ADAPTED BY LIC. MARLON HERNÁNDEZ SALAS

LEARNING UNIT # 2



Section Getting Started: Vocabulary and Pronunciation

Adverbs of Frequency
Always
Usually
Often
Sometimes
Rarely
Never

Routine Verbs:

brush
come
eat
get up
go
go to bed
have breakfast
read
sleep
study
walk
wake up
watch
work

Prepositions of Time and Phrases:

in the morning
in the afternoon
in the evening
at night
on weekdays
on weekends
now
today
tomorrow
yesterday
this week
next month
last year

Days of the Week:

ON
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

From_____ to _____

Section Grammar Fundamentals

CHECK YOUR BOOK. PAGE 58

Adverbs of frequency help us express how often an action happens. Here are some common adverbs of frequency

Adverbs of Frequency	Explanation	Examples
Always	100% of the time	She is **always** happy in the morning. I always eat breakfast before work.
Usually	More than 50% of the time	I **usually** go for a walk in the evening. We are **usually** busy on weekdays.
Often	A large part of the time	They **often** visit their grandparents on weekends.
Sometimes	Occasionally, not regularly	I **sometimes** forget my keys at home.
Rarely	Not often, a small part of the time	Eduardo is **rarely** absent from important events.
Never	0% of the time	Danny is never late.

LIVEWORKSHEETS

Time Expressions to Express Frequency

Time expressions are phrases that help us indicate how often an action occurs. Using these expressions adds clarity to our communication. Here are some common time expressions to express frequency.

Time Expressions	Examples
Every day/week/month/year	I go for a run **every morning.**
Once a day/week/month/year	They visit their relatives **once a month.**
Twice a day/week/month/year	We have meetings **twice a week.**
Three times a day/week/ month/ year	She practices the piano **three times a week.**
Every other day/week/month/year	He works out **every other day.**
Daily /Weekly /Monthly /Yearly	We receive updates **weekly.**
In the morning / afternoon / evening	They have tea **in the evening.**
At night	I usually read a book **at night.**

Section 📒 Grammar Fundamentals

Exercise 1: Simple Present Tense for Daily Routines.

1.Maria _____ (usually/wake up) at 6 AM.
2.They _____ (never/play) video games in the morning.
3.I _____ (not/eat) meat because I'm a vegetarian.
4.He _____ (sometimes/go) to the beach on Sundays.
5.We _____ (always/watch) our favorite TV show in the evening.
6.Juan _____ (not/study) Spanish after school.
7.She _____ (have) lunch at noon every weekday.
8.They _____ (not/visit) their relatives very often.
9.I _____ (read) a book before bedtime every night.
10.He _____ (walk) to the park on weekends.
11._____ you _____ (like) spicy food?
12.Where _____ they _____ (go) on vacation every year?
13._____ your friends _____ (play) soccer on Saturdays?
14.We _____ (usually/work) from 9 AM to 5 PM.
15.Why _____ she _____ (not/watch) TV in the morning?

LIVEWORKSHEETS

PRODUCTION TIME

Section Speaking

Exercise 1: Daily Routine Chat.

Imagine meeting a new friend from another neighborhood, town, or city in Costa Rica, at a café. You both decide to get to know each other better.
Share stories about your daily routines. For example, your friend talks about how they wake up early to the sound of birds in Costa Rica.
You talk about your daily habits, like enjoying a cup of coffee every morning.
Discover common activities and plan what to do together.



Section Listening

CHECK YOUR BOOK. PAGE 63

Exercise 1: Time for a New Hobby

Listen to two friends discuss their daily weekday routines including what times they start their days, morning activities, after school schedules, and bedtimes. Then answer the questions.

John



1. What time does John wake up on weekdays? _____

2. What does he do on weekday mornings before breakfast?_____

3. Which day does John sleep later? _____

4. When does John go to bed each night? a) earliest:_____

b) latest:_____

LIVEWORKSHEETS

Exercise 2: Laura's Busy Routine

Listen to Laura explain her typical weekly routine to a new friend. Pay attention to the days she describes and what routines she mentions.



Complete the schedule:
Mondays: _____ lesson - gets home at _____ pm
Tuesdays: _____ for one hour after classes
Wednesdays: _____
Thursdays: _____
This weekend Laura: _____

Section Reading

CHECK YOUR BOOK. PAGE 64

Are you a fan? Read the following article about Shakira's everyday activities. Then, answer the questions.



