

# ESL Conversation Club: Routines

## Warm-up:

Good morning, good morning, good afternoon.  
Good evening, good evening, good night, good night.  
Nice to meet you. Nice to meet you, too.  
Good bye, Good bye, see you.

## Warm-up:

You know New York, you need New York,  
you know you need unique New York.

## Conversation Questions in Groups of 2 People:

- How important is it to form habits in your life?
- Do you have any good habits. Any bad habits?
- What habit are you most proud of?
- What is a good habit you would like to form?
- What daily habits have helped you learn English more effectively? Maybe watching movies or using flashcards?
- Tell us about your morning routine! What small habits set the tone for your day?
- How do you prepare for sleep? What sort of habits do you do before you go to sleep?
- Have you ever struggled to break a bad habit? Share your experiences and the strategies that helped you overcome them.
- Do you have any cultural habits that bring you comfort or connection? to your community?

- Does any unexpected habit ignite your creativity? Maybe singing while you work or doodling during meetings?
- Have you discovered any interesting habits common in your new home country?
- If you could trade one of your habits with someone else, what would it be? Why?
- Imagine you could create a new habit that guarantees instant happiness. What would it be?
- Has a personal challenge ever led you to develop a new, positive habit? Tell us about your journey and how it transformed you.
- Do you have any shared habits with your family or friends? Maybe a weekly game night or a weekend cooking ritual?
- Who inspires you with their healthy or productive habits?
- How do you use technology to support your good habits?
- What small habit would you like to start or refine in the coming year?



# Vocabulary to Practice

- habits: (noun, plural) Things you do regularly, often without thinking, like brushing your teeth or waking up at the same time every day.
- effectively: (adverb) In a way that works well and gets the desired result.
- flashcards: (noun, plural) Small cards with a word or picture on one side and the meaning on the other, used to help you learn things like new vocabulary.
- routine: (noun) A regular series of actions you do every day or in a particular order, like your morning or bedtime routine.
- set the tone: (verb phrase) To create a certain feeling or atmosphere for the rest of something, like a happy morning sets the tone for a good day.
- break a bad habit: (verb phrase) To stop doing something you know is not good for you, like smoking or staying up too late.
- overcome: (verb) To succeed in dealing with and defeating a difficulty or obstacle.
- cultural habits: (noun phrase) Ways of doing things that are common in a particular culture, like eating specific foods or celebrating certain holidays.
- ignite: (verb) To start something strong and active, like a good habit can ignite your creativity.
- creativity: (noun) The ability to use your imagination to come up with new ideas or things.
- guarantees: (verb) Promises something will definitely happen, but in this case, we're talking about feeling happy as a possible outcome, not a certainty.
- instant happiness: (adjective phrase) Feeling happy right away, like a sudden burst of joy.
- personal challenge: (noun phrase) Something difficult you set for yourself to achieve, like learning a new skill or overcoming a fear.
- productive: (adjective) Helping you achieve your goals or make good use of your time.
- technology: (noun) Gadgets and devices that use computers and electronics, like phones, computers, and apps.
- refine: (verb) To make something better by getting rid of any problems or weaknesses.

