Present Simple
Adverbs of Frequency

We use the Present Simple for habits and routines.

RULES

Present Simple Affirmative

I / You	listen to music.
He / She / It	listens to music.
We / You / They	listen to music.

Adverbs of Frequency

Adverb + verb	Adverb + to be
I always have breakfast.	I am always happy.
They never get up late.	They are never late.

1 Circle the correct answer.

1 Jen *watch / watches* TV after dinner.

2 Alex *do / does* his homework in his room.

3 Lucas and Alex *play / plays* football in the park.

4 Jen and Alex *get up / gets* up late.

5 Lucas's mum *listen / listens* to music in the kitchen.

6 Lucas *go / goes* to school with Jen and Alex.

2 Complete the sentences. Put the verbs in the correct form.

1 My brother and I _____ (like) orange juice but my sister _____ (drink) milk.

2 Mum and dad _____ (watch) TV and my sister and I _____ (play) computer games after dinner.

3 Rob _____ (tidy) his room and he _____ (help) in the kitchen too.

4 Sue _____ (have) sandwiches for lunch. She _____ (eat) them in the classroom.

5 I _____ (hang out) with my friends after school. Then I _____ (have) dinner.

6 Harry _____ (do) his homework and then he _____ (watch) TV.

3 Write sentences about Sam.

1 I have breakfast at 7 o'clock.

Sam has breakfast at 7 o'clock.

2 I go to school with my sister.

_____

3 I do my homework before dinner.

_____

4 I watch TV after dinner.

_____

5 I play football with my friends.

_____

4 Rewrite the sentences. Use the word in brackets.

1 I'm busy on Saturdays. (often)

I'm often busy on Saturdays.

2 Kit helps me at home. (often)

_____

3 Uncle Roberto visits me. (sometimes)

_____

4 I cook dinner. (never)

_____

5 Kit is happy. (always)

_____

6 Kit and I have fun. (usually)

5 Complete the sentences with adverbs of frequency.

1 Jack ■■■□□ sometimes cycles to school.

2 Emma ■■■■■ _____ has breakfast at home.

3 Pete ■■■□ _____ does his homework in his bedroom.

4 I ■■□□□ _____ play in the park.

5 We ■■■■■ _____ watch TV in the morning.

6 My parents ■■□□ _____ go out with their friends.

You're doing great!

LIVEWORKSHEETS