

### (3) PRESENT TENSES

**ACTIVITY 1:** Which examples from the text talk about facts and routines? Which talk about actions in progress? Choose the correct alternative.

- a) Sameer works nine hours a day.

FACTS AND ROUTINES      ACTIONS IN PROGRESS

- b) His boss is watching him.

FACTS AND ROUTINES      ACTIONS IN PROGRESS

- c) He usually eats and sleeps in the factory?

FACTS AND ROUTINES      ACTIONS IN PROGRESS

- d) Our organization is trying to help kids like Sameer.

FACTS AND ROUTINES      ACTIONS IN PROGRESS

**ACTIVITY 2:** Study the photos of people at work (A) and in their free time (B). Answer the questions.

1. What do you think the people do every day at work?

1A
2A
3A

2. How are their jobs similar and different?

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3. What are the people doing in the the photos of their free time?

1B
2B
3B

4. How do you think they're feeling in each photo?

1A	1B
2A	2B
3A	3B



**ACTIVITY 3:** Complete the sentences using the adverbs of frequency and the verbs.

**ALWAYS / NOT GO      OFTEN / BE      SOMETIMES / START**  
**USUALLY / EAT      USUALLY / NOT BE**

## SCHOOL DAYS AROUND THE WORLD

1. In the US the school day begins early. Students \_\_\_\_\_ classes at 7:30 a.m. or even earlier.
2. In Japan, students \_\_\_\_\_ together in their classrooms at lunchtime.
3. In Norway, the lunch break \_\_\_\_\_ very long. Many students have 20 minutes to eat their lunch.

4. Students in South Korea work very hard. They \_\_\_\_\_ at school until 11 p.m.
5. In Brazil, students \_\_\_\_\_ to school in the morning. Some have classes in the afternoon instead.

**ACTIVITY 4:** Listen and match the conversations 1 - 4 with the situations a - e.  
There is one extra situation. [AUDIO](#)

- a) a dentist's office. \_\_\_\_\_
- b) a conversation between friends. \_\_\_\_\_
- c) a radio program. \_\_\_\_\_
- d) a film festival. \_\_\_\_\_
- e) a school class. \_\_\_\_\_

Listen again. Write down the days and times for the activities 1 - 6.

1. the Yankees baseball game

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2. the history exam

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3. the science project

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4. the dentist's appointment

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5. Mark's soccer practice

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6. Lucas's piano lesson

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**ACTIVITY 5: Personal questions.**

1. Why is sleep important?

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2. Do you think you get enough sleep? Why? / Why not?

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3. What are the best rules about screen time and bed time?

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4. Which are the best tips for good sleep? Can you think of any more tips?

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