

# ENGLISH WAVE

Workbook

# 4



AI Fluency  
Practice

 e future

# ENGLISH WAVE 4

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# ENGLISH WAVE

# 4

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# Daily Routines



# Unit 1 Intro I'm brushing my hair!

**A** Look at the pictures. Complete the dialogs.



A What are you doing?  
B I'm \_\_\_\_\_.



A What are you doing?  
B I'm \_\_\_\_\_.



A What are you doing?  
B I'm \_\_\_\_\_.



A What are you doing?  
B I'm \_\_\_\_\_.



A What are you doing?  
B I'm \_\_\_\_\_.



A What are you doing?  
B I'm \_\_\_\_\_.

**B** Complete the dialogs using the pictures.



A How is school going?  
B Oh, everything is good.  
Every day I \_\_\_\_\_ with friends.



A How is school going?  
B It's always the same routine.  
I \_\_\_\_\_.



A Are you doing anything interesting at school?  
B Yes, I \_\_\_\_\_ every day.



A Are you doing anything interesting at school?  
B No, not really. Every day I \_\_\_\_\_.

**C** Answer the questions about yourself.

- 1 Do you usually wake up early? \_\_\_\_\_
- 2 Do you usually have breakfast? \_\_\_\_\_
- 3 Do you usually pack your bag in the morning? \_\_\_\_\_
- 4 Do you usually leave for school early? \_\_\_\_\_
- 5 Do you have lunch with friends? \_\_\_\_\_
- 6 Do you go to any club meetings at school? \_\_\_\_\_

# Lesson 1A I usually have dinner at that time.

**A** Look at the pictures and complete the sentences. What do they do in the evening and at night?



- 1 He \_\_\_\_\_.
- 2 He \_\_\_\_\_.
- 3 He \_\_\_\_\_.
- 4 They \_\_\_\_\_.
- 5 They \_\_\_\_\_.
- 6 He \_\_\_\_\_.
- 7 She \_\_\_\_\_.
- 8 She \_\_\_\_\_.

**B** Answer the questions about yourself.

- 1 Do you do your homework in the evening? \_\_\_\_\_
- 2 Do you watch TV in the evening? \_\_\_\_\_
- 3 Do you play games on your phone at night? \_\_\_\_\_
- 4 Do you take a shower at night? \_\_\_\_\_
- 5 When do you do your homework? \_\_\_\_\_
- 6 What time do you set your alarm? \_\_\_\_\_

**C** Write one word in each blank to complete the sentences.

## A healthy sleep routine

Sleep is important 1 \_\_\_\_\_ our physical and mental health. 2 \_\_\_\_\_ we sleep well, we can think more clearly and remember information better. We also feel calmer.

Teenagers need 3 \_\_\_\_\_ least eight to ten hours of sleep a night, but many teens say they are getting less. 4 \_\_\_\_\_ this true for you? 5 \_\_\_\_\_ yes, do these things to develop healthier sleep habits:

- ▶ Wake 6 \_\_\_\_\_ and go to bed at the same time every day.
- ▶ Do your homework in the afternoon or early evening, 7 \_\_\_\_\_ before bed.
- ▶ An hour before bed, avoid watching TV 8 \_\_\_\_\_ playing games on your phone or laptop.

