

1B

How often do you go out?

LESSON GOALS

- Understand people's daily habits
- Talk about how often you do something
- Talk about your regular activities

SPEAKING

- 1 Work in groups. Are you someone who likes going out a lot and meeting friends or do you prefer staying home?
- 2 Work in pairs. Look at the infographic below. Discuss the questions.
 - 1 Who enjoys these activities more—extroverts or introverts?

a thinking	d observing
b talking	e walking
c going to parties	f teamwork
 - 2 Do you think you are an extrovert or an introvert? Why?

LISTENING AND GRAMMAR

- 3 **A-H** Listen to two people talking about their habits. Is Eva or Meera more similar to the description of extroverts in the infographic? Why? Discuss with a partner.
- 4 **A-H** Listen again and read the sentences. Are they true for Eva, Meera, or both? Check (✓) all the correct answers.

	Eva	Meera
1 They live in a large city.	☐	☐
2 They work long hours.	☐	☐
3 They run every day.	☐	☐
4 They go to work by bike.	☐	☐
5 They go out in the evenings a lot.	☐	☐
6 They do exercise on the weekend.	☐	☐

Are you an extrovert or an introvert?

Extroverts are people who like going out and need other people to feel happy.
Introverts prefer a quiet life and need time alone to feel happy.

Extroverts

After a day at work you want to talk about it.



You have conversations with people you don't know every day.

You have a lot of friends and you often go out.

You are always ready to try something new.



You like working in groups.



You love being the center of attention.

You sometimes speak before you think!

Introverts

After a day at work you usually need time alone.



You are often lost in your thoughts.

You have a few close friends you enjoy spending time with.

You go for walks several times a week.



You occasionally go to parties, but you rarely stay late.



You never want to be the center of attention.

You prefer to think before you act.

- 5 Read the Grammar box. Work in pairs. Complete tasks 1 and 2.

GRAMMAR Adverbs of frequency

Use **indefinite adverbs of frequency** to give a general idea about how often someone does or feels something. They usually come before the main verb.

*I **occasionally** meet a friend after work.*

However, they come after the verb *be* and other auxiliary verbs.

*I'm **always** at work by 8.*

Use **definite adverbs of frequency** to be more specific. They usually come at the end of the sentence.

*I go for a long bike ride **once or twice a month**.*

*I meet with friends **several times a week**!*

Go to page 166 for the Grammar reference.

- 1 Underline the ten adverbs of frequency in the infographic.
- 2 Which are the two definite adverbs?
- 6 Match the beginnings of the sentences (1–6) with the endings (a–f).
- 1 I have a full-time job and a baby, so _____
- 2 I hate TV, so _____
- 3 I am a night person, so _____
- 4 I usually take lunch to the office, but _____
- 5 I don't work on Fridays, so _____
- 6 The traffic is terrible in the mornings, so _____
- a I usually go to the gym and meet a friend for coffee.
- b I am always tired.
- c I occasionally eat out with my work friends.
- d I never watch it.
- e we are sometimes late for work.
- f I rarely go to bed before 1 a.m.

- 7 Rewrite the sentences using these adverbs in the correct place.

always	occasionally	often
rarely	sometimes	usually

EXPLORE MORE!

Search online to find out more about introverts and extroverts.

- 1 We eat out every three or four months.
*We **occasionally** eat out.*

- 2 I get up early every day except Sundays.

- 3 The baby wakes up five or six times a night.

- 4 I ride my bike to work about twice a week.

- 5 My mother does yoga before work every morning.

- 6 I'm late to class about once a year.

- 8 Look at the Useful Language box. Match questions 1–3 in the box with a–c below.

Useful Language Asking how often

- 1 How often do you go on vacation?
- 2 Do you usually take the train to work?
- 3 Do you ever work on Sundays?

- a you expect the answer yes _____
- b you are not sure of the answer _____
- c you expect an adverb of frequency _____

SPEAKING

- 9 Use the Useful Language and some of these verbs to make six questions about regular activities in your notebook.

call	dance	eat	exercise
go	plan	swim	watch

How often do you exercise?

- 10 Work in pairs. Take turns asking your questions from Exercise 9. Use adverbs of frequency when you answer. Write your partner's answers in your notebook.

I run three times a week and I walk almost every day.

- 11 Work with a different partner. Discuss some things you learned in Exercise 10.

Mei often runs and she walks a lot, too.