



APEX ENGLISH

Your voice. Global.

B1 · GENERAL ENGLISH

UNIT 2 · B1·2A

Habits & routines

Theme · Everyday life

Unit 2 · B1·2A

Habits & routines

Theme: *Everyday life*

B1 · General English



Learning objectives

- Describe your daily habits and how long you've had them.
- Use present perfect with for and since to talk about ongoing states.
- Compare your routines with someone else's using open questions.

Ask the teacher — notes to bring to class



Class Book

Warm-up · Your morning in five verbs

Write *FIVE* verbs that describe your usual morning (e.g. wake, snooze, shower, walk, gulp). Then say them in order to a partner in *ONE* sentence each.

The first thing you do after your alarm.

The thing you always skip when you're late.

The thing you enjoy most before 10 a.m.

Lead-in · Sleep myths — myth or fact?

Vote *MYTH* or *FACT* for each claim. Then reveal the answer and see how many you got right.

1. Adults need exactly 8 hours of sleep every night.

2. You can 'catch up' on sleep at the weekend.

3. Blue light from screens really does delay sleep.

4. A short nap (20 min) in the afternoon improves focus.

5. Reading in bed makes it harder to fall asleep.

followUp: Which of these habits did you already believe? Which will you change this week?

Reading · The 6 a.m. club, and why most people quit

For the last five years, thousands of people have joined 'early bird' clubs on social media. They wake up at 5 or 6 a.m., post a photo of the sunrise, exercise, meditate, and start their real work before 9. Some of them love it. Most of them quit within two months.

The problem isn't discipline. It's biology. Every person has an internal clock, called a chronotype. About 40% of adults are 'morning types', 30% are 'evening types', and the rest are somewhere in the middle. If you're a natural evening type and you force yourself to wake at 5 a.m., you feel tired, you make more mistakes, and you gain weight. Your body has been telling you the truth for years.

The people who succeed with early mornings are the ones who were already morning types. For everybody else, a better strategy is to find your best two hours — the two hours a day when you feel sharpest — and protect them for your most important work.

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1. How long have 'early bird' clubs been popular?
 - (A) For 5 years
 - (B) Since 2010
 - (C) For 20 years
2. Roughly what percentage of adults are natural morning types?
 - (A) 10%
 - (B) 40%
 - (C) 70%
3. What does the text recommend instead of forcing a 5 a.m. wake-up?
 - (A) Sleep more
 - (B) Find your best two hours and protect them
 - (C) Change your job

Vocabulary in context

Find these words in the text and match them to the meaning.

internal clock — the body's natural sense of when to sleep and wake

chronotype — the technical name for your morning/evening tendency

sharpest — most focused and alert

quit — stop doing something before you finish it

True / False / Not Given

Based only on the text, choose the correct option.

1. Most people who join early-bird clubs stay for years.
 - (A) True
 - (B) False
 - (C) Not Given
2. Forcing an early wake-up can lead to weight gain.
 - (A) True
 - (B) False
 - (C) Not Given
3. Morning people earn more money.
 - (A) True
 - (B) False
 - (C) Not Given

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4. Everyone has the same internal clock.

- (A) True
- (B) False
- (C) Not Given

React to the text

Discuss briefly. There is no single correct answer.

1. Are you a morning type, an evening type, or somewhere in the middle? How do you know?

2. What are YOUR 'best two hours' of the day? What do you protect them for?

Scan for meaning

Find and write down the word or phrase from the text that means the same as each definition.

1. the way your body naturally decides when to sleep

2. give up on a habit

3. very alert and focused

Vocabulary · Routines & frequency

get up — leave your bed in the morning

have a lie-in — stay in bed later than usual, especially at the weekend

commute — the daily journey to work or school

run errands — do small practical tasks (bank, post office, shopping)

unwind — relax after a stressful day

wind down — slowly relax before bed

on occasion — sometimes, but not often

once in a while — occasionally

very rarely — almost never

on weekdays — Monday to Friday

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at weekends — Saturday and Sunday

for quite some time — for a very long time (informal)

practice

Complete each sentence with ONE word or phrase from the lists.

1. On Sundays I love to ___ a ___ until 10 a.m.

2. I ___ eat fast food — maybe twice a year.

3. After work I ___ with a hot shower and a podcast.

4. My ___ takes 40 minutes each way.

5. I've lived in this flat ___.

6. I ___ go to the cinema alone — it's my little treat.

Collocations · common daily-routine verbs

Match each verb with the noun it usually goes with.

make — the bed / coffee / a phone call

do — the dishes / the laundry / your hair

have — breakfast / a shower / a nap

take — the dog out / a break / the metro

go — to bed / for a walk / online

Odd one out

Choose the word that does NOT belong with the others.

