



I WAKE UP

Texts / Tasks from Everyday Life

Navn:

I WAKE UP



The alarm rings. Beep, beep, beep. I open my eyes.

It is bright in the room, and I look up at the ceiling. I hear sounds outside.

A car drives past, and the birds are singing. I lie still.

I am tired and close my eyes for a moment. Then I open them again. I stretch my arms and yawn.

The duvet is warm. I think: "What day is it today? Monday?"

I look at my phone. The time is seven o'clock. I have to get up. I sit up in bed.

I feel the floor under my feet, and then I go to the bathroom.

English	Norwegian	Grammar / Word class	Other languages
Alarm			
ceiling			
duvet			
yawn			
floor			
to get up			
to stretch			
to drive past			
tired			
bright			
moment			

Sequence activity

Write numbers (1–5) next to these morning activities in the correct order:

- ☐ Eat breakfast
- ☐ Get out of bed
- ☐ Brush your teeth
- ☐ Hear the alarm
- ☐ Look at your phone

True or False

(Read the sentences. Write T for True or F for False.)

- ☐ The alarm makes a beep sound.
- ☐ He sees a clock when he opens his eyes.
- ☐ The birds are singing outside.
- ☐ The duvet is cold.
- ☐ He goes to the bathroom after getting out of bed.

Multiple Choice Questions

(Choose the correct answer, a,b,c or d. Answer Key - last page.)

What wakes him up?

- a) The sound of birds
- b) The alarm
- c) A phone call
- d) The sun

What does he see when he opens his eyes?

- a) A car outside
- b) The wall
- c) The ceiling
- d) A clock

What sound comes from outside?

- a) A dog barking
- b) A car and birds singing
- c) People talking
- d) Music playing

What feels warm?

- a) The floor
- b) The duvet
- c) The bathroom
- d) The phone

What time is it when he looks at his phone?

- a) 6:00
- b) 6:30
- c) 7:00
- d) 8:00

Where does he go after getting out of bed?

- a) The kitchen
- b) The living room
- c) The bathroom
- d) Outside

Write a short story, or at least 10 sentences about the picture.

Use words you have learned.

Also, try to make the story flow by using words like:

English	Norsk (bokmål)
First	Først
Then	Så
After that	Etter det
Next	Deretter
Finally	Til slutt
Before	Før
Later	Senere
In the morning	Om morgenen
In the evening	Om kvelden
At the end	Til slutt / På slutten



OPPGAVER

What do you like best? Staying in bed for a long time, or getting up quickly? Explain why!

We dream when we sleep, but is it also possible to dream when we are awake? What do you like to dream about?

What is your routine when you wake up?
Write at least 8 sentences about how you wake up and start your morning.

Answer Key
1 - b
2 - c
3 - b
4 - b
5 - c
6 - cc
Answer Key
1 - T
2 - F
3 - T
4 - F
5 - T
Correct order:
1 - Hear the alarm
2 - Look at your phone
3 - Get out of bed
4 - Brush your teeth
5 - Eat breakfast