

Daily Routines

1. Listen to the video (<https://youtu.be/mPZSojIMZn4>) and complete the sentences with the frequency adverbs from the word bank

sometimes	never	usually	sometimes	always
occasionally	always	sometimes	rarely	

1. Sophie _____ wakes up around 7 am.
2. She _____ gets up too late.
3. Finn _____ gets the tube (subway).
4. He pretty much _____ has lunch at one or two everyday.
5. Some days Sophie can escape a little bit earlier. That happens _____.
6. Finn promises he will _____ tell de boss.
7. Finn _____ cooks. He _____ eats in a restaurant and _____ eats with friends.

2. Complete the scale with the adverbs you used above:

always		often				never
100%	80%	60%	50%	30%	20%	0%

Another way to say rarely is *seldom*.