



IMMIMOMS Weekly 4 - Skill English Practice Challenge

CLB 4-6

Week: 2

Theme: My Daily Routine



One Activity a Day • Build Your Skills Every Week!

MONDAY

Listening

Listen and Understand

Listen to
the short audio
and answer
the questions

**Scan to
Listen**



? QUESTIONS:

- What time does Emma wake up?
- What does she eat for breakfast?
- How does she travel to work?
- What does she usually do after work?
- Which activity is similar to your routine?

DONE!



Minutes spent

—

TUESDAY

Speaking

Speak and Express

Topic: Describe your daily routine

Talk for 2 minutes.
Use the questions to guide you.

Challenge

Use these time expressions:
'first, then, after that, later, finally.'



? GUIDING QUESTIONS:

- What time do you usually wake up?
- What is the first thing you do?
- What do you usually eat for breakfast?
- Do you work or study?
- What do you usually do in the evening?
- What do you do before going to bed?

DONE!



Minutes spent

—

WEDNESDAY

Reading

Read and Understand

Read the short article
and answer the questions.

Article:

Maria's Busy Weekday

? COMPREHENSION QUESTIONS:

1. Where does Maria live?
2. What time does she start work?
3. What does she do after work?
4. Why does she read English every evening?
5. What helps Maria become more confident?

DONE!



Minutes spent

—

THURSDAY

Writing

Write and Share:

Topic:

Write a paragraph
(8-10 sentences)
about your typical weekday

? GUIDING QUESTIONS:

Include:

- when you wake up
- your morning routine
- work or school
- evening activities
- one thing you would like to change about your routine

Bonus Challenge

Use at least three sequencing words.

DONE!



Minutes spent

—



Word

Meaning

Celebrate Your Progress

- What was easy?
- What was difficult?
- Three new words:
- My goal for next week:



CANADA TIP: Be on Time

Being on time is important in Canada. People usually arrive 5-10 minutes early for work, school, medical appointments, and job interviews. If you are going to be late, it is polite to call or send a message.

Think about it:

- Are you usually early, on time, or late?
- How do you feel when someone is late?



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Listening: notes:

Speaking: notes

Reading

A Busy Weekday

Maria lives in Mississauga with her family. She wakes up at 6:30 every morning. First, she makes breakfast and prepares lunch for work. Then she drives to her office. She starts work at 8:30 and finishes at 4:30.

After work, Maria goes grocery shopping or picks up her children from school. In the evening, the family eats dinner together. They often talk about their day. Before bed, Maria spends twenty minutes reading an English book because she wants to improve her vocabulary.

Maria knows that practising English every day, even for a short time, helps her become more confident.

Notes:

Writing: notes

WEEK _ / 52 COMPLETED



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