

ENGLISH BASICS

Part 1: All About You!

The Verb To Be

The verb **'to be'** is one of the most important verbs in English. We use it to talk about who we are, where we are from, our jobs, and our personalities.

The Forms of 'To Be'

Subject	Affirmative (+)	Negative (-)	Question (?)	Short Answer
I	am	am not	Am I...?	Yes, I am. / No, I'm not.
You	are	are not (aren't)	Are you...?	Yes, you are. / No, you aren't.
He/She/It	is	is not (isn't)	Is he/she/it...?	Yes, he/she/it is. / No, he/she/it isn't.
We	are	are not (aren't)	Are we...?	Yes, we are. / No, we aren't.
They	are	are not (aren't)	Are they...?	Yes, they are. / No, they aren't.

Examples:

Personal Information: I **am** 21 years old. My name **is** Alex.

Nationality: They **are** from Brazil. She **is** not Australian, she **is** Spanish.

City from: We **are** from Valparaíso. **Are** you from Santiago?

Occupation: My mother **is** a doctor. He **is** a student.

Personality Traits: My friends **are** very funny. I **am** a shy person.

Personality Traits samples, write the opposite to expand vocabulary.

Friendly 😊

Kind 🤗

Funny 😂

Smart 🧠

Helpful 🤝

Quiet 🤫

Hardworking 💪

Calm 🧘

Lazy 😴

Rude 😡

Loud 📢

Shy 😳

Serious 😐

Stressed 😞

Nervous 😬

Boring 😴

Exercise 1: Multiple Choice Choose the correct form of the verb "to be."

1. Maria _____ a very kind person.
a) am b) are. c) is
2. My classmates _____ from my country.
a) am b) aren't c) isn't
3. _____ you a student at this university?
a) Is b) Am c) Are
4. Juan _____ an introvert.
a) am b) aren't c) isn't
5. _____ your best friend shy?
a) Is b) Am c) Are
6. I _____ from Valparaíso.
a) am b) aren't c) isn't
7. _____ you 29 years old?
a) Is b) Am c) Are
8. How old _____ you?
a) am b) are c) is
9. How old _____ your mom?
a) Is b) Am c) Are
10. They _____ my students.
a) am b) aren't c) isn't

Exercise 2: Fill in the blanks Complete the sentences with the correct form of 'to be' (am, is, are, am not, isn't, aren't).

1. My brother _____ a chef. He works at a restaurant.
2. We _____ from Argentina. We are from Mexico.
3. I _____ very tired today. I need to go to sleep early.
4. My parents _____ doctors; they are teachers.
5. What _____ your favorite hobby?
6. They _____ at the park right now.
7. My best friend _____ from Brazil. She lives in São Paulo.
8. I _____ interested in science fiction movies.
9. This book _____ very difficult; it's easy.
10. My sisters _____ very tall.
11. He _____ a teacher, he is a student.
12. Where _____ you from?
13. I _____ late for class today. Sorry!
14. We _____ classmates in the same English course.
15. My cat _____ very playful.

Exercise 3: Short Answer Answer the questions about yourself.

1. What is your name?
2. Are you from this city?
3. What is your occupation?

Part 2: Your Daily Life

Simple Present

We use the **Simple Present** to talk about routines and habits.

Time Expressions, Days, and Months

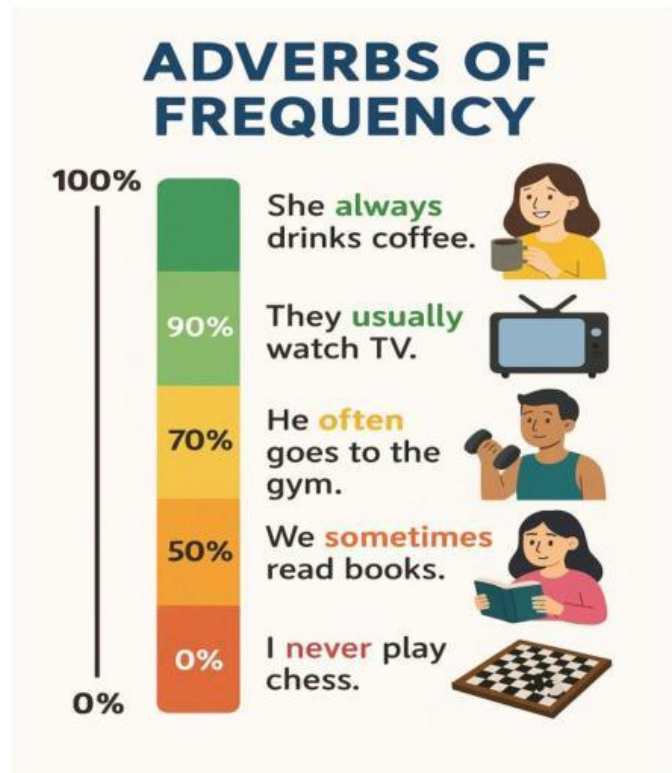
- **Time:** at 7:00 a.m., in the morning, in the afternoon, in the evening, at night.
- **Days:** on Monday, on the weekend.
- **Months:** in January, in July.

Frequency Adverbs

Frequency adverbs tell us **how often** we do something. They usually go **before** the main verb, but **after** the verb "to be."



She is never late.



Exercise 1: Complete the sentences using the correct adverb of frequency:

1. I _____ go swimming on Sundays. (100%)
2. She _____ watches TV after dinner. (70%)
3. We _____ play video games during the week. (50%)
4. They _____ go hiking in winter. (0%)
5. He _____ reads books before bed. (90%)
6. I _____ ride my bike to school. (30%)
7. My brother _____ plays soccer with his friends. (80%)
8. We _____ go to the cinema. (10%)
9. She _____ listens to music while studying. (60%)
10. I _____ cook dinner for my family. (40%)

Exercise 2: Unscramble the words to form correct sentences:

1. always / I / jogging / go / mornings / in
2. sometimes / play / we / tennis / weekends / on
3. never / she / eats / fast food
4. usually / my / reads / dad / newspaper / the
5. often / they / go / hiking / in / summer
6. rarely / watch / I / TV / during / the week
7. occasionally / go / we / to / concerts
8. frequently / he / plays / guitar
9. hardly / ever / my / sister / goes / shopping
10. sometimes / I / cook / Italian / food

Exercise 3: Ask and answer with a partner:

1. How often do you go to the gym?
2. Do you ever play board games?
3. What do you usually do on weekends?
4. How often do you watch movies?
5. Do you sometimes go out with friends?
6. How often do you read books?
7. Do you ever go hiking?
8. What free time activity do you always enjoy?
9. How often do you listen to music?
10. Do you rarely play sports?

Exercise 4: Write short answers (2–3 sentences):

1. Describe your weekly routine using adverbs of frequency.
2. What free time activities do you often do?
3. Write about something you never do.
4. What do you usually do after school/work?
5. Describe a hobby you occasionally enjoy.
6. What do you always do on Sundays?
7. Write about a sport you seldom play.
8. What do you frequently do with your family?
9. Describe a free time activity you rarely do.
10. What do you sometimes do when you're bored?