

# Present Simple - Daily Routines



wake up



get up



take a shower



brush (my) teeth



comb (my) hair



get dressed



sleep



go to bed



watch TV



have dinner

## Present Simple

### Uses:

- You use the Present Simple when you want to talk about something you do regularly.  
*"I usually take 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."*



### Affirmative

- I / You / We / They wake up at 7 o'clock.
- He / She / It wakes up at 7 o'clock



### Negative

- I / You / We / They don't wake up at seven o'clock.
- He / She / It doesn't wake up at seven o'clock



### Interrogative

- Do I / You / We / They wake up at seven o'clock?
- Does He / She / It wake up at seven o'clock?



### Short answers

- yes, I/we/they do  
No, I / we/ they don't.
- Yes, he/she/it does.  
No, he/she / it doesn't.



put on make up



have breakfast

## Frequency Adverbs



### Form:

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



### Uses:

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.
- After the verb be.



go to work



cook



get undressed



go back home



have lunch

A) Rewrite the sentences below put the adverbs in brackets in the right place.

- Mary does her homework (always)  
• \_\_\_\_\_.
- Mark watches TV (seldom)  
• \_\_\_\_\_.
- She cooks dinner. (never)  
• \_\_\_\_\_.
- We go to school at 8 o'clock. (often)  
• \_\_\_\_\_.
- We wake up until 10 p.m. (sometimes)  
• \_\_\_\_\_.

B) Build sentences with the words given. Don't forget to put the verb in the present Simple.

- Visit / sometimes / she / her grandparents  
• \_\_\_\_\_.
- busy / teacher / be / always  
• \_\_\_\_\_.
- do / Mark / homework / seldom  
• \_\_\_\_\_.
- sometimes / play / Colin / at school / never  
• \_\_\_\_\_.

C) Put the following sentences in the negative form

- Susan wakes up late.  
• \_\_\_\_\_.
- The children watch TV  
• \_\_\_\_\_.
- Their parents go shopping at weekends.  
• \_\_\_\_\_.
- They go to school at 8.30  
• \_\_\_\_\_.
- Mark and Carl do their homework before dinner.  
• \_\_\_\_\_.
- I leave school at 4 p.m.-  
• \_\_\_\_\_.



D) Fill in the blanks with the correct form of the verbs in brackets.

- Mary \_\_\_\_\_ (wake up) at 7 o'clock.
- She \_\_\_\_\_ (go) to the bathroom and \_\_\_\_\_ (have) a shower.
- \_\_\_\_\_ she \_\_\_\_\_ (prepare) breakfast for her and her sister?
- No, she \_\_\_\_\_.
- Everyday Mary \_\_\_\_\_ (take) her dog for a walk in the park.
- \_\_\_\_\_ they \_\_\_\_\_ (go) for a walk in the park near their house? - Yes, they \_\_\_\_\_.
- Mary \_\_\_\_\_ (not/go) to school by bus.
- She \_\_\_\_\_ (have) lunch at school.
- She \_\_\_\_\_ (not/do) her homework at night.

E) Answer these questions

- What time do you go to school?
- \_\_\_\_\_.
- Do you go to school by bus?
- \_\_\_\_\_.
- What time do you leave school?
- \_\_\_\_\_.
- Do you like soup?
- \_\_\_\_\_.
- How do you go to school?
- \_\_\_\_\_.

F) What do you do every day? Using the present Simple and frequency adverbs write about your daily routine.

---

---

---

---

---

---

---

---

---

---