetables. (not eat)
- Darth Vader _____ his lightsaber every day. (use)
- He _____ TV in the morning. (not watch)
- After breakfast, he _____ to the Death Star. (go)
- He _____ video games in the afternoon. (not play)
- He _____ with the rebels in many battles. (fight)
- Darth Vader _____ water when he is thirsty. (drink)
- He _____ chocolate very much. (not eat)

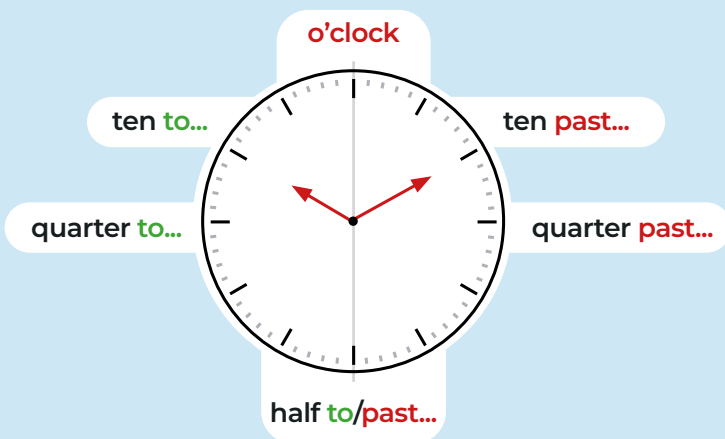
6) Complete Luke Skywalker's and his family's routine using the correct verbs from the list. The first letter is given.

not talk - live - not dream - make - work - watch - help - like - go - buy - see - not like
- wake - dream - clean

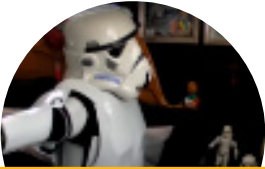
Hi! I'm Luke Skywalker. I l_____ in Tatooine with my aunt Beru and my uncle Owen. Every day, I w_____ up early because there is a lot to do in the farm. My aunt Beru m_____ breakfast, and my uncle Owen w_____ hard in the fields. After breakfast, I c_____ my droids, R2-D2 and C-3PO. They h_____ me with many things, but they d_____ t_____ very much. In the afternoon, my friends and I g_____ to the market. We b_____ food, tools, and sometimes we s_____ some ships arriving. My uncle d_____ I_____ the market very much because it's always crowded. At night, we w_____ the stars together. I d_____ about becoming a Jedi, but my aunt Beru d_____ d_____ about adventures. She l_____ quiet nights at home.



7) Look at the photos on the next page. Match them to the correct times.



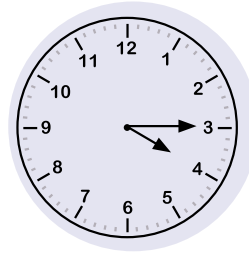
- People often have breakfast at **8 a.m.**
- People often have dinner at **8 p.m.**
- NOT: have dinner at 8 p.m. o'clock
- People often have lunch at midday/noon (12:00 p.m.).
- People are often in bed at **midnight** (12:00 a.m.).



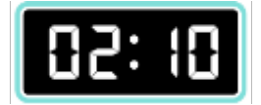
A. On Saturdays, he gets up at eight o' clock.



B. He plays videogames until half past ten.



1. ()



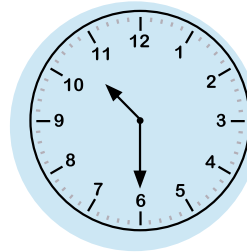
2. ()



C. He leaves home at quarter to eleven.



D. He takes the train back home at ten past two.



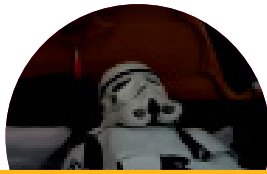
3. ()



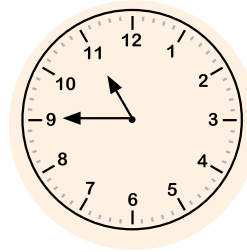
4. ()



E. He relaxes and reads until quarter past four.



F. He goes to bed at twenty to eleven.



5. ()



6. ()

8) Write the time using numbers.

Example: It's quarter past six. 6:15

It's twenty past eight. _____

It's quarter to four. _____

It's half past one. _____

It's quarter past three. _____

It's half past nine _____

It's ten to ten _____



Space Routine

Life on a space station is similar to life on Earth in some ways, but very different in others. Just like on Earth, astronauts wake up, brush their teeth, and wash their hair. But in space, they can't use a lot of water, so they use special soap and shampoo. They also use special towels to clean themselves.

Eating in space is not easy because there is no gravity. If you drop your food, it will float away! Drinking water is hard too, because it won't stay in a cup. To help astronauts eat, scientists made special ways to package food. The first space foods were soft, like baby food, and came in tubes, like toothpaste.

Astronauts in space stations have many important jobs. They do science experiments and take care of the Space Station. They clean, check the equipment, and fix things that are broken.

After work, astronauts must exercise every day for more than two hours. They use machines similar to treadmills and exercise bikes to stay strong because it's hard to keep muscles in space.

For fun, astronauts read books, watch movies, listen to music, and gaze at Earth through the windows. Once a week, they also talk to their families and friends on video calls.

