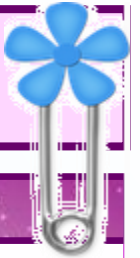


Daily routines / Frequency adverbs/ Present Simple



Present Simple

Form

- My father wakes me up at 7 o'clock
- I wake up at 8 o'clock
- Does my father wake me up?
- Do I wake up at 8 o'clock?
- My father doesn't wake me up.
- I don't wake up at 7 o'clock.



Use

- You use the Present Simple when you want to talk about something you do regularly.
"I usually catch the bus."
- To talk about facts that are generally true.
"The sun rises every day."
- You can also use the present simple when you want to talk about your thoughts and feelings at the present moment.
"I don't want to feel as if you don't like me."

Frequency Adverbs

Form

Always, often, usually, sometimes, frequently, seldom, every day, once a week, generally...

"I often dance and do a show."



Use

- They indicate how often something occurs and are generally used with Present Simple.



Position

We usually put these adverbs:

- Before full verbs: drive, say, feel.
He always goes to school at 8 o'clock
Adverb + verb
- After the verb be.
His father is sometimes tired in the evening.
Be + adverb



daily routines

1. Wake up
2. Get up
3. Take a shower
4. Brush (my) teeth
5. Wash (my) face
6. Shave
7. Dry (my) hair
8. Brush (my) hair
9. Comb (my) hair
10. Put on make up
11. Take a bath
12. Get dressed
13. Have breakfast
14. Go to work
15. Go back home
16. Get undressed
17. Cook
18. Have lunch
19. Have dinner
20. Drink
21. Watch TV
22. Go to bed
23. Sleep



