



Daily routines

Juan is 10 years old. He is from Spain. He never wakes up on time and he always skips breakfast. Juan really likes sports. In fact, he exercises frequently during the week. However, he often eats junk food and sweets. In the afternoons, he always does his homework. At the weekends, he usually plays with his friends, or sometimes he might go on a trip with his family.

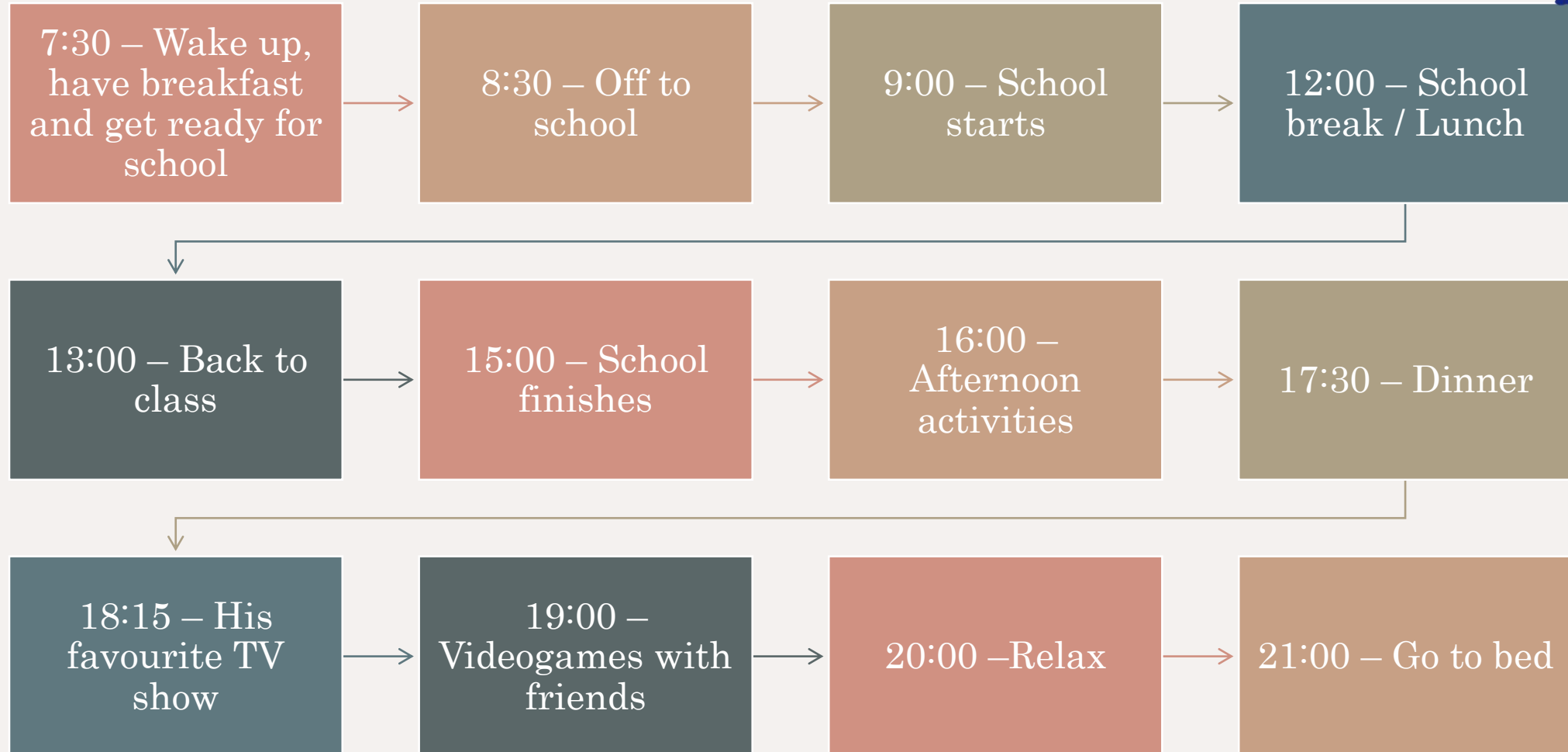


Elle is 9 years old. She is from France. She is always in time for school. She tidies up her room regularly and helps her parents with housework. Elle has a balanced diet. She mainly eats homemade food and she avoids fast food. She rarely eats sweets. However, her lifestyle is sedentary. She does not exercise a lot. She spends most of her time playing video games and watching TV. Sometimes, she goes to bed late.





Alex's daily schedule



Alex's Afternoon Activities



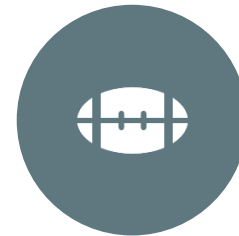
MONDAYS
SWIMMING



TUESDAYS
PIANO



WEDNESDAYS
PAINTING



THURSDAYS
FOOTBALL



FRIDAYS
DRAMA CLUB

What about
you?