Sources: Morning Routine in Space, How Do Astronauts Eat In Space? Building an astronaut "core" Everyday Life on the ISS - The 20 Most Frequently Asked Questions About the International Space Station

1) READ THE TEXT AND ANSWER THE QUESTIONS:

A. WHY DO ASTRONAUTS USE SPECIAL SOAP?

B. WHAT HAPPENS TO FOOD WHEN YOU DROP IT?

C. WHAT DO ASTRONAUTS DO IN THE SPACE STATION?

D. WHY DO THEY HAVE TO EXERCISE EVERY DAY?

E. HOW OFTEN DO THEY TALK TO THEIR FAMILY AND FRIENDS?

2) Now watch some videos about the space routine



Order the things the astronaut does in the first video:

- () He brushes his hair.
- () He gets his hair wet.
- () He uses no-rinse shampoo on his hair.
- () He dries his hair with a towel.
- () He shows how his t-shirt is still dry.



Answer true or false for the second video:

You can do number 1 and number 2 in this bathroom _____

There is no toilet paper in the bathroom _____

There is a door in the bathroom _____

There is a window in the bathroom _____



1- What does he eat? _____

2- Does he like it? _____

3- What does he drink? _____

3 - Match the action to the circles in each picture.

- Ⓐ Brush teeth Ⓑ Exercise on a treadmill Ⓒ Wash hair Ⓓ Eat dessert











Karen Nyberg Shows How You Wash Hair in Space



Chris Hadfield's Space Kitchen



Chris Hadfield Brushes his Teeth in Space



Running in Space!

4) Complete the sentences with the correct form of the verbs in brackets.

- a) She (wash) _____ her hair with special soap in space.
- b) He (exercise) _____ for more than two hours every day.
- c) The astronaut (float) _____ around the Space Station.
- d) She (gaze) _____ at Earth through the window.
- e) He (package) _____ food so it doesn't float away.
- f) The astronauts (talk) _____ to their families on video calls.
- g) She (take) _____ a shower using very little water.
- h) He (enjoy) _____ watching movies in his free time.

* gaze - olhar fixamente ou contemplar

3) Now write some other sentences about the astronauts' routine.

Example: An astronaut sleeps in a sleeping bag.



A Baby routine

Before watching the video, answer:

1. What do babies do every day?

2. Match the words to the pictures.

CHANGE DIAPERS

TAKE A NAP

DO TUMMY TIME

BREASTFEED

WAKE UP

PUT THE BABY IN THE BOUNCER

BURP THE BABY

STERILIZE BABY BOTTLES

BATHE THE BABY





















3. Now, watch the video and number the sentences as you see them.

- () She makes the bed
- () She burps the baby
- () She puts the baby in the bouncer (chair)
- () The baby takes a nap
- () She changes the baby's diapers
- () She breastfeeds the baby
- () She washes the baby bottles
- () The baby wakes up

4. Listen to an influencer talking about her baby's routine. Complete the gaps.

Hi, everyone! I'm so excited to share our baby's routine with you today! My baby is 3 months old and this is what a typical day looks like.

In the morning, my baby _____ around 8:00. I _____ him right after he wakes up, and then I _____ him.

After that, I _____ his _____ and _____ him in the _____, so I can get ready for the day. He really likes it there — he watches me and smiles.

Later, we go for a little walk. He loves being outside! After the walk, he usually _____.

When he wakes up, he _____ some _____. It's great for his little muscles! Then, I _____ him and he rests a bit more.

In the afternoon, I wash and _____ all the _____.
In the evening, I _____ him. He relaxes so much during bath time. It's one of my favorite parts of the day.

Simple Present rules

When we use the third person singular (**He, She, It**), the verbs in the present need to change.

For most verbs, add s -

She breastfeeds the baby.

For verbs ending in 's', 'sh', 'ch', 'o', 'x', 'z', add es - The baby does tummy time.

For verbs ending in a consonant + y, remove y and add ies - The baby cries a lot.

In negative sentences, we use 'does + not (doesn't)'. The verb keeps its infinitive form (no more changes to the verb):

She **doesn't bathe** the baby in the morning.

To form questions, we invert '**does**' and the subject pronoun (He, She, It)

Does he **take** a nap in the morning?

5. Find and correct the mistakes:

a) He bottle-feeds the baby every two hours?

b) He don't burp the baby after feeding.

c) The baby sleep after lunch.

d) Does he takes a nap in the afternoon?

e) She doesn't does tummy time every day.

f) He go for a walk with the baby every morning.

g) The baby cries and play before bedtime.

h) What time do she bathe the baby?

i) Her baby not loves the bouncer.

j) She wash and sterilizes the baby bottles at night.

6 . Watch the video of Aria's routine and write 3 things she does and 3 things she doesn't do.

MONTH / DAY / YEAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

○ ○ ○ ○ ○

Sophie's routine



A week in the life of Sophie

Sophie is eleven years old and she lives in Brighton, England. She **usually** gets up at 7:15, she has a shower and gets dressed. After that, she goes downstairs to have breakfast. For breakfast she usually has milk, toast, and orange juice. Then she brushes her teeth and gets ready for school.

She grabs her school bag and goes to the bus stop to catch the school bus. Classes start at 8:30 a.m. and finish at 04:30 p.m. She **normally** has lunch at the school canteen with her schoolmates at about 12 o'clock. Her best friend is Amy. Sophie **always** sits next to her at lunch.