Picture downloaded from https://tinyurl.com/y7r7w2kr

In Shakira's musical world, every day is full of rhythm and adventures. Let's look at some of her activities that bring joy and simplicity to her day.

Late Morning: Creating Songs and Art
In the morning, Shakira loves to write songs, put words together to make melodies. She also likes to express personal feelings through painting.

Afternoon: Collaborating, Doing Positive Actions, and Lunchtime Fun
In the afternoon, Shakira works with musicians from different countries. Between music sessions, she spends time on positive actions like supporting charities or spreading kindness in her community. Lunchtime is not just about food; it's also a time for family games.

Early Evening: Family Time, Outdoor Activities, and Storytelling
As the sun sets, Shakira and her family do outdoor activities. They like to walk or play sports. The early evening is also for storytelling. She is good at it.

Nighttime: Dinner, Gratitude, and Relaxation *Before bedtime, Shakira and her family have a cozy dinner and share stories about their day. Shakira takes a moment to express gratitude for simple joys. The night ends with relaxation, maybe a family movie night.*

As you can see, Shakira is a regular and busy person. She always dances, spends time with her family, and makes a positive impact in the world. Each beat, note, and activity is a part of the beautiful melody that makes up her day.

LIVEWORKSHEETS



Comprehension Questions:

1. What does Shakira enjoy doing in the morning?

Reading books

Watching movies

Cooking breakfast

Writing songs and creating art

2. What does Shakira do in the afternoon with musicians from different countries?

Takes a nap

Studies different cultures

Travels to different countries

Collaborates and creates music

3. What is lunchtime for Shakira?

A time for work

Only about food

A time for quiet reflection

A time for family games and fun

4. What does Shakira do in the early evening as the sun sets?

Watches TV

Takes a long nap

Works on the computer

Does outdoor activities with family

5. What happens before bedtime for Shakira and her family?

A big party

Doing more work

Cleaning the house

Cozy dinner, sharing stories, and reflection

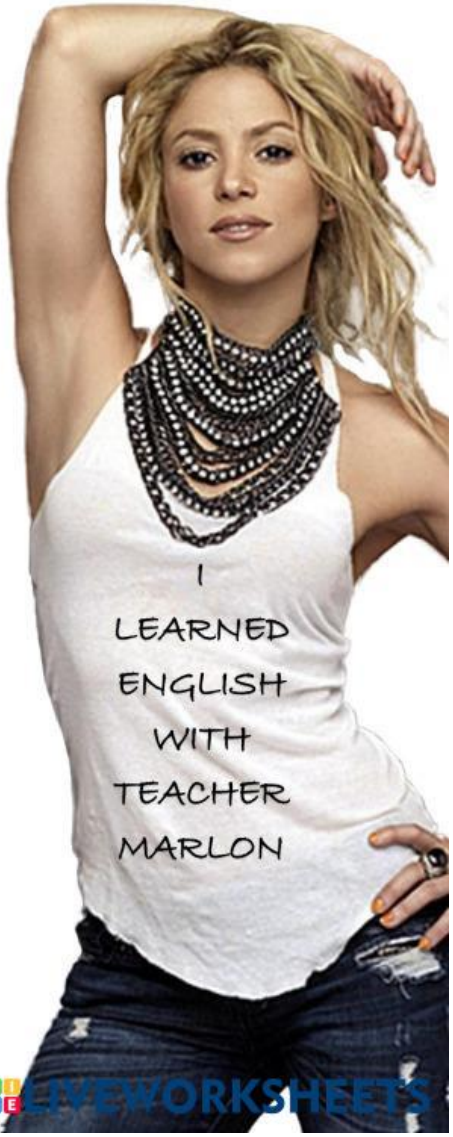
6. What are three things Shakira loves to do?