**A** Look at the pictures. Complete the dialogs using the correct form of the verbs in parentheses.

1



**A** What \_\_\_\_\_ they \_\_\_\_\_ now? (do)

**B** They \_\_\_\_\_ dinner. (have)

**A** What time \_\_\_\_\_ they usually \_\_\_\_\_ dinner? (have)

**B** They usually \_\_\_\_\_ dinner around 7. (have)

2



**A** \_\_\_\_\_ she \_\_\_\_\_ her alarm now? (set)

**B** Yes, she \_\_\_\_\_.

**A** When \_\_\_\_\_ she usually \_\_\_\_\_ her alarm? (set)

**B** She usually \_\_\_\_\_ her alarm before going to bed. (set)

3



**A** What \_\_\_\_\_ he \_\_\_\_\_ now? (do)

**B** He \_\_\_\_\_ his bag for school. (pack)

**A** \_\_\_\_\_ he usually \_\_\_\_\_ his bag in the morning? (pack)

**B** No, he \_\_\_\_\_. He always \_\_\_\_\_ his bag at night. (pack)

4



**A** \_\_\_\_\_ they \_\_\_\_\_ to class now? (go)

**B** No, they \_\_\_\_\_. They \_\_\_\_\_ to the club meeting. (go)

**A** How often \_\_\_\_\_ they \_\_\_\_\_ to the club meeting? (go)

**B** They \_\_\_\_\_ to the club meeting twice a week. (go)

**B** Complete the sentences in the simple present or present continuous. Use the verbs in the box.

cook    check    drink    get    go    play    talk    take    walk    watch

1 He \_\_\_\_\_ on the phone with his friend now.

2 She \_\_\_\_\_ her emails every morning.

3 It's 7:30, and I \_\_\_\_\_ ready for school now.

4 They usually \_\_\_\_\_ their dog in the evening.

5 My mom \_\_\_\_\_ dinner in the kitchen right now.

6 I \_\_\_\_\_ jogging every morning. It's my routine.

7 My dad \_\_\_\_\_ a cup of coffee every morning.

8 They \_\_\_\_\_ soccer at the park now.

9 My family sometimes \_\_\_\_\_ TV together after dinner.

10 We \_\_\_\_\_ the bus to school right now.



# Lesson 1B I'll do it on Sunday.

**A** Look at the pictures and complete the sentences. What will they do this weekend?



- 1 She will \_\_\_\_\_.
- 2 She will \_\_\_\_\_.
- 3 She will \_\_\_\_\_.
- 4 He will \_\_\_\_\_.
- 5 He will \_\_\_\_\_.
- 6 He will \_\_\_\_\_.
- 7 They will \_\_\_\_\_.
- 8 They will \_\_\_\_\_.

**B** Answer the questions about yourself. What are you going to do this weekend?

- 1 Are you going to do chores at home? \_\_\_\_\_
- 2 Are you going to get together with friends? \_\_\_\_\_
- 3 Are you going to spend time with your family? \_\_\_\_\_
- 4 Are you going to stay up late? \_\_\_\_\_
- 5 Are you going to study for a test? \_\_\_\_\_

**C** Complete the text. Use the phrases in the box.

around the house  
for a math test

be different  
late on Sunday night

exercise more  
some of my homework

feel less stressed  
watching videos

## A change of weekend routine

by Mario

In the past, I got up late on the weekend. I spent hours <sup>1</sup> \_\_\_\_\_ on my phone. I did my homework at the last minute, usually <sup>2</sup> \_\_\_\_\_. That was very stressful. On top of that, my parents were always angry because I wasn't doing my chores <sup>3</sup> \_\_\_\_\_.

Starting this weekend, my routine will <sup>4</sup> \_\_\_\_\_. I won't get up late anymore. I'll wake up around 7:30. I'll go to the gym and <sup>5</sup> \_\_\_\_\_. This Saturday, I'm going to do my chores and do <sup>6</sup> \_\_\_\_\_. On Sunday morning, I'm going to study <sup>7</sup> \_\_\_\_\_ and then finish my homework. If I do that, I'll have free time in the afternoon and <sup>8</sup> \_\_\_\_\_.

**A** Look at the weekend plans. Answer the questions in full sentences.

**Ella's weekend plans**

- ✓ do chores
- ✓ go to a concert
- ✓ play video games
- ✓ study for a test

**Ryan's weekend plans**

- ✓ do homework
- ✓ get together with friends
- ✓ go to the gym
- ✓ play video games

- 1 Who's going to study for a test? \_\_\_\_\_
- 2 Who's going to play video games? \_\_\_\_\_
- 3 Who's going to get together with friends? \_\_\_\_\_
- 4 Is Ella going to do chores at home? \_\_\_\_\_
- 5 Is Ryan going to go to a concert? \_\_\_\_\_
- 6 Are Ella and Ryan going to watch videos? \_\_\_\_\_

