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Topic: Present Simple (routines and adverbs of frequency)

## Present Simple (routines and adverbs of frequency)

Frequency	Adverb of Frequency	Example Sentence
100%	always	I <b>always</b> go to bed before 11 p.m.
90%	usually	I <b>usually</b> have cereal for breakfast.
80%	normally / generally	I <b>normally</b> go to the gym.
70%	often* / frequently	I <b>often</b> surf the internet.
50%	sometimes	I <b>sometimes</b> forget my wife's birthday.
30%	occasionally	I <b>occasionally</b> eat junk food.
10%	seldom	I <b>seldom</b> read the newspaper.
5%	hardly ever / rarely	I <b>hardly ever</b> drink alcohol.
0%	never	I <b>never</b> swim in the sea.

### 1. Match the adverbs of frequency according to their frequency percent.

a. Sometimes	1. 10%
b. Seldom	2. 5%
c. Always	3. 70 %
d. Often	4. 50%
e. Hardly	5. 90%
f. Usually	6. 100%



2. Write the routine



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CO18/8455

CO17/7811

CO14/6011

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LIVE WORKSHEETS

3. Read the text and answer the questions.



## Emma's Daily Routine

**1** Read about Emma's daily routine.

Hi! My name is Emma. I'm ten years old and I'm English. I live with my family in Brighton in the south of England.

My day usually starts quite early. I always get up at 7:30 on weekdays, but at the weekends I sleep an hour and a half longer. When I get up, I go to the bathroom first. I wash my face to wake me up, brush my teeth and then I have a shower.

After that I comb my hair and get dressed. I usually wear casual clothes, mainly jeans, shirts, T-shirts and trainers. I always have breakfast with my mum and my little brother, Tommy. My dad never has breakfast with us because he starts work early on weekdays. I usually have a bowl of cornflakes with hot milk and toast with marmalade. Before I go to school, I have to walk our dog, Leo.

I usually walk to school because I don't live very far. Classes start at 8:30. I like Maths best but I'm also good at Science and English. I have two breaks, at 11 and at 1 o'clock. I eat a sandwich and drink orange juice. I also play with my classmates in the playground. School finishes at 3:30 and my dad picks me up and we come back home by car. Then we have lunch together.

After lunch I play with my brother for a while and then I do my homework and study. Twice a week I have a basketball practice. I love doing sports.

Before dinner I sometimes meet my friends or watch a TV quiz. I seldom play computer game, I simply find them boring. We have dinner at 7:30 and I often set the table. After dinner I read a book or surf the Internet for a while.

At 9:30 I go to the bathroom to have a shower, brush my teeth and put on my nightdress. Before I go to sleep I listen to music on my MP3 player because it makes me feel relaxed.



[www.worksheeto.com](http://www.worksheeto.com)

1. How often does Emma get up at 7:30 am?

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2. What does Emma do after getting up?

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3. How often does Emma wear casual clothes?

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4. What time do classes start?

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5. How many times does Emma have basketball practice?

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6. How often does Emma meet with his friends?

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7. What does Emma do after dinner?

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8. What time at night does Emma go to the bathroom?

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