MY BEST FRIEND

Meet My Best Friend

My best friend is Mateo. He is 21 years old and he is a graphic design student from Colombia. Mateo is very friendly, creative, and responsible. During the week, he wakes up at 6:30 a.m. Before class, he prepares breakfast and checks his emails. He studies at the university in the morning, and after lunch, he works part-time at a local café. On weekends, Mateo has more free time to relax. On Saturday mornings, he plays soccer with his cousins around 9:00 a.m. After the game, he visits his grandparents and helps them with chores. On Sundays, he rides his bicycle in the park before noon and watches movies at night.



GRAMMAR EXPLANATION: VERB TO BE, PRESENT SIMPLE & TIME EXPRESSIONS

1. Verb To Be (Introductions & Personal Information)

We use the verb to be (am / is / are) to introduce someone and describe their name, age, nationality, occupation, or personality. For one friend (he / she), we use is (negative: isn't).

2. Present Simple – 3rd Person Singular (He / She)

We use the present simple to talk about daily routines, habits, responsibilities, and weekend activities. For he / she / it, we add -s, -es, or -ies to the verb in affirmative sentences. In negative and question forms, we use doesn't / does + base verb.

Rule (He / She)	Verb Change	Examples
Most verbs	Add -s	works, plays, rides, wakes up, visits
Verbs ending in -ch, -sh, -s, -x, -o	Add -es	watches, goes, does, washes
Consonant + y	Change -y to -ies	studies, tries, carries
Negative & Questions	doesn't / Does + base verb	He doesn't work. / Does she play soccer?

3. Time Expressions (at, before, after, around)

Preposition	Usage	Example
at	Exact clock time or specific time of day	He wakes up at 6:30 a.m. / He watches movies at night.
around	Approximate time (not exact)	He plays soccer around 9:00 a.m.
before	Earlier than a time or event	Before class, he prepares breakfast.
after	Later than a time or event	After lunch, he works at a café.

LIVEWORKSHEETS

GRAMMAR PRACTICE EXERCISES

Exercise 1: Complete with the correct form of the verb TO BE (am, is, are, isn't, aren't).

1. My best friend _____ Mateo, and he _____ from Colombia.
2. Mateo _____ 21 years old. He _____ 25.
3. His cousins _____ very good soccer players.
4. Mateo and I _____ classmates at the university.
5. Laura _____ lazy; she _____ very responsible.

Exercise 2: Complete the sentences with the Present Simple (3rd person singular) of the verbs in parentheses.

1. Mateo _____ (wake up) early during the week.
2. He _____ (study) graphic design at the university.
3. On Saturday mornings, he _____ (play) soccer with his cousins.
4. After the game, he _____ (visit) his grandparents.
5. On Sunday nights, he _____ (watch) movies at home.

Exercise 3: Complete the sentences with the correct time expression: at, before, after, or around.

1. Mateo wakes up _____ 6:30 a.m. every weekday.
2. _____ class starts, he prepares breakfast and checks his emails.
3. He works part-time at a local café _____ lunch.
4. On Saturdays, his soccer game begins _____ 9:00 a.m., give or take ten minutes.
5. On Sundays, he rides his bicycle in the park _____ noon.

Exercise 4: Rewrite the sentences in the negative or question form as indicated.

1. Mateo works at a hospital. (Negative) → _____
2. He plays soccer on weekends. (Question) → _____
3. Sofia studies graphic design. (Negative) → _____
4. Mateo visits his grandparents on Saturday. (Question) → _____
5. He watches TV in the morning. (Negative) → _____

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