

DAILY ROUTINE

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ADVERBS OF FREQUENCY

ALWAYS OFTEN SOMETIMES RARELY NEVER

I ALWAYS wake up at 5 AM.
I OFTEN brush my teeth at 5:30 AM, SOMETIMES I
brush my teeth at 6 AM.
I RARELY take a cold shower in the morning, I
ALWAYS take a warm shower. I NEVER have
breakfast at 7 AM, I OFTEN have breakfast at
9 AM



EXPRESSIONS OF FREQUENCY

1. ONCE A DAY
2. TWICE A WEEK
3. THREE TIMES A DAY
4. FOUR TIMES A WEEK
5. FIVE TIMES A MONTH
6. SIX TIMES A YEAR
7. EVERY DAY
8. ALL THE TIME

HOW OFTEN DO YOU...?

I GO TO SCHOOL FIVE TIMES A WEEK.
I WALK MY DOG TWICE A DAY.
I GO TO THE DOCTOR ONCE A MONTH.
I TALK TO MY FRIENDS ALL THE TIME.
I EAT DINNER WITH MY SISTER EVERY DAY.

DAILY ACTIVITIES

WAKE UP



GET UP



BRUSH MY TEETH



TAKE A SHOWER



GO TO SCHOOL



GO TO WORK



HAVE BREAKFAST



HAVE LUNCH



HAVE DINNER



DO EXERCISE



STUDY



GO TO SLEEP





ANNA'S DAILY ROUTINE

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ANNA'S DAILY ROUTINE

LISTEN TO THE AUDIO AND SELECT TRUE OR FALSE

1. SHE ALWAYS WAKES UP AT 7 AM

☒ TRUE ☐ FALSE

1. ANNA SOMETIMES WAKES UP AT 10 AM

☒ TRUE ☐ FALSE

1. SHE BRUSHES HER TEETH TWICE A DAY

☒ TRUE ☐ FALSE

1. ANNA NEVER HAS BREAKFAST

☒ TRUE ☐ FALSE

1. ANNA DOES EXERCISE EVERY DAY

☒ TRUE ☐ FALSE

1. ANNA AND HER FRIENDS PLAY SOCCER ONCE A WEEK

☒ TRUE ☐ FALSE

1. ANNA'S MOM GOES TO WORK AT 8 AM

☒ TRUE ☐ FALSE

1. ANNA AND HER MOM HAVE DINNER AT 10 PM

☒ TRUE ☐ FALSE

1. SHE OFTEN GOES TO SLEEP AT 11 PM

☒ TRUE ☐ FALSE

ANSWER TO THE QUESTIONS BY CHOOSING THE
CORRECT ANSWER



HOW OFTEN DOES SHE WAKE UP AT 7:30 AM?

EVERY DAY FIVE TIMES A WEEK TWICE A WEEK



HOW OFTEN DOES SHE BRUSH HER TEETH?

ONCE A DAY TWICE A DAY THREE TIMES A DAY



HOW OFTEN DOES SHE PLAY SOCCER?

ONCE A WEEK EVERY DAY FIVE TIMES A WEEK