

Materials:

- Spanish-English Dictionary (or online equivalent like wordreference.com)
- Notebook
- Pen or Pencil
- Optional: Flashcards (digital or physical) for vocabulary

Introduction: ¡Hola! Let's Talk About Your Day!

Today, we're going to learn how to talk about something you do every single day: your daily routine! In Spanish, we call this "la rutina diaria." Knowing how to describe your day is super useful for conversations. We'll learn new verbs, especially special ones called reflexive verbs!

Vocabulary: Verbos de la Rutina

Many verbs used for daily routines are "reflexive." This means the action is something you do to yourself (like waking *yourself* up). In Spanish, these verbs end in "-se" in their infinitive form and use special pronouns (me, te, se, nos, os, se) before the conjugated verb.

- **Despertarse (ie)** - To wake oneself up
- **Levantarse** - To get oneself up
- **Ducharse** - To shower oneself
- **Bañarse** - To bathe oneself
- **Lavarse** (los dientes, las manos, la cara) - To wash oneself (one's teeth, hands, face)
- **Cepillarse** (los dientes, el pelo) - To brush oneself (one's teeth, hair)
- **Peinarse** - To comb one's hair
- **Vestirse (i)** - To dress oneself
- **Ponerse** (la ropa) - To put on (clothing)
- **Desayunar** - To eat breakfast (Note: Not reflexive!)
- **Almorzar (ue)** - To eat lunch (Note: Not reflexive!)
- **Cenar** - To eat dinner (Note: Not reflexive!)
- **Ir a...** - To go to... (la escuela, el trabajo) (Note: Not reflexive!)
- **Hacer la tarea** - To do homework (Note: Not reflexive!)
- **Acostarse (ue)** - To go to bed / lie oneself down
- **Dormirse (ue)** - To fall asleep

Grammar Focus: Reflexive Verbs (Present Tense)

To use reflexive verbs, you need two parts: the reflexive pronoun and the conjugated verb.

1. Choose the correct pronoun based on the subject:
 - Yo -> **me**
 - Tú -> **te**
 - Él/Ella/Usted -> **se**
 - Nosotros/Nosotras -> **nos**
 - Vosotros/Vosotras -> **os**
 - Ellos/Ellas/Ustedes -> **se**
2. Conjugate the verb like normal, but remember to remove the "-se" ending first!

Example: **Levantarse** (To get up)

- Yo **me levanto** (I get up)

- Tú **te levantas** (You get up)
- Él/Ella/Usted **se levanta** (He/She/You formal get up)
- Nosotros **nos levantamos** (We get up)
- Vosotros **os levantáis** (You all informal get up)
- Ellos/Ellas/Ustedes **se levantan** (They/You all formal get up)

Notice the pronoun goes BEFORE the conjugated verb.

Activity 1: ¡Mi Día Típico!

Let's practice! Try to describe your own typical school day routine using the vocabulary and reflexive verbs we learned. Write at least 5 sentences in your notebook. Start with when you wake up and end with when you go to bed.

Example: *Primero, yo me despierto a las siete. Luego, me levanto y me ducho. Después, yo desayuno...*

Activity 2: ¿Qué Haces Tú? (What do you do?)

Imagine you are asking a friend about their routine. Write down 3 questions using reflexive verbs. Then, write a possible answer for each question.

Example Question: *¿A qué hora te acuestas normalmente?* (What time do you normally go to bed?)

Example Answer: *Normalmente, me acuesto a las diez de la noche.* (Normally, I go to bed at 10 PM.)

Wrap-up:

¡Excelente trabajo! Today you learned how to talk about daily routines using new vocabulary and reflexive verbs. Keep practicing these verbs, especially remembering the reflexive pronouns (me, te, se, nos, os, se). Try describing your routine out loud!