Lesson 6

Read and Write Always or Never

1 _____ do an activity to relax before you go to bed.

2 _____ drink cola or other fizzy drink.

3 _____ eat a big dinner.

4 _____ keep your bedroom quiet and dark.

5 _____ play computer games.

6 _____ to to bed at the same time every day.



What do Jack and Emily do to help them go to sleep?

1 I always / sometimes read a book in bed.

2 I sometimes / never have a glas of milk.

3 I never / always listen to quiet music.

4 I always / sometimes have a warm shower.

5 I never / sometimes watch TV.

6 I sometimes / always play computer games.

7 I never / sometimes eat a banana.

8 I always / never listen to a story.



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LIVEWORKSHEETS