TIME TRAVELERS: SHIFTING THE TENSES

Grammar Practice Worksheet: Present Simple, Present Continuous, & Past Simple

Part 1: The Daily Grind (Present Simple)

Think about your normal day. What do you do? Write 5 sentences about your routine using the adverbs of frequency from the box.

Word Box: Always | Usually | Often | Sometimes | Rarely | Never

Example: *I usually eat cereal for breakfast.*

1. _____
2. _____
3. _____
4. _____
5. _____

Part 2: Breaking the Routine (Present Continuous)

Take your sentences from Part 1 and imagine your routine is changing! What are you doing **instead**? Use a time expression to write one positive (+) sentence and one negative (-) sentence for each.

Word Box: Right now | At the moment | Tomorrow

Example:
(+) **Right now**, *I am eating pancakes!*
(-) I am not eating cereal **at the moment**.

1.
(+) _____
(-) _____

2.
(+) _____
(-) _____

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3.

(+) _____

(-) _____

4.

(+) _____

(-) _____

5.

(+) _____

(-) _____

Part 3: Rewind the Clock (Past Simple)

Let's look backward. Take your original actions from Part 1 and tell us what you did in the past. Remember to change your verb to the past tense!

Word Box: Yesterday | Last week | Last month | Two days ago

> **Example: Yesterday**, *I ate toast for breakfast.*

1. _____

2. _____

3. _____

4. _____

5. _____

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