1. always · usually · often · very rarely

(A) always

(B) usually

(C) often

(D) very rarely

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2. commute · errands · nap · laundry

(A) commute

(B) errands

(C) nap

(D) laundry

3. unwind · relax · rush · chill out

(A) unwind

(B) relax

(C) rush

(D) chill out

Word building · verb ↔ noun

Complete the pair (the action and the noun for it).

1. commute → the daily trip: ____

2. relax → the state: ____

3. wake → the moment: ____

4. sleep → the noun: ____



Grammar · Present perfect with for / since

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1. Present perfect for ongoing states — Use it for things that started in the past and are STILL true. • I have lived here for 5 years. (and I still do) • She has worked at that company since 2019. • We haven't seen each other for ages.

2. For vs since — FOR + a period of time. SINCE + a starting point. • for 3 hours / 2 weeks / a long time / ages • since Monday / 2020 / I was 10 / this morning

3. Compare with past simple — PAST SIMPLE = finished. PRESENT PERFECT = still true now. • I lived in Paris for 3 years. (I don't live there now.) • I've lived in Paris for 3 years. (I still live there.)

Exercise A — for or since?

Complete each gap with 'for' or 'since'.

1. I've had this phone ____ two years.

2. She's known him ____ they were children.

3. We haven't been on holiday ____ ages.

4. I've been at this desk ____ 8 a.m.

5. They've lived in Lisbon ____ 2018.

6. I haven't eaten anything ____ six hours.

Exercise B — Choose the correct form

Past simple or present perfect?

1. I ____ (live) in this flat for 4 years — I love it here.

2. She ____ (work) in Paris from 2014 to 2018.

3. We ____ (not / see) each other since June.

4. He ____ (start) that job last month.

5. How long ____ (you / know) her?

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**Exercise C — Rewrite with the same meaning**

Rewrite each sentence using present perfect + for or since.

1. I started this job in 2022. →

2. We moved to this street 6 months ago and we still live here. →

3. She got the dog last Christmas — she still has it. →

4. I last saw him in March. →

Exercise D — Find and fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. I know her since 5 years.

2. We are living here since 2020.

3. He has worked there for I was a child.

4. I haven't eaten since 6 hours.

Exercise E — Answer about you

Answer with a full sentence using present perfect + for or since.

1. How long have you lived in your current home?

2. How long have you known your best friend?

3. How long have you been studying English?

Exercise F — Complete the mini-dialogue

Complete the answer.

1. — How long have you had that jacket? — I ____ (have) it ____ my birthday.

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2. — When did you last go to the cinema? — I ____ (not / go) ____ March.

Listening · Two flatmates comparing morning routines

Two flatmates chat in the kitchen at 7 a.m. One is clearly a morning type, one is clearly not.

pre

Are you nice to talk to before 8 a.m.? Be honest.

What is the FIRST thing you do after waking up?

gist

1. Who is the morning type — Voice A or Voice B?

2. How long has Voice B lived in the flat?

3. Do they agree to change anything?

detail

1. What time did Voice A get up?

2. What did Voice B do until 1 a.m.?

3. What is Voice A's morning rule?

Third listen — read between the lines

Answer from what is IMPLIED.

1. Do the flatmates get on well? How do you know?

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2. Is Voice B trying to change? How do you know?

Useful language from the audio

Match each phrase to what it does in the conversation.

"I've been up since 5:30." — gives duration with present perfect + since

"How long have you lived here?" — asks about a state that started in the past and is still true

"I'm not a morning person." — self-labels a chronotype

"For the last month I've been trying to..." — describes a recent change in habits

"Let me leave the coffee ready." — offers a small kindness

Voice A: Morning! I've been up since 5:30 — already been for a 6K run. You look like you've seen a ghost.

Voice B: I've been alive for approximately eleven minutes. Please talk more slowly.

Voice A: Late night?

Voice B: I was finishing a report until 1, then one episode of that series and... suddenly 2 a.m. For the last month I've been trying to go to bed earlier. It's not going well.

Voice A: How long have you been in this flat now? Six months?

Voice B: Since November. Nearly seven. And I've hated every single 7 a.m. of it.

Voice A: You know my rule — no phone for the first hour. Try it for a week.

Voice B: I'll try if you leave the coffee ready. My brain doesn't do 'choices' before caffeine.

