

# Stretch your Memory: My daily routines and my freetime

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| <p>I usually get up at ten past six. First, I take a shower and get dressed, then I make breakfast. We usually have tea and bread for breakfast.</p> <p>My son leaves for school at five to seven, my daughter at five past seven.</p> <p>I go to school by bike so I leave at twenty past seven and arrive at school at twenty to eight. School starts at quarter to eight and ends at five past four. After school I usually go home.</p> | <p>Matthias gets up at quarter past six. He takes a shower and gets dressed before he has breakfast with his family. He leaves the house at five to seven every day and goes to the train station by bike. His train leaves at eight past seven and it takes him 40 minutes to get to school. Matthias has between 6 and 10 lessons every day. He usually has lunch at school and gets home in the afternoon. Then he does his homework.</p> | <p>Saturday is my favourite day! On Saturdays I can sleep as long as I like. Sometimes I sleep till half past ten! Then I get up and have a nice breakfast. After breakfast I usually go jogging.</p> <p>In summer we usually spend the day in the garden.</p> <p>In winter we sit in the livingroom and work, read or watch TV.</p> <p>Sometimes I have a sleepover with my friends. On Saturdays I always stay up late!</p> | <p>My favourite school day is Tuesday. On Tuesday we have English and German lessons in the morning. Then we have Physics. After that we go to lunch in the cafeteria and then we have a long recess.</p> <p>In the afternoon we start with a reading lesson. Usually we read in English. After that we have "Begabungsfeld". I sing in the choir, others play ball games, do art and design or go into the woods.</p> <p>It is a lot of fun!</p>                                                                     | <p>My favourite school day is Friday. School starts at quarter to eight. We have a reading lesson till quarter past eight. Then we have history or biology. I love biology, but history is ok, too.</p> <p>After recess we have maths and then English. The last lessons is social learning. School ends at twenty past one on Fridays!</p> <p>After school I go home for lunch and then I usually meet my friends. Sometimes we go shopping, sometimes we play together but often we just chat.</p> <p>Before we have dinner, I do ten minutes of vocab work. After dinner I read or I watch TV.</p>                     |
| <p>My favourite season is spring, because it's warm in spring but not too hot. I love sitting in the garden or going on the trampoline.</p> <p>I don't like winter because it's cold and windy and you cannot play outside.</p> <p>Summer is very nice, of course, because we have our summer holidays and we can travel.</p> <p>In autumn school starts and I can see my friends again. That's nice too.</p>                               | <p>In my freetime I love going to the cinema, but it is very expensive. I also like to hang out at big shopping centers with my friends.</p> <p>Twice a week I play football and once a week go horse riding.</p> <p>I also love playing computer games. I play computer games for two hours every day.</p> <p>In the evening we often watch TV together. I like funny films best.</p> <p>I usually go to bed at half past nine.</p>         | <p>I usually get home at half past four. First I take my dog for a walk, then I sit down with my mother. She has coffee and I have a hot chocolate.</p> <p>Before I go to my room, I do ten minutes of vocab work. I love to relax in my room in the afternoon. I listen to music or text my friends. Sometimes I watch films on my phone.</p> <p>When my father comes home we have dinner. After that we watch TV.</p>       | <p>On school days I usually get up at 6 o'clock. I take a shower and I get dressed. Then I have breakfast and I read the newspaper. After breakfast I answer some e-mails and then I get ready for school. I check my schoolbag, I put on my coat (in the winter) or my jacket (in the summer) and I ride my bike to school. I ride quickly, so I never get cold.</p> <p>I don't like it when it rains in the morning. Then I must put on my red raincoat – I hate it. I love sunny mornings, they make me smile.</p> | <p>On the weekend I sleep in. I get up around 8 or 9 o'clock. Then I have a long breakfast. In the summer we have breakfast outside, in the garden. When the weather is nice, I like to go jogging after breakfast. I run for about one hour. Then I take a shower and I help my mom to prepare lunch.</p> <p>In the afternoon I like to read or I meet with friends or other family members. I really like lazy weekends.</p> <p>On Saturday evening my parents allow me to stay up longer. We often watch TV together. On Sundays I go to bed early again, because I want to be ready for school on Monday morning.</p> |

