

Present Simple - Daily Routines



wake up



get up



take a shower



brush (my) teeth



comb (my) hair



get dressed

Present Simple

Uses:

- You use the Present Simple when you want to talk about something you do regularly. *"I usually catch the bus."*
- To talk about facts that are generally true. *"The sun rises every day."*
- You can also use the present simple when you want to talk about your thoughts and feelings at the present moment. *"I don't want to feel as if you don't like me."*



sleep



put on make up



go to bed

Affirmative

- I / You / We / They wake up at 7 o'clock.
- He / She / It wakes up at 7 o'clock

Negative

- I / You / We / They don't wake up at seven o'clock.
- He / She / It doesn't wake up at seven o'clock

Interrogative

- Do I / You / We / They wake up at seven o'clock?
- Does He / She / It wake up at seven o'clock?

Short answers

- yes, I/we/they do
No, I / we/ they don't.
- Yes, he/she/it does.
No, he/she / it doesn't.



have breakfast

Frequency Adverbs

Form:

Always, often, usually, sometimes, frequently, seldom, every day, once a week, generally...

Uses:

They indicate how often something occurs and are generally used with Present Simple.

Position: We usually put these adverbs:

- Before full verbs: drive, say, feel.
- After the verb be.



watch TV



go to work



have dinner



cook



get undressed



go back home



have lunch

A) Rewrite the sentences below put the adverbs in brackets in the right place.

- Mary does her homework (always)
• _____.
- Mark watches TV (seldom)
• _____.
- She cooks dinner. (never)
• _____.
- We go to school at 8 o'clock. (often)
• _____.
- We stay up until 10 p.m. (sometimes)
• _____.

B) Build sentences with the words given. Don't forget to put the verb in the present Simple.

- Visit / sometimes / she / her grandparents
• _____.
- busy / teacher / be / always
• _____.
- do / Mark / homework / seldom
• _____.
- sometimes / play / Colin / at school / never
• _____.

C) Put the following sentences in the negative form

- Susan wakes up late.
• _____.
- The children watch TV
• _____.
- Their parents go shopping at weekends.
• _____.
- They go to school at 8.30
• _____.
- Mark and Carl do their homework before dinner.
• _____.
- I leave school at 4 p.m.-
• _____.

D) Fill in the blanks with the correct form of the verbs in brackets.

- Mary _____ (wake up) at 7 o'clock.
- She _____ (go) to the bathroom and _____ (have) a shower.
- _____ she _____ (prepare) breakfast for her and her sister?
- No, she _____.
- Everyday Mary _____ (take) her dog for a walk in the park.
- _____ they _____ (go) for a walk in the park near their house?- Yes, they _____.
- Mary _____ (not/go) to school by bus.
- She _____ (have) lunch at school.
- She _____ (not/do) her homework at night.

E) Answer these questions

- What time do you go to school?
- _____.
- Do you go to school by bus?
- _____.
- What time do you leave school?
- _____.
- Do you like soup?
- _____.
- How do you go to school?
- _____.

F) What do you do every day? Using the present Simple and frequency adverbs write about your daily routine.