After school she returns home and does her homework. She is a very hard working girl and she **never** misses a school task! After homework, she **usually** listens to music and watches television a bit.

At 7:30 p.m. it's time for dinner. **Sometimes** she reads a book after dinner. She loves reading books. Finally, she goes to bed at about 10 o'clock.

On the weekends she **usually** plays with her friends, goes to the mall or watches movies.

Glossário

always = sempre

often/frequently = frequentemente

normally = normalmente

usually = geralmente

sometimes = às vezes

never = nunca

1. Order Sophie's daily routine

She goes to bed at about ten o'clock.

She gets dressed.

She catches the bus to school.

She has lunch at the school canteen.

She listens to music.

She gets up.

She does her homework.

She has a shower.

She has dinner.

1

2. Answer the questions about the text.

a. At what time does Sophie get up?

b. What does she have for breakfast?

c. What does she do after breakfast?

d. How does she go to school?

e. At what time do classes start?

f. At what time do classes finish?

g. Where does Sophie usually have lunch?

h. Who is Sophie's best friend?

i. What does Sophie do on the weekends?

Listening Activity 1

MONTH / DAY / YEAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
○ ○ ○ ○ ○

Answer the questions about the woman's routine

1. At what time does she wake up?

- a. () at 6 o'clock
- b. () at 7 o'clock
- c. () at 9 o'clock

2. How does she go to work?

- a. () by car
- b. () by bus
- c. () by bike

3. At what time does she start work?

- a. () at 6 o'clock
- b. () at 7 o'clock
- c. () at 9 o'clock

4. At what time does she go to bed?

- a. () at 9 o'clock
- b. () at 10 o'clock
- c. () at 11 o'clock

Organize her morning routine

| | |
|-----------------|---|
| have breakfast | |
| dry hair | |
| wake up | 1 |
| take a shower | |
| leave home | |
| brush my teeth. | |
| do make up | |

TRUE OR FALSE?

- She watches TV in the evening.
- She finishes work at 5 o'clock.

Listening Activity 2

MONTH / DAY / YEAR

Answer the questions about the other woman's routine

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
○ ○ ○ ○ ○

1. At what time does she wake up?

- a. () at 6 o'clock
- b. () at 7 o'clock
- c. () at 8 o'clock

2. How does she go the center/ to work?

- a. () by car
- b. () by bus
- c. () by train

3. At what time does she finish working?

- a. () at 2 p.m.
- b. () at 3 p.m.
- c. () at 4 p.m.

4. At what time does she go to bed?

- a. () at 10 o'clock
- b. () at 11 o'clock
- c. () at 12 o'clock / midnight

Organize her daily routine

| | |
|----------------------------|---|
| take a shower/ brush teeth | |
| have breakfast | |
| wake up | 1 |
| go to university | |
| do yoga | |
| start working | |
| have lunch | |
| read book/goes to bed | |

TRUE OR FALSE?

- She has pizza for lunch.
- She reads a book in the morning.
- She rides a bike.

Homework

MATCH THE PICTURES WITH THE WORDS.



GO TO SCHOOL
LISTEN TO MUSIC



GET UP
HAVE DINNER



HAVE BREAKFAST
GO TO BED

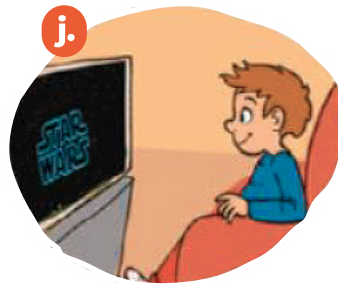
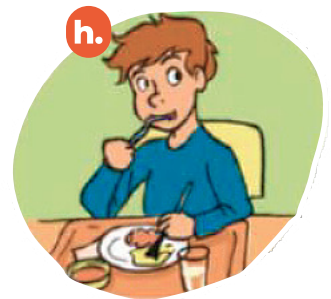


WATCH TV
HAVE LUNCH



Daily Routine

LOOK AND WRITE.



WORDS LIST

get dressed
study
watch
TV.wake up

go to school
do homework
get up
Brush teeth

take a shower
have lunch
go to bed
have breakfast

Write about your routine

Write 3 things you do in the morning, afternoon and evening/night.

What do you do **in the morning**?

What do you do **in the afternoon**?

What do you do **in the evening / at night**?

Daily Routine 2

Look at the pictures and write the correct verbs



WORDS LIST

get dressed
walk the dog
brush my teeth
wake up

go to school
brush my hair
play with friends
read a story

take a shower
relax / rest
listen to music
have breakfast

• 9:00 - GO TO SCHOOL

• 7:45 - HAVE BREAKFAST

• 13:30 - HAVE LUNCH

• 19:00 - DO HOMEWORK

• 17:00 - DO SPORT

• 21:30 - GO TO BED

• 7:30 - GET UP



1. Read the chart above and complete the text:

Hi everyone! I'm Harry Potter and I'm going to tell you my daily routine. At 7:30 I _____. I have a shower and I get dressed. At 7:45 I _____ with all my classmates. Then, at 9:00 o'clock in the morning I _____ with Ron Weasley and Hermione Granger. When we finish classes at 13:30, we _____ and at 17:00 o'clock we _____. We love Quidditch! Later we go home and at 19:00 we _____ together. Finally, at 21:30 I _____ .

