Morning routines

Phil Wade, Freelance English teacher, France

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The habits and lifestyles of CEOs and entrepreneurs like Mark Zuckerberg are common topics in the Business Press. We all seem to be interested in what makes them tick and what their secret to success is. A common area of focus is their morning routine. From teaching managers and executives in groups and 1-2-1s, it is surprising how important most of them see this pre-work period of the day. Even students learning about Business often value this time.

Below are small activities you can use in your next BE class as warmers or just short stand-alones. They are great ways to practise times, durations and actions with low levels and ordering, linkers and more demanding 'if' structures with higher levels.

1) Ask students to present their morning routine on a time line using the board or paper with exact times and durations.

2) Put students into small groups and ask them to ask each other questions about what they do, why and why it takes so long. This could be done as a whole class ‘find someone who’ activity.

3) Ask students to explain how their routine and individual activities are beneficial.

4) Give students challenges and situations like:
   - Cut 5 minutes from your routine.
   - You are moving further away from your job so cut as much time as you can from your morning routine.
   - You have kids and have to get up early to take your partner to work.
   - You start working from home.
   - Your boss starts a pre-work breakfast initiative.
   - Your colleagues invite you to go running before work.
   - You start working late and so have less morning time.

5) Ask them what they would do if they got another part-time job or if their boss started flexible hours.

6) Ask them how their routine will change when they retire.
7) Ask them to make a pre-work schedule for you, their staff or their team.
8) Look up famous business people online, and compare and contrast their routines.
9) Move onto daily routines and discuss what a CEO should do in the morning, day and evening.
10) Plan a wellness program for a company and schedule the best times for health activities and meetings.

These are some of the many interesting articles on this subject. The second one deals with evening routines. You could give them for class reading, homework reading, cut them up and have groups discuss one each and then come together or try to add more to the examples.

http://www.lifehack.org/articles/productivity/10-morning-habits-highly-successful-people-that-make-them-extraordinary.html

http://www.lifehack.org/articles/productivity/6-habits-highly-successful-people-before-bedtime.html

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Phil Wade teaches English at university and in companies. He is interested in developing tailored and blended courses that meet the specific needs of students and maintain motivation. Phil is the author of the ten e-book “A 10/minute Intro to Business English” Teaching series and is now working on a new Business English activity book.