Voice A: Deal. Coffee at 6:55, no phone until 7:55. Deal?

Voice B: Deal. But if you sing again, we are no longer friends.

Fourth listen — fill the gaps

Listen again and complete the exact phrases.

1. I've been ____ 5:30.

2. How long ____ in this flat now?

3. ____ last month I've been trying to go to bed earlier.

4. No phone ____ the first hour.

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Speaking · Compare your routines

In pairs, compare your typical Tuesday. Use present simple for the routine AND present perfect + for/since to say how long each habit has been part of your life. Ask 3 real follow-up questions.

Scene: Two coworkers in the lift on Monday morning

A: You: happy morning type, gym at 6.

B: You: barely awake, need coffee before talking.

Scene: Two parents at the school gate

A: You: you drive the kids and then work from home.

B: You: you walk the kids and then take the metro to the office.

Scene: Two students in the library

A: You: study early in the morning.

B: You: study late at night, until 1 or 2 a.m.

Discussion · daily life

Choose 2 questions and speak for 30–45 seconds each. Then swap.

What is one habit you've had for MORE than 5 years?

What is one habit you've had for LESS than a month?

Is there something you've been trying to change lately? How is it going?

If you could keep only ONE morning habit, which one would it be?

Role-play · New flatmate briefing

Read your role card, prepare for 30 seconds, then run the conversation for 2 minutes.

Scene: A new flatmate is moving in tomorrow

A: You: current flatmate. Explain the 'rules of the house': quiet hours, kitchen days, coffee etiquette. Use for/since where possible.

B: You: new flatmate. Ask 3 friendly questions about the routine and share ONE of your own habits.

Mini-presentation · 60-second 'A day in my life'

Prepare and deliver a 60-second summary of your typical day. Follow the 4-beat structure.

Beat 1 (10s) — Morning: what time you get up and your first ritual.

Beat 2 (15s) — Work/study block: your 'best two hours' and why.

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Beat 3 (20s) — Evening: how you unwind AND what you've been doing lately in the evenings.

Beat 4 (15s) — One habit you've had for years — and one you're trying to build now.

sample: I get up at 6:45 — I've done that for about six years now, and I still don't love it. My best two hours are 7 to 9 a.m. — I write with my headphones on and my phone in the other room. In the evenings I've been reading more since January; I finished four novels in three months, which for me is a lot. One habit I've had forever is Sunday lunch with my parents. One habit I'm trying to build now is a proper 15-minute walk after dinner — I've kept it for two weeks so far.

Writing · 'A week in my life' post

Write 70–100 words about your current week for a personal blog. Include at least ONE present perfect + for/since sentence and TWO adverbs of frequency.

bonus: Bonus — Bio line (max 25 words). Include one 'I've + past participle + for/since' phrase that captures who you are right now.

Wrap-up · What did we cover?

Present perfect + for/since = a state that started in the past and is STILL true.

FOR + period, SINCE + starting point.

Past simple is for finished periods; present perfect is for periods that continue.

Everyone has a chronotype — work WITH it, not against it.

Quiz

- Choose the correct sentence.
(A) I know her since 5 years.
(B) I have known her for 5 years.
(C) I am knowing her for 5 years.
- "We ____ in this flat ____ 2020."
(A) live / for
(B) have lived / since
(C) have lived / for
- Which one is a period of TIME (goes with 'for')?
(A) Monday
(B) I was 10
(C) 3 hours
- 'Hardly ever' means...
(A) always
(B) almost never
(C) sometimes

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5. Choose the correct question.

- (A) How long you live here?
- (B) How long do you live here?
- (C) How long have you lived here?

Ask the teacher — notes to bring to class



Workbook — home practice



1. Vocabulary recall

Complete each sentence with the best word.

1. Write ONE new word from the lesson and its meaning in your own words.

2. Write ONE collocation from the lesson and use it in a sentence about your life.

3. Write ONE phrase you'd use in real conversation this week.

2. Grammar practice · Present perfect + for/since

Rewrite each sentence using the target grammar of this lesson.

1. Sentence 1 → rewrite it correctly with the target grammar.

2. Sentence 2 → rewrite it correctly with the target grammar.

Ask the teacher — notes to bring to class



3. Sentence 3 → find and fix ONE mistake.

4. Sentence 4 → complete the gap with the correct form.

5. Sentence 5 → write your own example, true about you.

3. Reading recall

Look back at the class-book reading. Answer briefly in your own words.