**B** Unscramble the words to make questions in the future.

- 1 Sunday / is / she / her friends / meeting / on / ?  
\_\_\_\_\_
- 2 will / the picnic / Saturday / they / to / come / this / ?  
\_\_\_\_\_
- 3 the / how / stay / will / beach / long / you / at / ?  
\_\_\_\_\_
- 4 when / coming / is / Uncle John / ?  
\_\_\_\_\_
- 5 visit / are / Sunday / you / going / to / your / this / grandparents / ?  
\_\_\_\_\_
- 6 do / what / to / is / weekend / going / she / this / ?  
\_\_\_\_\_

**C** Match the questions in **B** with the answers below. Write the numbers.

- a \_\_\_\_\_ We'll be there all day tomorrow.
- b \_\_\_\_\_ He's coming tonight.
- c \_\_\_\_\_ Yes, she is. She's meeting them for lunch.
- d \_\_\_\_\_ No, they won't. They'll go to the soccer game.
- e \_\_\_\_\_ She's going to work on her science project at home.
- f \_\_\_\_\_ No, I'm not. I'm going to visit them next Sunday.



# Lesson 1C I'm about to leave.

## A Unscramble the words to make sentences.

- 1 finish / I'd / project / like / tonight / to / my / . \_\_\_\_\_
- 2 to / early / I'm / planning / tomorrow / wake up / . \_\_\_\_\_
- 3 until / I / to / bedtime / music / to / intend / listen / . \_\_\_\_\_
- 4 I'm / school / leave / about / to / for / . \_\_\_\_\_
- 5 this / I / cousins / to / my / expect / visit / weekend / . \_\_\_\_\_
- 6 relax / dinner / to / I'm / hoping / before / . \_\_\_\_\_

## B Complete the dialogs. Write the numbers.

- 1
- ① It sounds like you're busy.
  - ② I'll text you.
  - ③ No, I'm about to walk into class.
  - ④ I intend to finish my science project.

- A Hi, are you on your lunch break?
- B \_\_\_\_\_ What's up?
- A What are you doing this weekend?
- B \_\_\_\_\_ It's due on Monday.
- A Oh, OK. \_\_\_\_\_
- B Yeah, but maybe we can hang out on Sunday. \_\_\_\_\_

- 2
- ① A group of us is going to Water World.
  - ② Hey, what are you doing tomorrow morning?
  - ③ I'll meet you after that.
  - ④ What time are you leaving?

- A \_\_\_\_\_
- B It's Saturday, so I have a guitar lesson at 9:30. Why?
- A \_\_\_\_\_ Can you come?
- B I'd like to go. \_\_\_\_\_
- A We're planning to leave at 11:00.
- B Perfect! My lesson finishes at 10:30. \_\_\_\_\_

- 3
- ① There's traffic.
  - ② I expect to be there by 2:30.
  - ③ OK, see you soon.
  - ④ Where are you?

- A Hi, I'm running late. Sorry!
- B \_\_\_\_\_ The game starts in 20 minutes.
- A \_\_\_\_\_ I'm hoping to be there soon.
- B How long will you be?
- A \_\_\_\_\_ Save me a seat.
- B \_\_\_\_\_

**C** Interview your friends and family. Write their answers.

- ① What do you usually do before breakfast?
- ② What do you usually do after dinner?

- ③ What do you usually do on the weekend?
- ④ What are you going to do this weekend?

1

**Name:**  
\_\_\_\_\_

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_

2

**Name:**  
\_\_\_\_\_

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_

3

**Name:**  
\_\_\_\_\_

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_

4

**Name:**  
\_\_\_\_\_

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_

**Word study** Collocations for daily activities

Complete the collocations using the words in the box.

- my alarm      a break      my chores      the dishes      dressed      a movie
- money      ready      time      the timer      TV      a walk

- 1 do \_\_\_\_\_ ; do \_\_\_\_\_
- 2 get \_\_\_\_\_ ; get \_\_\_\_\_
- 3 set \_\_\_\_\_ ; set \_\_\_\_\_
- 4 spend \_\_\_\_\_ ; spend \_\_\_\_\_
- 5 take \_\_\_\_\_ ; take \_\_\_\_\_
- 6 watch \_\_\_\_\_ ; watch \_\_\_\_\_

## Lesson 1D Weekend routines

A Complete the texts. Choose the correct sentence for each blank. Two sentences are not used.

