

Super English



Intermediate
Speaking
Unit 5 - Lesson 1
Morning Routines



Early Birds and Night Owls

Read the text and try to explain the words in bold.

Some people love waking up early. They're called early birds. Others stay up late and **sleep in**—they're night owls. This difference comes from your body clock, also known as your circadian rhythm. It's like an inner alarm that tells you when to sleep or wake up. Some people feel alert in the morning, while others feel **sluggish**.



1. Are you more of an early bird or a night owl? Why?
2. What time do you usually feel the most awake and full of energy?
3. Do you think school should start later in the day? Why or why not?



What Happens in the Morning?



Read the text and try to explain the words in bold.



Many early birds have a special morning routine. They might take a shower, eat a good breakfast, or go for a walk. These habits can help you feel more focused and **productive** during the day. Some people say morning routines **set the tone** for everything that comes after. A good start can make your whole day better.



1. What's the first thing you usually do after you wake up?
2. What kind of breakfast gives you the most energy?
3. What happens to your day if your morning goes badly?

Vocabulary

Match the vocabulary words to their definitions.

- sluggish
- productive
- set the tone
- inconsistent
- adjust
- upbeat

1. Happy, energetic, and positive.
2. To slowly change something to make it better or more comfortable.
3. Doing a lot of work in a good amount of time.
4. Changing a lot; not regular or the same every day.
5. To start something in a way that affects what happens later.
6. Slow and tired; not having much energy.



Dialogue 1: Early Bird vs. Night Owl



Practice the dialogue and answer the question.

Ava: I woke up at 6 a.m. today and went for a jog.

Liam: Okay, psycho. Were you being chased or something?

Ava: No, I just like starting the day with peace and sweat.

Liam: I start my day by not moving until someone yells at me.

Ava: You're missing the sunrise!

Liam: And you're missing the joy of dreaming I'm rich.

Question: Are you more of a night owl or an early bird—and why?



See you next time!



