

Wadd

We Speak English

Meeting - 1

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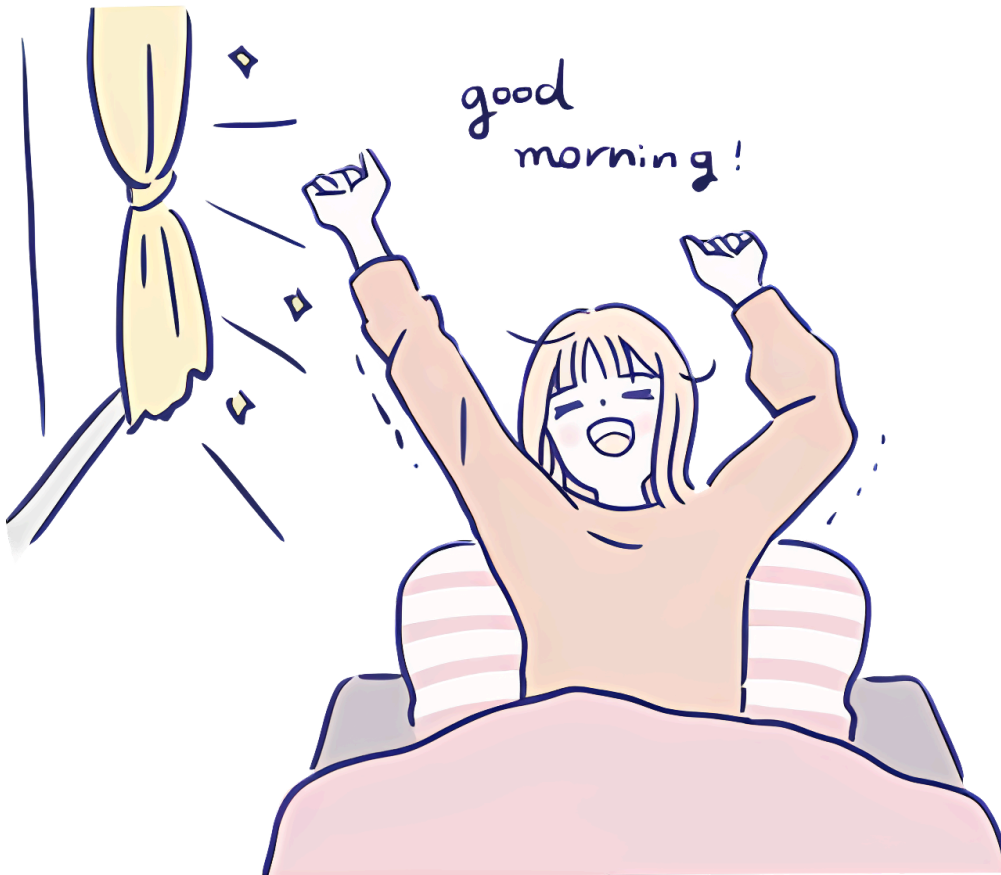
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Short Article: “A New Morning Routine”

Emma used to wake up late and rush to work every day. She felt tired, stressed, and often forgot important things. One day, she decided to change her routine.

Now, Emma wakes up at 6:00 a.m. every morning. She drinks a glass of water, stretches for 10 minutes, and writes down three things she is thankful for. Then, she eats a healthy breakfast and reads a book for 15 minutes before starting work.

Since starting this new routine, Emma feels more focused, happy, and productive. She says small habits made a big difference in her life.



Comprehension Questions (Multiple Choice)

1. Why did Emma feel tired and stressed before?
 - A) She worked too much at night
 - B) She woke up late and rushed
 - C) She didn't eat breakfast
2. What are three things Emma does after waking up now?
 - A) Drinks tea, runs, and checks her phone
 - B) Drinks water, stretches, and writes gratitude
 - C) Eats pizza, watches TV, and sleeps again
3. What did Emma change?
 - A) Her job
 - B) Her bedtime
 - C) Her morning routine

Fill in the Blanks

Use these words in the box to fill the blanks:

thankful	stressed	routine	productive	book
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1. Emma reads a ____ for 15 minutes every morning.
2. She felt ____ because she always rushed.
3. Her new morning ____ helps her focus.
4. Emma writes down things she is ____ for.
5. She feels more ____ during the day.

Discussion Questions

1. What time do you usually wake up?
2. Do you have a morning routine?
3. What would you change in your daily habits?
4. Do you think small habits can change your life? Why or why not?

Vocabulary to Review

Word	Meaning	Example
Routine	Regular way of doing things	I follow the same routine every day.
Productive	Doing a lot; working well	I had a productive day at work. I have performed many tasks this morning, I was so productive. I feel productive when I do sports in y day.
Thankful	Feeling or showing gratitude	I am thankful for my friends. I am thankful for my healthy food
Stressed	Feeling worried or nervous	Exams make me feel stressed. thoughts make me stressed Stress makes me not sleep will at night
Gratitude	The feeling of being thankful	She practices gratitude every morning.

Exercise

Is there anything that you're Stressed about right now or these days?

1. I have a research paper to write and I'm stressed about it.

Say three things that you're grateful about (Gratitude)

1. I'm grateful for having my friends.
2. I'm grateful that I live with my family.
3. I am grateful that I can run for more than one hour without stopping.

Notes

- Product → productive
- Benefit → Beneficial
- Expensive vs Precious
 - Expensive means something costs a lot of money.
 - Precious means deeply valued or loved, not just costly.