### On the weekend



Elena

On Saturdays, I get up early because I have soccer practice from 9:00 to noon. **1** After practice, I go home, take a shower, and have lunch. Then I start my homework. At night, I sometimes stay up late watching videos on my phone.

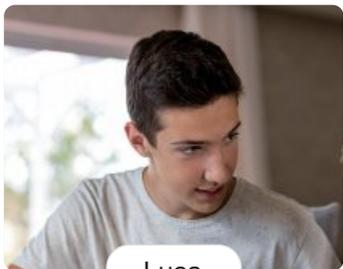
On Sundays, I get up around 10:00. After breakfast, I usually finish my homework. **2** I have two exams next week. Wish me luck!



Ming

These days, I'm taking a class on Saturdays to prepare for an important exam. **3** After class, I usually go to a cafe and relax a little. In the evening, I watch videos or text my friends.

On Sundays, I wake up early and have breakfast. Then I do my homework. **4** I love to draw, so that will be fun.



Luca

On Saturdays, I usually wake up early, have breakfast, and take our dog for a walk. At 10:00, I go to a neighbor's house. **5** In the afternoon, I usually play video games with my brother.

On Sundays, I get up around 9:00. After breakfast, I do my homework. On Sunday afternoons, my family usually does something together. **6** It's always nice to see them.

- A This weekend, we're planning to have lunch with my grandparents.
- B Our team is preparing for a big game next month.
- C This weekend, we're going to an escape room at the mall.
- D The class starts at 7:00, so I have to wake up early.
- E This Sunday, I'm also planning to work on an art project for school.
- F I'm tutoring their son in math to make some money.
- G I help my mom with house chores.
- H This weekend, I'm going to study a lot.



# AI Fluency Practice

Check out e-future's **AI Fluency Practice** at [www.eSmartClass.net](http://www.eSmartClass.net)!

## Speaking

**Step 1** Listen to the dialog.

**Step 2** Choose a character and record your lines.

## Reading

**Step 1** Listen to the audio and record the passage.

**Step 2** Record the passage while listening to the audio.

**Step 3** Record the passage without the audio and receive a fluency score.

## Report

View reports on your overall speaking and reading skills.

## Key Features

e-future's **AI Fluency Practice** at [www.eSmartClass.net](http://www.eSmartClass.net) offers special features designed to help students systematically build and strengthen their fluency:

- **Scaffolded speaking and reading practice** for gradual skill development
- **Self-paced learning** that keeps students motivated and engaged
- **Accurate, AI-generated feedback** on fluency and pronunciation
- **Multiple audio modes** with adjustable playback speeds
- **Trackable progress** for continuous improvement

# ENGLISH WAVE

*English Wave* is a dynamic six-level course that takes secondary students from beginner to upper-intermediate English. Through a communicative approach with real-world topics and engaging projects, students build the confidence to use English in class, on tests, and in everyday life. Designed with flexibility and clarity in mind, each unit develops students' essential language skills while encouraging critical thinking and collaboration. Whether in the classroom or online, *English Wave* supports teachers and motivates students every step of the way as they ride the wave to English fluency.



## Key Features

- **CEFR-Aligned Progression** from A1 to B2
- **Integrated 4-Skills Development** (Listening, Speaking, Reading, and Writing)
- **Engaging Activities and Projects** that develop the 4Cs (Critical Thinking, Creativity, Collaboration, and Communication)
- **CLIL-Based Content** to build academic knowledge
- **Interactive Digital Tools** for blended learning
- **Test Prep Sections** for widely recognized standardized English tests

## Components

- Student Book (1–6)
- Workbook (1–6)
- Teacher's Manual (1–6)
- AI Fluency Practice ([www.eSmartClass.net](http://www.eSmartClass.net))
- English Wave Online ([www.eSmartClass.net](http://www.eSmartClass.net))  
LCMS, presentation e-book
- Downloadable Resources ([www.efuture-elt.com](http://www.efuture-elt.com))  
MP3 files, answer keys, worksheets, tests, PPT files