

**Curso de Educação e Formação de Adultos – EFA C (50h)/2014-2015**

**CLC\_LEC Inglês / Formadora: Margarida Beato**

**Daily Routine of a Teenager**

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Kirsten is a typical sixteen-year-old teenager. She gets up at 6:30 am and starts to do her morning things like taking a shower, brushing her teeth, getting dressed and brushing her hair. After doing those things, at 7 am she has her breakfast, she likes to eat cereals and drink juice.

Normally, she catches her school bus at 7:15 am and her classes start at 7:45 am. She has a little break after 45 minutes of classes and at midday she has her lunch at the canteen. One hour later she starts her classes having seminars and optional after-school activities. Her favourite hour of the day is when she goes to the shopping and walks around the town at 3 pm, she only takes like one hour to do that. After that she comes back home, gets a snack, does her homework and sometimes she likes to listen to music or watches TV. The last daily routine she has is the dinner, she normally eats at 7pm, after that she helps her mummy with the dinner dishes.

She likes to watch a little of television, see a movie, or going in a date. In the end, she goes to bed at 11 pm and that's the way she finishes her daily routine.