



Three Wise Kangaroos



Habits - vocabulary

Complete the sentences with expressions from the box.

- force of habit
- break
- nasty habit
- get into
- creature of habit



1. I'm sorry I locked the door, even though you told me not to. It was _____. Lucky you had a spare key.
2. I know it's school holidays, but going to bed past midnight is not a good habit to _____.
3. My grandpa is a _____. He hates the tiniest change to his daily routine.
4. I used to have a flatmate who had this _____ of leaving wet towels on the floor. It would drive me up the wall.
5. I know I shouldn't snack in between meals, but it's a very hard habit to _____.

How often we do things

1.	once every two weeks	a.	day in day out
2.	every day for a long period of time	b.	on a daily basis
3.	e.g. on Mon, Wed and Fri	c.	every other day
4.	from time to time	d.	once in a blue moon
5.	a few times every day	e.	occasionally
6.	every day	f.	several times a day
7.	very rarely	g.	once a fortnight

Over to you

How often do you

exercise	study English	have a sauna
check your mailbox	eat fruit	drink green tea
spend time on social media	go out	stay up late
have a sleep-in	have a digital detox	work weekends?

Do you believe you have a healthy daily routine?

What could you improve?