

First, pay attention to this flashcards that can help you talk about your *Daily Routine*:

*(Primeiro, preste atenção nesse vocabulário que pode te ajudar a falar sobre sua rotina)*



clean the house



study



exercise



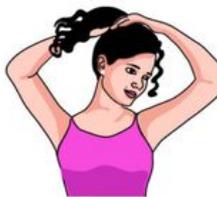
take out the trash



do the dishes



take a shower



do your hair



shave



put on makeup



play an instrument

You can use others verbs too...

*(você pode utilizar outros verbos também...)*



draw



drink



eat



fall



give



go



hear



help

Now It's your turn...



Use this Planner to organize your quarantine routine!!!

*(use esse Planner para organizar sua rotina na quarentena)*

Always keep in mind:

*(Tenha sempre em mente)*

What do you NEED to do and What do you WANT to do?

*(O que você precisa fazer e o que você quer fazer?)*

- - - WEEKLY PLAN - - - -

SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES: