

## Unit 2 – Just another average day

### Your daily routine

to do sports	I've been doing sports since I was really small.	Sport treiben, Sport machen
to go to the gym	Every Thursday my brother and I go to the gym.	ins Fitnessstudio gehen
to brush one's teeth	Do you brush your teeth before or after breakfast?	sich die Zähne putzen
to wash one's face	My mother says I should never go to bed without washing my face.	sich das Gesicht waschen
to have a shower / a hot bath	I have a shower / a hot bath every night.	sich duschen / ein heißes Bad nehmen
to comb one's hair	It takes Monika at least twenty minutes to comb her hair.	sich die Haare kämmen, sich die Haare bürsten
to style one's hair	She doesn't like to style her hair every day.	sich die Haare stylen, sich die Haare machen
to get dressed	He sometimes gets dressed in a hurry before he leaves the house in the morning.	sich anziehen
to put on some make-up	It is part of Nara's morning routine to put on some make-up.	sich schminken
to make the bed	He never makes the bed.	das Bett machen
to have breakfast / lunch / dinner	It's wonderful when I can have breakfast / lunch / dinner with my family.	frühstücken / zu Mittag essen / zu Abend essen
to prepare breakfast / lunch / dinner	During the school holidays I prepared breakfast / lunch / dinner with my grandmother on Sundays.	Frühstück / Mittagessen / Abendessen zubereiten
to watch TV / <i>Netflix</i>	Before she falls asleep, she likes to watch TV / <i>Netflix</i> .	fernsehen / <i>Netflix</i> schauen
to play video games	All of Scott's friends play video games with him every Saturday.	Videospiele spielen
to check one's social media account(s)	Sophie checks her social media accounts way too often, especially her <i>Instagram</i> .	den/die Social-Media-Account/s anschauen
to meet with friends	Igor meets with his friends every Saturday.	sich mit Freunden/Freundinnen treffen
to study for an exam	I still have to study for an exam when I get home tonight.	für eine Prüfung lernen
to do the homework	Nia usually does the homework in the evening.	die Hausaufgaben machen
to read the newspaper	Jeff only reads the newspaper on Sundays.	die Zeitung lesen
to listen to music	She likes to listen to music on her way to school.	Musik hören
to take a nap	Josua needs to take a nap every day when he comes home from school.	ein Nickerchen machen
to go for a walk	It's healthy to go for a walk after eating.	einen Spaziergang machen
to tidy up the mess in one's room	I need to tidy up the mess in my room; there are so many things lying around!	das Chaos beseitigen, aufräumen
to text one's best friend(s)	After I had received my grade, I texted my best friend Kelly right away to tell her how I had done.	dem besten Freund/der besten Freundin/den besten Freunden/Freundinnen (eine Nachricht) schreiben
to pack one's school bag	Phillip never packs his school bag until five minutes before he has to leave.	die Schultasche packen
to lay out the clothes for the day	You can sleep a bit longer if you lay out the clothes for the day before you go to sleep.	die Kleidung für den Tag herauslegen, das Outfit für den Tag herrichten

<b>Are you a morning person?</b>		
to wake up at around ...	Julian wakes up at around 7 am every day.	um ca. ... aufwachen
to sleep in	Hannah's favourite part of the weekend is when she sleeps in until 1 pm.	verschlafen, länger schlafen
to do a quick stretch in the morning	Mona does a quick stretch in the morning before she takes her dog for a walk.	morgens eine kurze Dehnungsübung machen
to catch up on social media	Jackie catches up on social media while eating breakfast.	sich in den sozialen Medien auf den neuesten Stand bringen
to get up in the morning	John gets up in the morning when his alarm goes off.	morgens aufstehen
to go to bed early / late	Ammad goes to bed late almost every night.	früh / spät ins Bett gehen / schlafen gehen
to make one's way to school	After getting up, Uwe eats breakfast and makes his way to school.	sich auf den Weg in die Schule machen
to (not) be a morning person	Cassandra is not a morning person; she doesn't talk to anyone until she's had her coffee.	ein (kein) Morgenmensch sein
<b>The importance of having a daily routine</b>		
to (not) follow a routine every day	Andrei follows a simple routine every day.	(k)einer täglichen Routine folgen
to list everything one has to get done	Brant lists everything he has to get done before the end of the week.	alles auflisten, was erledigt werden muss
to tick tasks off one's list	Zeb ticks tasks off his list when he feels he has done the best job that he can.	Aufgaben auf der Liste abhaken
to change one's schedule	Gloria changes her schedule so often, I can never remember what she has planned.	den Zeitplan ändern
to update one's schedule	You should always update your schedule so you do not forget anything.	den Zeitplan anpassen
to organise one's schedule	Macy always organises her schedule because she is a good student and wants to have enough time to prepare for tests.	den Zeitplan organisieren / strukturieren
to do some exercise / sports	J.T. decided that he was going to do some exercise / sports to help his mental health.	sich bewegen / Sport treiben
to stay in a good mood	Jacob stays in a good mood when he is able to hang out with his friends.	bei guter Laune / Stimmung bleiben
to feel more energised / organised	Tom feels more energised / organised when he has a clear plan for his day.	sich voller Energie / besser organisiert fühlen
to have mental health benefits	Getting up early has mental health benefits, but only if you're getting enough sleep.	Vorteile für das geistige Wohlbefinden haben
to risk having restless nights	If you drink coffee right before you go to bed, you risk having restless nights.	unruhige Nächte riskieren, riskieren in den Nächten keine Ruhe zu finden
to reduce the use of electronic devices	Levi knows he should reduce the use of electronic devices during the day.	die Verwendung von Elektrogeräten reduzieren
to negatively influence one's sleep	At night, blue light from our phones negatively influences our sleep.	sich negativ auf den Schlaf auswirken
to be a good piece of advice to ... (+ infinitive)	As a rule, it's a good piece of advice to turn off all electronic devices before you even think about getting into bed.	gut beraten sein, zu ...
<b>Basic math symbols</b>		
plus / and	Ten plus two is twelve.	und, plus
minus	Seven minus zero is seven.	weniger, minus
multiplied by	Two multiplied by three is equal to six.	mal, multipliziert mit

divided by	Eight divided by four is two.	dividiert durch
less than	Three is less than ten.	kleiner als
greater than	One hundred is greater than twenty.	größer als
open round bracket / closed round bracket	Open round bracket nine minus four closed round bracket multiplied by 2 equals ten.	geöffnete runde Klammer / geschlossene runde Klammer
square root of	The square root of four is two.	Quadratwurzel von
squared	Five squared equals twentyx-five.	zum Quadrat
to not be equal to	A dozen is not equal to thirteen.	nicht gleich sein
to be equal to / to equal	The equation is equal to / equals eighty-eight.	gleich sein
approximately equal to	Half of fifteen is approximately equal to almost eight.	ungefähr gleich