Read, travel, and cook

Play video games, study, and shop

Watch movies, write stories, and sing loudly

Dance, spend time with family, and help the world



LIVEWORKSHEETS



Section 1. Getting Started: Vocabulary and Pronunciation

Hobbies and Pastimes Words:	Words to Describe Hobbies and Pastimes:	Some Verbs:
Camping	Adore	Can't stand
Cycling	Boring	Cooking
Fishing	Challenging	Dancing
Gardening	Exciting	Discover
Hiking	Fascinating	Enjoy
Knitting	Fun	Hate
Painting	Interesting	Like
Photography	Relaxing	Love
Reading		Play
Singing		Explore
Swimming		Learn
Traveling		Practice
Watching movies		Create
		Collect

Section 2: Grammar Fundamentals

CHECK YOUR BOOK. PAGE 69

Using Gerunds for Preferences: In English, we often use gerunds (verbs ending in -ing) to express likes, dislikes, and preferences related to hobbies and pastimes. Gerunds function as nouns in these cases. Some verbs use infinitives too. Here's a simple guide:

Example Verbs	Affirmative	Negative	Questions
Read	"I enjoy reading books."	"I don't like reading magazines."	"Do you like reading novels?"
Play (games)	"She likes playing video games."	"He doesn't enjoy playing sports."	"Do they play board games often?"
Swim	"We love swimming in the ocean."	"They don't like swimming in pools."	"Do you swim in the lake every summer?"
Cook	"He enjoys cooking new recipes."	"She doesn't like cooking with spices."	"Do you cook for yourself every day?"
Travel	"They like traveling to new places."	"I don't enjoy traveling alone."	"Does she travel abroad every year?"

LIVEWORKSHEETS

1. Sarah _____ hiking because it's a relaxing activity.

enjoy enjoys enjoying



2. We _____ watching movies together on weekends.

Love loves loving

3. Does he _____ playing the guitar in his free time?

likes like liking

4. I _____ learning about different cultures.

enjoy enjoys enjoying

5. They _____ collecting stamps as a hobby.



likes like liking

6. My friends _____ camping in the mountains.

prefers prefer preferring

7. She _____ cooking new recipes for her family.

love loves loving

8. Does your sister _____ playing board games?

enjoys enjoy enjoying

9. He _____ swimming in the ocean during the summer.

hate hating hates



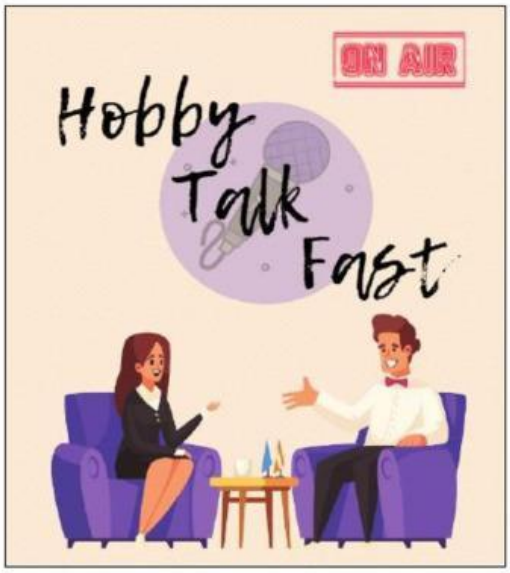
10. We _____ going on road trips.

likes like liking

LIVEWORKSHEETS

Section 3. Speaking

CHECK YOUR BOOK. PAGE 71



Exercise 1: Hobby Talk Fast.

In this activity, find a partner and sit facing each other. Use a timer for 2 minutes. Take turns talking about your favorite hobbies using simple words like "I like" or "I don't like." Ask questions like "What hobbies do you like?" or "Do you prefer indoor or outdoor activities?" Share if there are any hobbies you want to try. After 2 minutes, switch partners and repeat. Do this for a few rounds with different classmates. Try to find common interests and ask more questions to keep the conversation going.

Section Listening

LISTEN

Exercise 1: Our Hobbies Talk Show:

Listen to three guests in a talk show talk about their hobbies. Then answer the questions.



1. What is Emma's favorite hobby?

a) Reading

b) Painting

c) Traveling

2. What does Alex enjoy doing in his free time?

a) Painting

b) Reading

c) Exploring and traveling

3. What is Sarah's favorite way of spending her free time?

a) Traveling

b) Reading

c) Painting

LIVEWORKSHEETS

Exercise 2: A Day at the Park

A group of friends are spending some time together. Listen to their conversation. Then answer the questions.

1. What does Carlos enjoy doing outdoors?

a) Photography

b) Reading books

c) Hiking and playing sports

2. What is Sofia's preferred indoor activity?

a) Playing sports

b) Reading books

c) Listening to music

3. What is Alejandro passionate about?

a) Photography

b) Playing sports

c) Playing the guitar and singing

4. What does Maria love to do?

a) Hiking

b) Photography

c) Playing sports





LIVEWORKSHEETS