



Lifestyle and Daily Routines

Essay: busy daily routines

1. Lead-in discussion

Talk with a partner before you write.

1. Why do some teenagers have very busy routines?
2. Can a full schedule be useful?
3. What problems can happen when there is too little free time?

Exercise 6 at a glance

Write an essay, often for a teacher.
Present an argument or point of view.
Support ideas with reasons and examples.
Use a formal or neutral register.

2. Exam-style task

Your class has recently discussed whether teenagers today have too many activities in their daily routines. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'Clubs and hobbies help students develop skills.'

'Some teenagers hardly have time to rest.'

'A busy routine can teach discipline.'

'Too much pressure can affect sleep.'

Now write an essay for your teacher.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

3. Model essay

Many teenagers have full daily routines, including school, homework, clubs, family duties and online communication. Some people see this as positive because young people are developing skills. However, a routine can become unhealthy if there is no time to rest.

One argument in favour of busy routines is that activities can teach discipline and confidence. For example, sport, music or volunteering can help teenagers manage time and learn responsibility. These experiences may also be useful later in life.

On the other hand, too many commitments can create pressure. If teenagers move from one activity to another without a break, they may sleep less, feel stressed or lose interest in learning. It can also leave little time for family conversations or quiet hobbies. Free time is not wasted time; it can help people recover.

In my view, teenagers should have active routines, but not overloaded ones. Overall, a good routine should include study, hobbies and enough rest to protect wellbeing.

4. Explore the model: structure, argument and register

Work with the model essay. Underline, label or make short notes.

Focus	What to find	Done?
Essay structure	Find the introduction, argument for, argument against and conclusion.	
Content point 1	Where does the writer explain benefits of activities?	
Content point 2	Where does the writer explain problems with pressure?	
Own view	Where does the writer give a clear personal view in a formal or neutral way?	
Audience and register	Find two places where the essay sounds formal or neutral rather than chatty.	
Development	Find one reason, example or effect that improves the argument.	

5. Language from the task prompts

The task prompts can guide your grammar and content choices. Notice which language each prompt naturally needs.

Prompt	Useful language	Why it fits	Example from the model
benefits of activities	development language	You are explaining how activities may help teenagers grow.	One argument in favour of busy routines is that activities can teach discipline and confidence / For example,...
problems with pressure	contrast + wellbeing language	You are showing the negative effect of too much pressure.	If teenagers move from one activity to another without a break, they may sleep... / As a result,...
your own view	qualified conclusion language	You are giving a view that supports balance rather than extremes.	In my view, teenagers should have active routines, but not overloaded ones / Overall,...

6. Build a clear essay

Notice how essay phrases help you organise arguments and make your viewpoint clear.

Job	Useful essay phrases
introduce the issue	This question is not simple. / Many people believe that... / It is important to consider both sides.
present one side	One argument in favour of... is that... / For example,... / This can help...
present the other side	On the other hand,... / However,... / This may cause...
show result	As a result,... / Therefore,... / This means that...
state your view	In my view,... / I believe that... / Overall,...
conclude clearly	The best solution is... / A balanced approach would... / ...without creating unnecessary problems

7. Vocabulary and useful essay phrases

Use chunks that sound natural for this task. You can also upgrade your writing with precise, formal or neutral phrases.

Purpose	Useful chunks / language	Add your own
describe routines	daily routines / homework / clubs / family duties / free time	
describe benefits	develop skills / teach discipline / manage time / responsibility	
describe concerns	too many commitments / pressure / sleep less / feel stressed	
sound essay-like	However... / On the other hand... / Overall...	
upgrade ideas	unhealthy / recover / active routines / overloaded	

8. Plan your own essay

Use the same task, or change the details to another school-life issue.

Section	My idea	Useful language
introduction / issue		This question is not simple. / Many people believe...
argument for		One argument in favour of... / For example...
argument against		On the other hand... / This can lead to...
my view		In my view... / I believe that...
conclusion		Overall... / The best solution is...

9. Write your own essay

Write a formal or neutral essay for the task. Discuss both sides, develop your ideas and make your view clear.

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10. Self-check and peer-check

Success criteria	What to check	Self	Peer
Content	The essay discusses both sides of the issue and gives a clear view.		
Essay structure	The answer has an introduction, organised argument paragraphs and a conclusion.		
Audience and register	It sounds formal or neutral and suitable for a teacher.		
Prompt-led language	The writing uses opinion language, contrast linkers and cause/effect language accurately.		
Cohesion	Ideas connect naturally with formal linking phrases such as <i>One argument in favour of...</i> , <i>On the other hand...</i> , <i>As a result...</i> and <i>Overall...</i>		
Vocabulary	Topic words and precise phrases, such as unhealthy and too many commitments, improve the essay.		
Accuracy	Spelling, punctuation and sentence control are clear enough for the reader.		
WWW:			
EBI:			