

# 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."

#### Adverbs of Frequency

**Always** 100%

She is always on time.

**Usually** 90%

He is usually happy.

**Sometimes** 50%

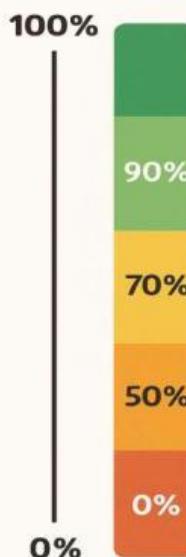
It is sometimes cold.

**Hardly ever** 10%

We are hardly ever busy.

**Never** 0%

#### ADVERBS OF FREQUENCY



She **always** drinks coffee.



They **usually** watch TV.



He **often** goes to the gym.



We **sometimes** read books.



I **never** play chess.



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?