9 Everyday life
Adverbs of frequency

1 Complete the sentences. Use the expressions in the box.

finish work	wake up	go to bed
leave home	watch TV	get up

My day



1 I *wake up* at 6.30.



2 I _____ at 6.45.



3 I _____ at 7.30.



4 I _____ at 5.30.



5 I _____ at eight o'clock.



6 I _____ at 10.30.

2 Complete the sentences. Use *go* or *have*.

1 I *have* breakfast at 7.30.
2 I _____ to work at 8.15.
3 I _____ a cup of coffee at 10 a.m.
4 I _____ lunch at 12.30.
5 I _____ home at 4 p.m.
6 I _____ a shower in the evening.
7 I _____ dinner with my family.
8 I _____ for a drink with my friends.
9 I _____ to bed at 11.30.
10 I _____ shopping at the weekend.

3a Label the diagrams. Use the words in the box.

sometimes always usually



1 _____ 2 _____ 3 _____

b Make sentences. Use the adverbs of frequency in brackets.

1 I have a shower in the morning. (always)
I always have a shower in the morning.
2 I finish work at five o'clock. (usually)
_____
3 I go for a drink after work. (sometimes)
_____
4 I leave home at 7.45. (usually)
_____
5 I cook dinner. (sometimes)
_____
6 I go to bed at 11.30. (always)
_____
7 I work on Saturday. (usually)
_____
8 I wake up at 6.30. (always)
_____

4 Complete the sentences about your own life. Use an adverb of frequency and a time expression.

1 I always get up at seven o'clock.
2 I never have breakfast at 10 a.m.

1 I _____ get up _____.
2 I _____ have breakfast _____.
3 I _____ leave home _____.
4 I _____ have lunch _____.
5 I _____ go home _____.
6 I _____ watch TV _____.
7 I _____ go to bed _____.
8 I _____ go shopping _____.

Now ... ***practise and learn.***

LIVEWORKSHEETS