

## Shadowing Exercise - Frank's Morning Routine

Practise your speaking and pronunciation with this text and video. Pay attention to the weak forms.

Frank never sets an alarm. Sometimes I set one for him, but he usually ignores it. He normally wakes up at about 11am. He then makes himself a coffee and goes out into the sun to drink it. Then he goes back inside and makes himself some toast. His favourite spread is Nutella. Occasionally he has Vegemite. He then goes back outside to eat it.

Next, he decides whether he's going to have a shower or brush his teeth. He never does both on the same day, because that would require too much energy. He's not a big fan of towels, so if the weather is nice, he goes outside again to lie on a deck chair and dry off.

After that, he normally asks me what we're going to have for lunch.

Video link: <https://youtu.be/Xi4dg06KZMc>