What time is it?

SELECT THE RIGHT ANSWER



It's three o'clock

It's half past three



It's eleven o'clock

It's half past twelve



It's two o'clock

It's half past two



It's ten o'clock

It's half past ten



It's twelve o'clock

It's half past twelve



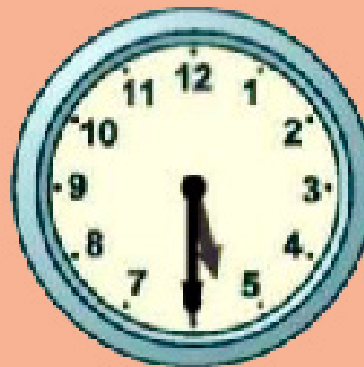
It's twelve o'clock

It's half past eleven



It's one o'clock

It's half past one



It's five o'clock

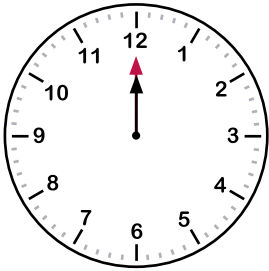
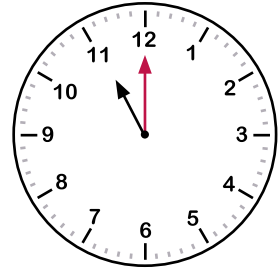
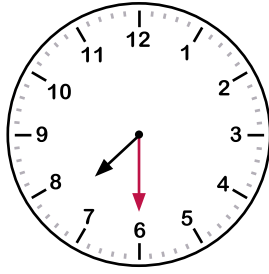
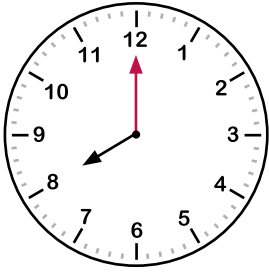
It's half past five



It's eight o'clock

It's half past eight

Telling the time 2



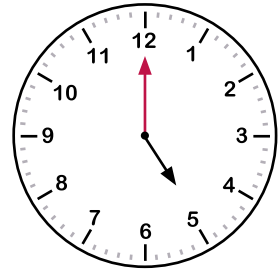
It's half past ten.

It's eight o'clock.

It's five o'clock.

It's eleven o'clock.

It's half past three.



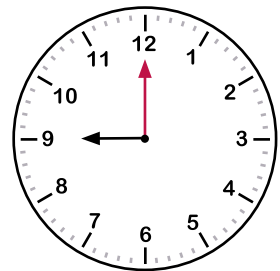
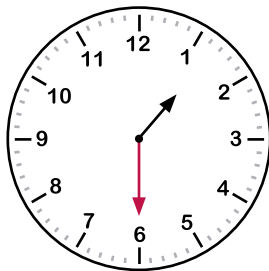
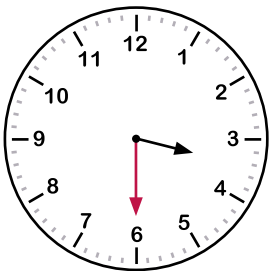
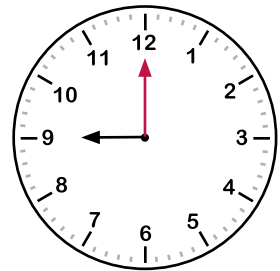
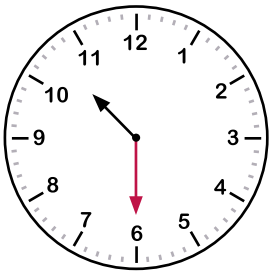
It's half past one.

It's half past six.

It's half past seven.

It's twelve o'clock.

It's nine o'clock.







Watch the video and write sentences about the boy's routine

Example: 7:00a.m. He wakes up at 7 o'clock in the morning
8:00 a.m. He goes to school at 8 a.m.

9:00 a.m. _____

10:00 a.m. _____

11:00 a.m. _____

1:00 p.m. _____

3:00 p.m. _____

4:00 p.m. _____

5:00 p.m. _____

6:00 p.m. _____

7:00 p.m. _____

8:00 p.m. _____

9:00 p.m. _____



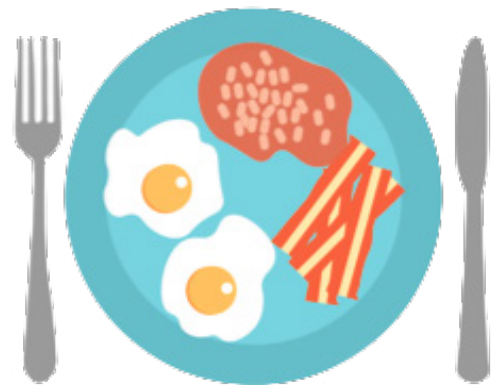
BREAKFAST FOODS

F C S A U S A G E N
M H E G X C Z K J P
U O P R E G G S U X
F P V A E O I M I W
F O Y J N A S I C A
I J Z O I C L L E F
N A N N G T A K D F
O M Q U R U C K L L
W B A C O N R E E E
J R U T O A S T M S






BACON
CEREAL
EGGS
JAM
JUICE
MILK

MUFFIN
PANCAKES
SAUSAGE
TOAST
WAFFLES
YOGURT



Days, Months, Seasons

Can you find all the hidden words in this word search? Words can go in the following directions:   

