

| | Morning routine | Afternoon routine | Evening routine | Night routine |
|-------------|---------------------------|----------------------------------|---------------------------------------|---|
| Now | going to the sport center | doing homework | chatting with friends on social media | - watching video clips (about celebrities on social media) |
| Then | watching cartoons or TV | playing with friends in the park | talking with parents | -sleeping early, around 9 o'clock - reading novels/stories |