



Lifestyle and Daily Routines

Essay planning bank: busy daily routines

Exam-style essay task

Your class has recently discussed whether teenagers are too busy. 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:

'Homework and clubs take up a lot of time.'

'Teenagers need more free time.'

'Being busy teaches organisation.'

'Some activities are useful for the future.'

Now write an essay for your teacher.

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

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: teenagers often balance schoolwork, activities and family responsibilities Issue: whether their routines are too busy My overall view:	☐ Recently,... ☐ The question is whether... ☐ I believe that...
Argument in favour	Idea: a busy routine can teach organisation Reason / example: Extra idea: some activities may help future goals Detail / example:	☐ One clear benefit is... ☐ As a result,... ☐ This could help...
Argument against	Concern: teenagers may need more free time Why / effect: Extra point: Possible balance:	☐ A possible concern is... ☐ Even so,... ☐ This might mean that...
My view	My opinion: Best solution: teenagers should have active routines but also enough time to rest Reason:	☐ In my opinion,... ☐ A balanced solution would be... ☐ This would allow...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ For these reasons,... ☐ The most sensible view is...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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Lifestyle and Daily Routines

Essay planning bank: morning routines

Exam-style essay task

Your class has recently discussed whether a good morning routine can improve school performance. 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:

'It helps students arrive prepared.'

'Breakfast improves concentration.'

'Not everyone has control over mornings.'

'Some people work better later in the day.'

Now write an essay for your teacher.

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

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: morning routines can affect how students start the school day Issue: whether they can improve school performance My overall view:	☐ Some people believe... ☐ This essay will consider... ☐ In my view,...
Argument in favour	Idea: a good routine can help students arrive prepared Reason / example: Extra idea: breakfast may improve concentration Detail / example:	☐ One argument in favour is... ☐ For example,... ☐ This means that...
Argument against	Concern: not everyone has control over their morning Why / effect: Extra point: Possible balance:	☐ On the other hand,... ☐ However,... ☐ This can lead to...
My view	My opinion: Best solution: students should build simple routines that fit their circumstances Reason:	☐ I partly agree because... ☐ The best approach would be... ☐ Instead of...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ Therefore,... ☐ To conclude,...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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Lifestyle and Daily Routines

Essay planning bank: free time

Exam-style essay task

Your class has recently discussed whether free time is as important as study time. 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:

'Free time helps people relax.'

'Hobbies can build confidence.'

'Study should come first.'

'Too much free time can be wasted.'

Now write an essay for your teacher.

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

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: students need both productive study and time away from schoolwork Issue: whether free time is as important as study time My overall view:	☐ Some people believe... ☐ This essay will consider... ☐ In my view,...
Argument in favour	Idea: free time can help people relax Reason / example: Extra idea: hobbies may build confidence and skills Detail / example:	☐ One argument in favour is... ☐ For example,... ☐ This means that...
Argument against	Concern: study may need to come first at certain times Why / effect: Extra point: Possible balance:	☐ On the other hand,... ☐ However,... ☐ This can lead to...
My view	My opinion: Best solution: students should protect free time while managing their study responsibilities Reason:	☐ I partly agree because... ☐ The best approach would be... ☐ Instead of...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ Therefore,... ☐ To conclude,...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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Lifestyle and Daily Routines

Essay planning bank: planning the week

Exam-style essay task

Your class has recently discussed whether young people should plan their week carefully. 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:

'Planning reduces stress.'

'It helps people meet deadlines.'

'Too much planning feels strict.'

'Plans often change anyway.'

Now write an essay for your teacher.

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

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: weekly planning can help students organise schoolwork and activities Issue: whether young people should plan carefully My overall view:	☐ Recently,... ☐ The question is whether... ☐ I believe that...
Argument in favour	Idea: planning can reduce stress Reason / example: Extra idea: it may help people meet deadlines Detail / example:	☐ One clear benefit is... ☐ As a result,... ☐ This could help...
Argument against	Concern: too much planning can feel strict Why / effect: Extra point: Possible balance:	☐ A possible concern is... ☐ Even so,... ☐ This might mean that...
My view	My opinion: Best solution: young people should plan flexibly rather than control every moment Reason:	☐ In my opinion,... ☐ A balanced solution would be... ☐ This would allow...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ For these reasons,... ☐ The most sensible view is...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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