MONTH / DAY / YEAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

S A T U R D A Y T U E S D A Y
 C B D K A G R S N V Y L U J M
 D B E S P C O E O Z T P M A A
 C Q C U R H Q P V H H M A U Y
 F Q E N I K W T E V U F U G V
 T T M D L O E E M D R R T U F
 G N B A R C D M B Q S I U S E
 Q S E Y A T N B E S D D M T B
 M A R C H O E E R P A A N J R
 W W J V A B S R L R Y Y M A U
 I Y O L N E D A N I D I O N A
 N D L U J R A B F N E X N U R
 T Y X A F L Y S V G B K D A Y
 E S U M M E R W Y U S Y A R F
 R Q N R E O E I J U N E Y Y W

SATURDAY

WINTER

FEBRUARY

NOVEMBER

WEDNESDAY

SPRING

SUNDAY

OCTOBER

AUTUMN

MONDAY

MARCH

TUESDAY

APRIL

SUMMER

AUGUST

SEPTEMBER

JULY

THURSDAY

FRIDAY

JUNE

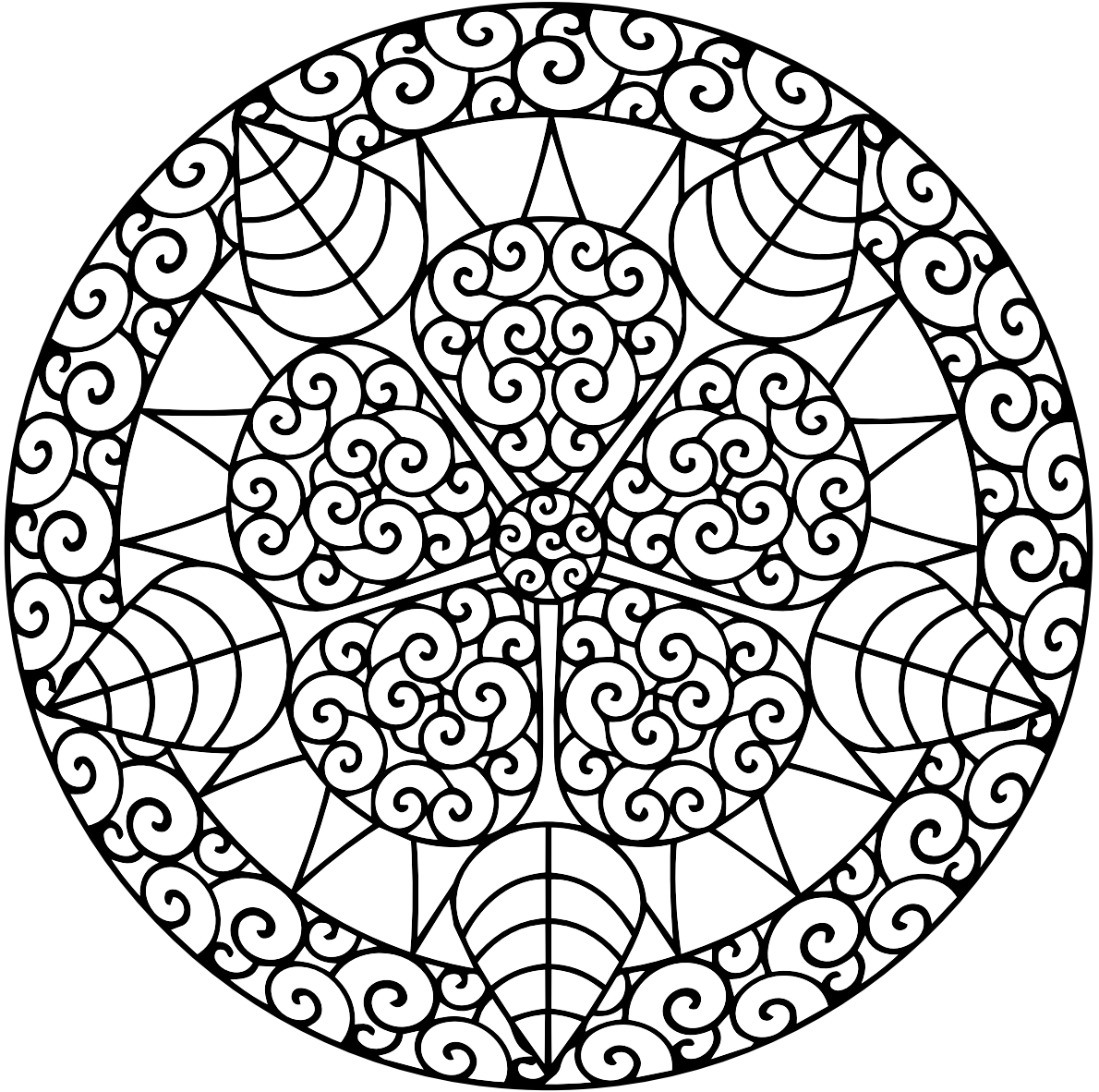
MAY

JANUARY

DECEMBER

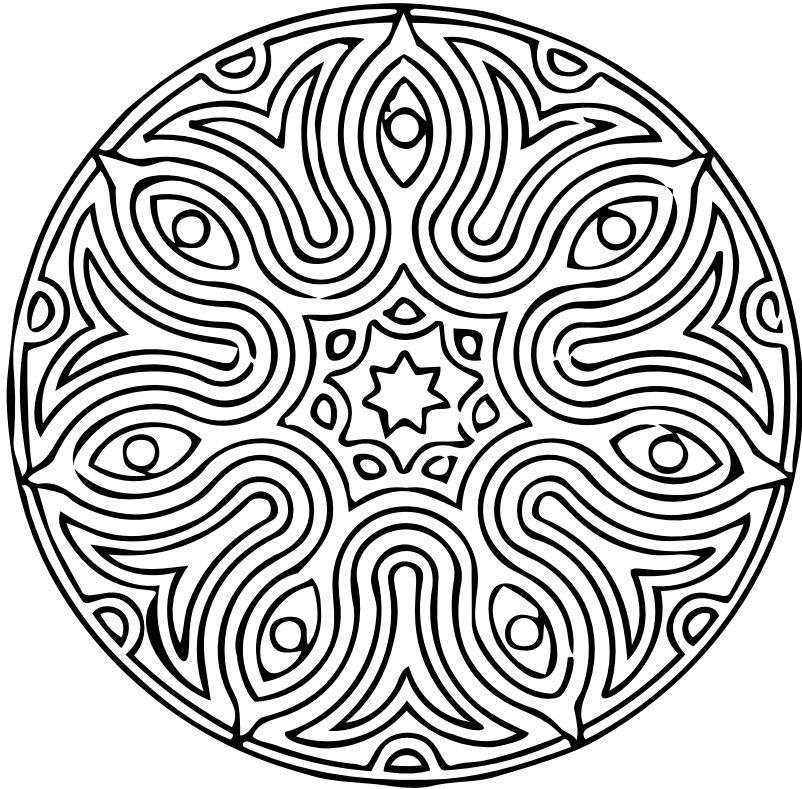
MONTH / DAY / YEAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
○ ○ ○ ○ ○



MONTH / DAY / YEAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
○ ○ ○ ○ ○



MONDAY ○ TUESDAY ○ WEDNESDAY ○ THURSDAY ○ FRIDAY ○

B S Y G I E N M S T X R O I C U N O L B
 J T T S I C H E R R Y M N T A R V U A A
 C A L P T A P B L U E B E R R Y A N R X
 X R P T N R A P P L G R A P F R A U R M
 H F P R O G R A P E F R U I T N H L I E
 E R A A G C O T C P F I R M A P P I E T
 A U T F P G I U T I M E L O B P O M O S
 L I S R A P Z R U N O K N P A D E E T Y
 T T P A P R L R P E P R U T A L H W A S
