



Listen and read. Do the quiz.

Quiz!

Are you a morning or an afternoon person?

Some people love the mornings. They always wake up feeling happy and full of energy. Other people prefer the afternoons. They feel happier then.

What about you? Are you a morning person or an afternoon person? Do the quiz and add up your points!

- 1 Do you **get out of bed quickly** in the mornings?
- 2 Do you **make your bed** when you get up?
- 3 Do you feel very happy and **energetic** in the mornings?
- 4 Do you eat a lot of food for breakfast?
- 5 Do you help to **make breakfast** for your family?
- 6 Do you **tidy your bedroom** before you go to school?
- 7 Do you talk to your friends at school before your classes start?
- 8 Do you **smile, laugh** or sing in the mornings?

ANSWERS

always	(5 points)
usually	(4 points)
often	(3 points)
sometimes	(2 points)
never	(1 point)

YOUR SCORE

8-16 points: You aren't a morning person at all. You **definitely** prefer the afternoons!

25-32 points: You're **quite** a happy person in the morning. That's when you should do your **favourite** things.

17-24 points: You're OK in the mornings, but the afternoons are the best time of the day for you.

33-40 points: Wow! You're a **super morning person**! You love the mornings!

Listen to Emma. Read and answer *True or False*.

- 1 Emma likes getting out of bed in the mornings.
- 2 Emma always makes her bed when she wakes up.
- 3 Emma never eats a lot of food for breakfast.
- 4 Emma often helps her mum make dinner.
- 5 Emma usually tidies her bedroom before school.
- 6 Emma doesn't talk very much in the morning.



Compare your quiz answers with a partner.

I usually get out of bed quickly in the mornings.

I never get out of bed quickly.
I'm slow in the mornings!

HOME-SCHOOL LINK

Tell your family what you usually do at school.

PARENT