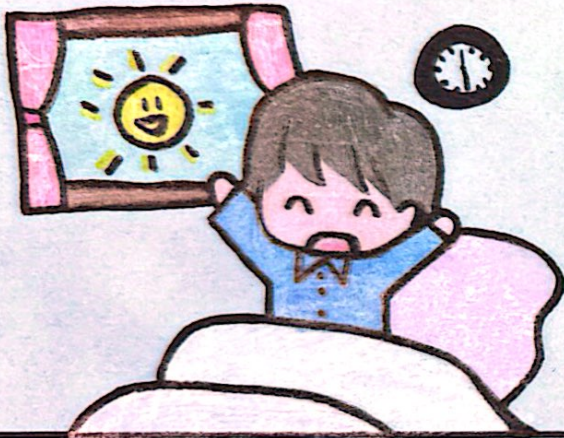


# MY TYPICAL SUNDAY

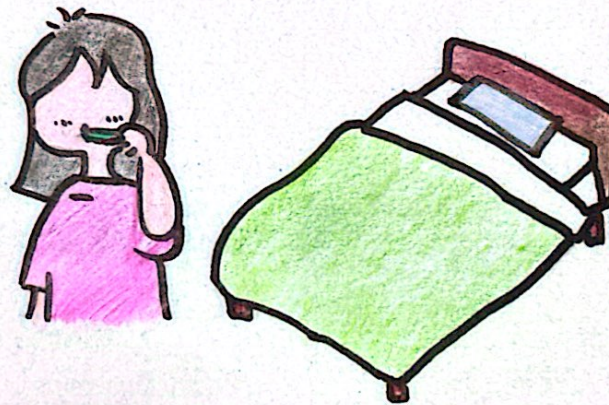
1. What time do you wake up?

- Normally on Sundays I get up at 7 in the morning.



3. What do you do next?

- I get up and make the bed, then I brush my teeth and face



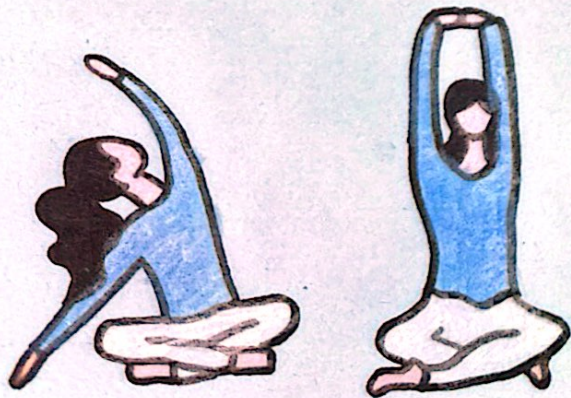
5. What do you do after breakfast?

- Afterwards, I shower. There are Sundays when I take a walk around the mall, but usually I do my homework and practice dancing.



2. What is the first thing you do?

- I do some small stretches to feel more awake.



4. What do you have for breakfast?

- Sometimes I have a tamale for breakfast, but most of my breakfasts are healthy, like oatmeal with fruit.



6. What time do you usually go to bed?

- When night comes, my bedtime can vary depending on how tired I feel, although most of the time I usually sleep between 9 and 10 p.m.





# What do I do my Sundays?



My day starts with waking up at 7 a.m. To feel more awake. I do some morning stretches. Then, I get up, make my bed, and go to the bathroom to brush my teeth and take care of my skin. I go to the kitchen to prepare a delicious breakfast. Some Sundays I eat tamales, but usually I prepare a healthy meal like oatmeal with fruit.

After enjoying the delicious meal, I rest for a while and shower. Afterward, I put on comfortable clothes, this depends on what I'm doing that day, some days I go for a walk around the mall, although most weekends I'm at home, so I wear something loose to do my homework and practice dancing.

After a long day, I prefer to relax by listening to music. I finish my homework. When I finish everything, it's time to rest because it's already nighttime. Sometimes I feel very tired, so I go to bed earlier, although most Sundays I sleep between 9 and 10 p.m.