 H X Z B D J K E T A W E A C O L C R N X
 X V J I S T C K P P O L O N T E A X G H
 S C A N T A L O U P E V L I G C E I E T
 Y H U F R C A S W L A H J R A E P Z R L
 S O S G A J W V X E L M K I W I O L I A
 T K W R W X P K A Y D T T I U I E T N E
 E E R A B E P A Q U T Y W B E M S Z E H
 M U L P E R L M P Z P E E U O L O U P X
 X S R E R Q W U B A S E W N L E A R A C
 A X R S R G R A P N Y A N A O A P P L J
 B A N A Y W G I F E R A R R Y H A N A B

Find these words:

- | | | | |
|------------|------------|--------|------------|
| APPLE | CHERRY | LEMON | PEAR |
| APRICOT | FIG | LIME | PINEAPPLE |
| AVOCADO | GRAPEFRUIT | MELON | PLUM |
| BANANA | GRAPES | ORANGE | STAR FRUIT |
| BLUEBERRY | HONEYDEW | PAPAYA | STRAWBERRY |
| CANTALOUPE | KIWI | PEACH | TANGERINE |

MONTH / DAY / YEAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
○ ○ ○ ○ ○

T X S Z S N F I F Z G C B Y S
Z J E C E E I G H T E E N T I
J R V J V B K G F Y N H T K X
H B E C E F H F C L E T H W T
M B N Z N Y I W F Z E R O J E
T C W P T R S F O Y E U N T E
W P N O E E X K T M Z E N T N
E N I N E T E E N E V E L H I
L R Q B N W G C A E E G K G X
V I H R Q I Q G L T G N Q I H
E F O U R T O E R L M F S R Q
T U H L Q W U I J F A Q E X D
O K M P N O H J B C I N Q N E
Z L G C B T F X K Z O V E D I
V X T H R E E V K H G T E P G
U F O U R T E E N L L Z O X H
P N I N E N W S L B Y S J M T

