

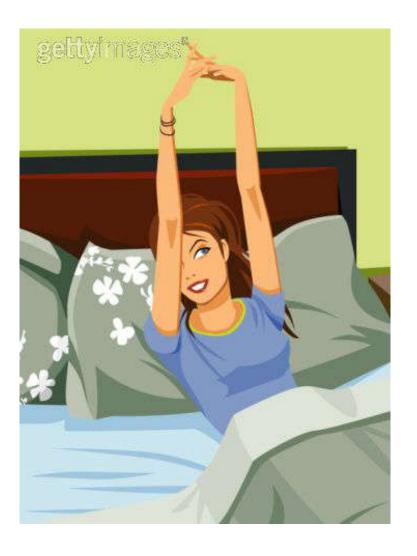
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I wake up at half past six every morning.



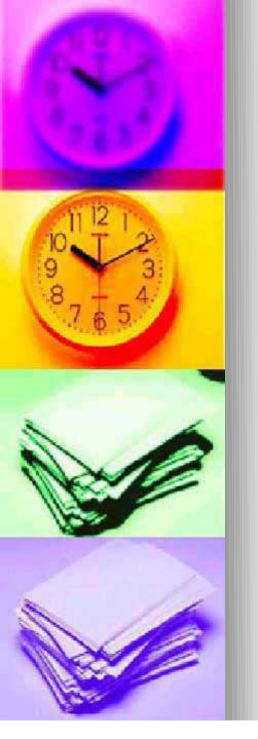


I get up.





I make my bed.





I have breakfast.

- I usually eat bread with jam, butter, honey or maple syrup, a yogurt or cereals with milk.
- I sometimes eat cheese or an egg when I'm very hungry!





I go to the toilet!





I brush my teeth

(for two or three minutes: it's very important!)



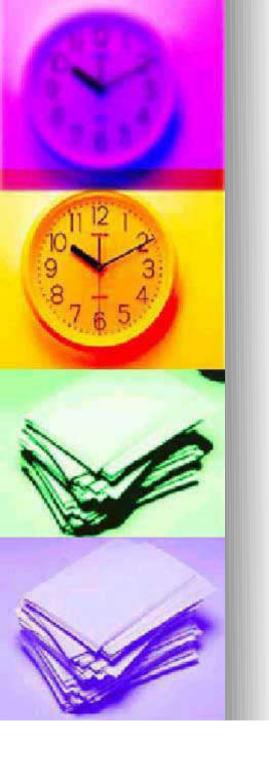
I go to the toilet!





I brush my teeth

(for two or three minutes: it's very important!)





My father shaves every day.





I take
a shower
in the bathroom.

I dry my hair with a hair dryer.







I brush my hair.

I style my hair.

I often tie my hair to make a ponytail.

I comb my hair. I sometimes gel my hair too.





I get dressed.
Well, in fact, I
never wear my cap
at school!





I put on my shoes.





I go to school by car, by bus, by bike or on foot.



- I study in class.
- I always work well, of course!



I eat at the canteen with my friends.





I usually **play** in the yard after lunch.







I work again in the afternoon.

I'm sometimes a little tired after eating chips at the canteen!

...but I seldom sleep in class!



We leave school at five o'clock in the afternoon.





l eat some biscuits and I have a drink when I go back home.





I play in the garden.

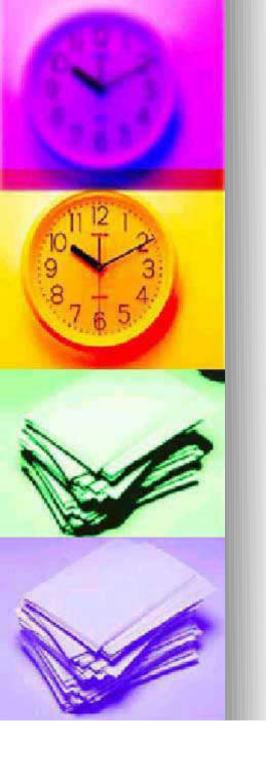




I always do my homework before dinner.

My father sometimes helps me in maths.







I occasionally play video games or surf the net.

I sometimes **phone** friends.





We often
have dinner
at half past seven.





I sometimes take a bath.





Of course, I always brush my teeth before going to bed.

I wash my face.





Now, it's time to put on my pyjamas.

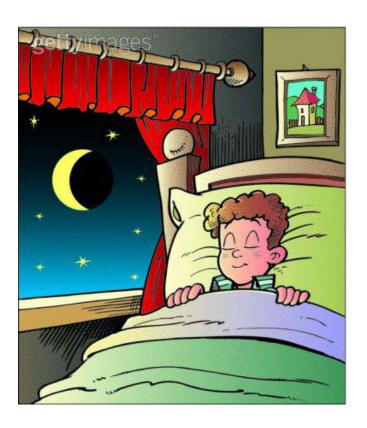


I'm ready to go to bed!

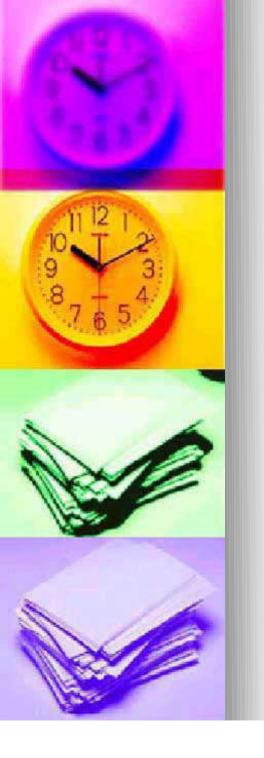


I fall asleep at once.
I sleep very well in my little bed.



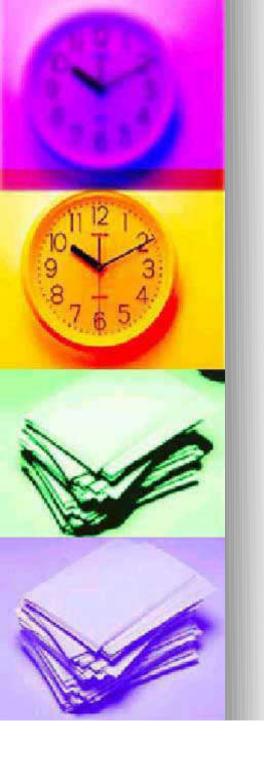


I often **dream**. Fortunately, I seldom **have** nightmares.!



What about you? What are your everyday habits?







The end!

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