

1 Complete the sentences. Use the expressions in the box.

finish work wake-up go to bed
leave home watch TV get up

My day



1 I wake up
at 6.30.



2 I _____
at 6.45.



3 I _____
at 7.30.



4 I _____
at 5.30.



5 I _____
at eight o'clock.



6 I _____
at 10.30.

2 Complete the sentences. Use *go* or *have*.

- 1 I have breakfast at 7.30.
- 2 I _____ to work at 8.15.
- 3 I _____ a cup of coffee at 10 a.m.
- 4 I _____ lunch at 12.30.
- 5 I _____ home at 4 p.m.
- 6 I _____ a shower in the evening.
- 7 I _____ dinner with my family.
- 8 I _____ for a drink with my friends.
- 9 I _____ to bed at 11.30.
- 10 I _____ shopping at the weekend.

3a Label the diagrams. Use the words in the box.

sometimes always usually



1 _____ 2 _____ 3 _____

b Make sentences. Use the adverbs of frequency in brackets.

1 I have a shower in the morning. (always)

I always have a shower in the morning.

2 I finish work at five o'clock. (usually)

3 I go for a drink after work. (sometimes)

4 I leave home at 7.45. (usually)

5 I cook dinner. (sometimes)

6 I go to bed at 11.30. (always)

7 I work on Saturday. (usually)

8 I wake up at 6.30. (always)

4 Complete the sentences about your own life. Use an adverb of frequency and a time expression.

1 I always get up at seven o'clock.

2 I never have breakfast at 10 a.m.

1 I _____ get up _____.

2 I _____ have breakfast _____.

3 I _____ leave home _____.

4 I _____ have lunch _____.

5 I _____ go home _____.

6 I _____ watch TV _____.

7 I _____ go to bed _____.

8 I _____ go shopping _____.

Now ... **practise and learn.**