ZERO
ONE
TWO
THREE
FOUR
FIVE
SIX

SEVEN
EIGHT
NINE
TEN
ELEVEN
TWELVE
THIRTEEN

FOURTEEN
FIFTEEN
SIXTEEN
SEVENTEEN
EIGHTEEN
NINETEEN

Animals Crossword Puzzle

MONTH / DAY / YEAR

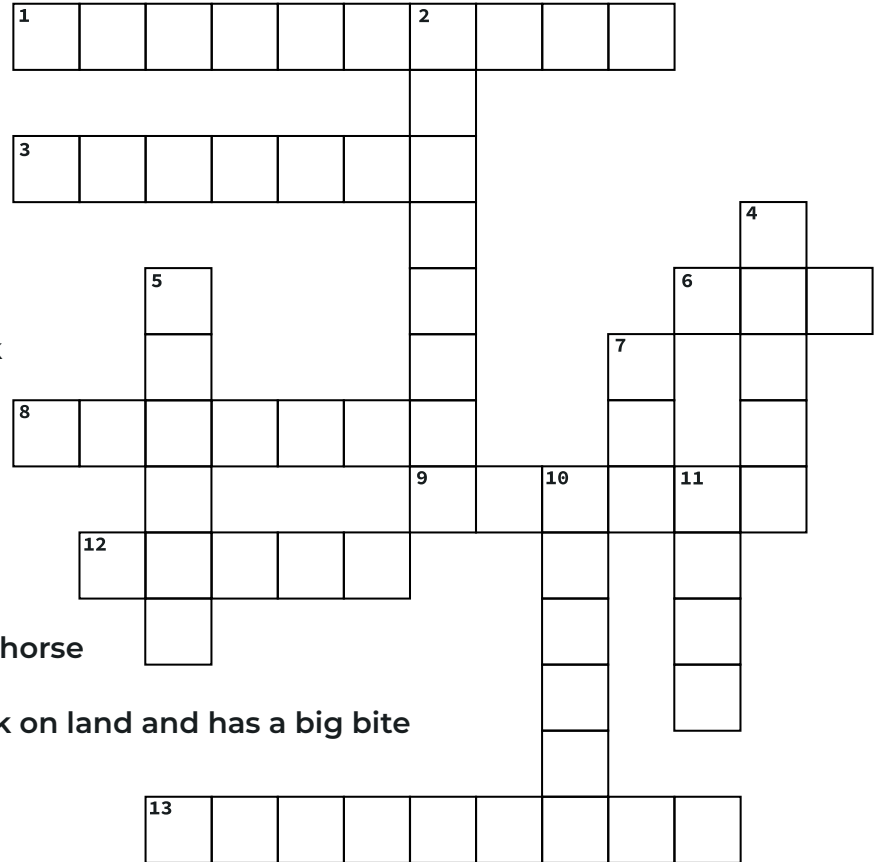
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

ACROSS

- 1. Big animal that has one horn
- 3. This animal has a very long neck
- 6. Man's best friend
- 8. Lives in the cold and waddles
- 9. Slow moving and has a shell
- 12. Striped animal that looks like a horse
- 13. Can swim under water and walk on land and has a big bite

DOWN

- 2. This animal has a long trunk
- 4. This animal likes to eat carrots and sugar cubes
- 5. This animal loves bananas
- 7. Some say this animal has nine lives
- 10. Has big ears and likes to hop
- 11. King of the jungle



Days of the Week & Months of the Year

MONTH / DAY / YEAR

MONDAY ○ TUESDAY ○ WEDNESDAY ○ THURSDAY ○ FRIDAY ○

C U W T X V T E U Y Y V K G R W X Q N I P E Q W
W R J I D U K P W F P U X Q E H Y A D S E U T O
E O G F L A W L A F E S A F B B F G B H G V H E
D I U X A C Q U D Y H V Z J M B Z A O E N C S H
N O C T O B E R Y I T W J R E O V N R V F N A B
E Y O X K C H A B V C H E R V W I W S G O I T U
S J O F O N D M S B A S Z K O C S N O V O Q U M
D R L R G S J Q X Z Q E Q W N Y O P T T U H R E
A A K Y R Z A E P K F L N D R D U C M C N Q D L
Y C D U V L N Y D A G V X U J X S V Y A S N A J
K D H Z J Z U U D P S I P G J D Q R S T Y A Y P
W T F Z S O A C V R M G S B H E Y D A S K Q W B
F Q X H C D R C B I C P E J C C R P P U K D B H
K R Y N F C Y D T L S E P L A E Q X K G N F B J
G D I C W L A A H W K L T L I M D O B U M K I P
G S L D R M O N D A Y N E M Q B F Z W A F Y X K
U H J B A I P I F T S L M X I E C K U K I P O G
B X S Q B Y E A U R L T B C K R H S U N D A Y Z
G J G Y U Z I Q Q T E X E D K G F E B R U A R Y
H Z Q L C S N M H O D B R K I B Q G F K N M R U
J X N U U X O A K Z A X U T L T F P O I Y O Z E
T V D J E Y X R R Z V N N M I W Q K I G Z F J S
I H R A M Z N C F U G T K X Y I I R Q Z X C X L
W Z J C K V X H W M K Y L E K K C J U U W M A R