1. What was the main idea in ONE sentence?

2. What is ONE opinion of the writer you agree with?

3. What is ONE opinion you disagree with, and why?

4. Listening · a follow-up dialogue

Two voices talk about everyday life for about a minute. Notice the target grammar in use.

1. What is the main topic of the conversation?

2. Who sounds more confident and why?

3. Which target-grammar phrase appears TWICE in the audio?

Voice A: So — tell me about your everyday life this week. Anything different?

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Voice B: Honestly, yes. I've been trying something new — and it's changed how I feel completely.

Voice A: Give me one specific example — I want the small detail, not the big story.

Voice B: OK: I stopped checking my phone before bed. Just that. And I already sleep better.

5. Writing · a short reflection

Write 70–100 words about the theme of this lesson. Use at least 2 examples of the target grammar and 3 words from the vocabulary list.

6. Reflection

Look back at your notes from class. Answer briefly.

1. What is ONE thing from this lesson you already use naturally?

2. What is ONE thing you'd like to practise more this week? How exactly?

Ask the teacher — notes to bring to class



Answer key — Class Book

Lead-in · Sleep myths — myth or fact?

1. Myth — most adults need 7–9 hours, and the exact number varies from person to person.
2. Myth — extra weekend sleep helps a little, but it does NOT fully repair a week of short nights.
3. Fact — screens in the last hour before bed can push melatonin release later by 30–60 minutes.
4. Fact — short naps boost alertness without leaving you groggy, if you keep them under 25 minutes.
5. Myth — for most people, a paper book before bed HELPS you fall asleep more quickly.

Reading · The 6 a.m. club, and why most people quit

1. (A) For 5 years
2. (B) 40%
3. (B) Find your best two hours and protect them
1. (B) False
2. (A) True
3. (C) Not Given
4. (B) False
1. Model: I'm an evening type — my best ideas come after 9 p.m. and I write emails much faster at night.
2. Model: mine are 8–10 a.m. — no meetings, no chat apps, just deep writing.
1. internal clock / chronotype
2. quit
3. sharpest

Vocabulary · Routines & frequency

1. have a lie-in
2. very rarely
3. unwind
4. commute
5. for quite some time
6. on occasion
1. (D) very rarely
2. (C) nap
3. (C) rush
1. commute (also 'a commute')
2. relaxation
3. wake-up / awakening
4. sleep (a sleep, or 'a sleeper')

Grammar · Present perfect with for / since

1. for
2. since
3. for
4. since
5. since
6. for
1. have lived / 've lived
2. worked
3. haven't seen
4. started
5. have you known
1. I have worked / I've worked in this job since 2022.
2. We have lived / We've lived on this street for 6 months.
3. She has had / She's had the dog since last Christmas.
4. I haven't seen him since March.
1. I have known her for 5 years.
2. We have lived / We've lived here since 2020.

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3. He has worked there since I was a child.
4. I haven't eaten for 6 hours.
1. Model: I've lived here for two years.
2. Model: I've known her since we were seven.
3. Model: I've been studying English for about eight years.
1. have had / 've had ... since
2. haven't been / gone ... since

Listening · Two flatmates comparing morning routines

1. Voice A — she's been awake since 5:30 and has already been for a run.
2. For about six months.
3. Yes — Voice A agrees to leave the coffee ready so Voice B doesn't have to think in the morning.
1. 5:30 a.m. — she says she's already been for a 6 km run.
2. She was finishing a report for work and then watched one episode of a series.
3. No phone for the first hour.
1. Yes — the tone is teasing but warm, and they make a small kind agreement (leaving the coffee ready).
2. A little — she says 'this month I've been trying to go to bed earlier', which shows intent.
1. up since
2. have you been
3. For the
4. for

Quiz

1. (B) I have known her for 5 years.
2. (B) have lived / since
3. (C) 3 hours
4. (B) almost never
5. (C) How long have you lived here?

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Answer key — Workbook

1. Vocabulary recall

1. Open answer — check with your teacher.
2. Open answer.
3. Open answer.

2. Grammar practice · Present perfect + for/since

1. Model answer — see class notes.
2. Model answer — see class notes.
3. Model answer — see class notes.
4. Model answer — see class notes.
5. Open answer.

3. Reading recall

1. Open answer — around 15 words.
2. Open answer.
3. Open answer — 2 sentences.

4. Listening · a follow-up dialogue

1. Model: both speakers compare their own experience of everyday life.
2. Open answer — look for specific detail and full sentences.
3. Open answer — see transcript.

6. Reflection

1. Open answer.
2. Open answer — be specific: what, when, how often.

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