

My daily routine : adverbs of frequency

reading comprehension

adapted from : Animated English, youtube animation :
<https://www.youtube.com/watch?reload=9&v=CN19WrjKgw>

1 - read Rob's routine

I **usually** wake up at 7 o'clock,  except on Sundays when I like to sleep in. The first thing I do after getting up is have a  shower. After my shower, I get dressed and have breakfast. I **normally** have milk and cereal with a cup of coffee. When I have finished breakfast I **always** clean my teeth.

Most days, I leave the house at quarter to 8 and walk to  the subway station which is 2 minutes from my flat. I **usually** take the underground because it's quicker but I **sometimes** catch the bus. From 9 to 5, I work in an office. If I'm busy I have a sandwich at my desk for lunch. Otherwise I go to the nearby coffee shop with a colleague.

 After sitting in front of a computer screen for most of the day, I need to get some exercise. So, after work I **always** go to the gym. 

In the evening I like relaxing and listening to some music with a glass of wine. I **rarely** go out during the week but on Saturdays I **often** go to the movies with my  girlfriend.

I **usually** go to bed at half past 10  but if I'm tired I go to bed earlier. One thing I **never** do is drink coffee in the evening. It stops me from sleeping.



2 - Right or wrong ?

I always get up at 7

First I have breakfast then I have a shower.

I normally have tea for breakfast .

I never take the bus to go to work.

I usually take the underground.

I always have a sandwich at my desk.

After work I go to the gym.

I always go out in the evening.

I often go to the movies with my girlfriend on Saturdays

I always have coffee in the evening.

right

wrong

3 - You are Rob and you answer a journalist. Click on the picture to listen to the questions and write your answers in the box.