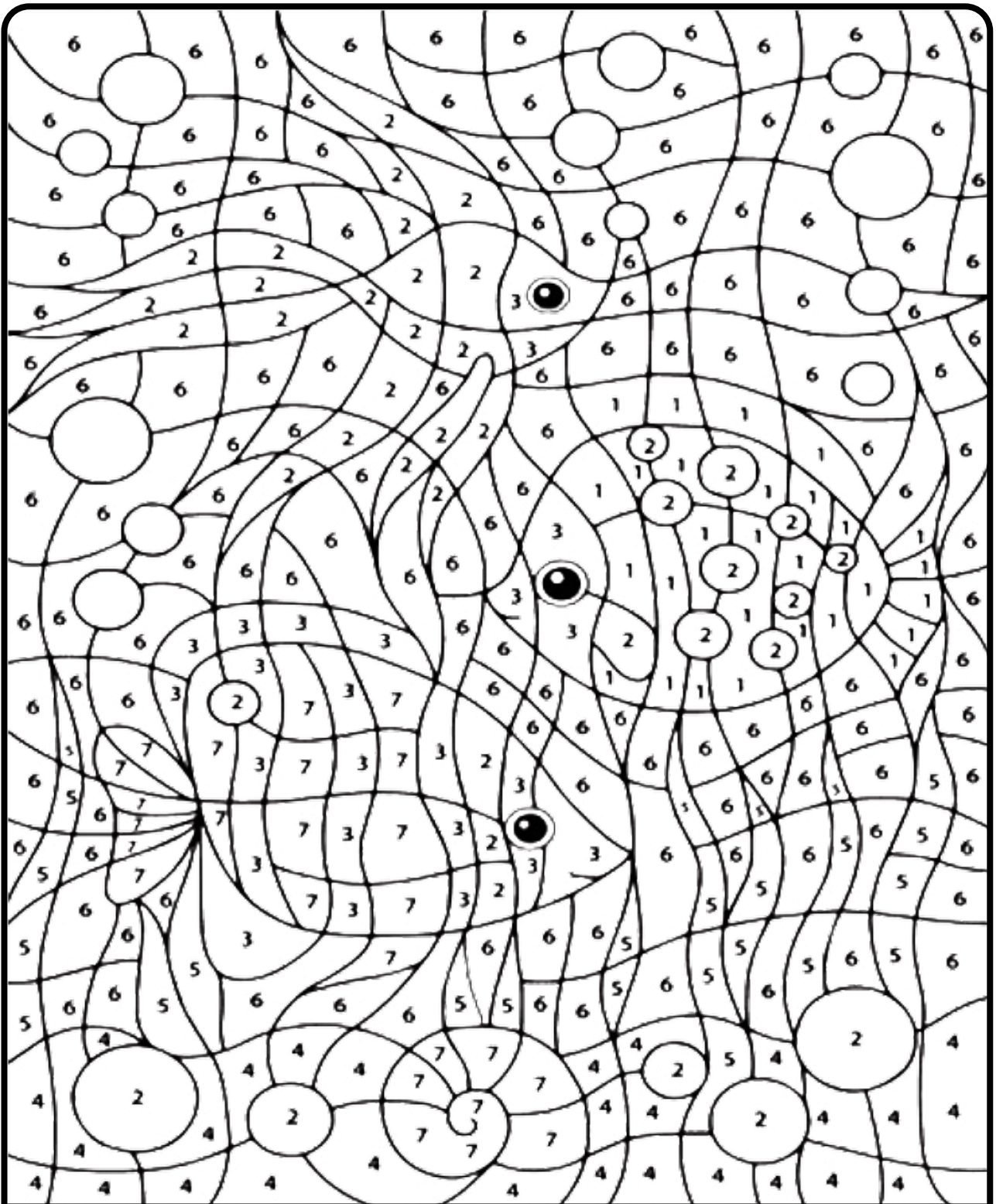
APRIL
JANUARY
MONDAY
SUNDAY

AUGUST
JULY
NOVEMBER
THURSDAY

DECEMBER
JUNE
OCTOBER
TUESDAY

FEBRUARY
MARCH
SATURDAY
WEDNESDAY

FRIDAY
MAY
SEPTEMBER



1. RED

2. ORANGE

3. YELLOW

4. BROWN

5. GREEN

4. BLUE

7. PURPLE

SELF – ASSESSMENT

| |  |  |  |
|--|---|---|---|
| QUANDO NÃO ENTENDENDO ALGO, PERGUNTO PARA A PROFESSORA? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| PRESTO ATENÇÃO NA AULA E COLABORO COM OS MOMENTOS DE SILÊNCIO? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ESCUTO A FALA DA PROFESSORA, ASSIM COMO A DOS MEUS COLEGAS? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| MANTENHO MEU MATERIAL DE INGLÊS ORGANIZADO, GUARDANDO O CADERNO E ATIVIDADES NA BURAUQUEIRA? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| PARTICIPO DOS MOMENTOS DE ATIVIDADE COLETIVA, COMO DISCUSSÕES, LEITURAS E JOGOS? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| LEIO E ENTENDO FRASES E TEXTOS EM INGLÊS SOBRE A ROTINA DE OUTRAS PESSOAS? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ENTENDO ÁUDIOS E VÍDEOS EM INGLÊS SOBRE A ROTINA DE OUTRAS PESSOAS? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ESCREVO FRASES SOBRE A MINHA ROTINA EM INGLÊS? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| FALO DA MINHA ROTINA USANDO EXPRESSÕES E PALAVRAS EM INGLÊS? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| CONSIGO FALAR AS HORAS EM INGLÊS? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| PARTICIPO DAS LEITURA DAS OBRAS DO AUTOR SHEL SILVESTEIN? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

1. O que aprendi neste trimestre durante as aulas de inglês?

2. O que foi mais desafiador durante o trimestre?

Vila das Infâncias

Rua Barroso Neto, 91

CEP 05585-010

São Paulo SP

Fone: (55-11) 3726-3578

Vila das Juventudes

Rua Raul Saddi, 15

CEP 05503-010

São Paulo SP

Fone: (55-11) 3726-3578

info@vila.com.br

www.escoladavila.com.br