

# 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



have breakfast

<p>★ <b>Affirmative</b></p> <p>I / You / We / They wake up at 7 o'clock. He / She / It wakes up at 7 o'clock</p>	<p>★ <b>Negative</b></p> <p>I / You / We / They don't wake up at seven o'clock. He / She / It doesn't wake up at seven o'clock</p>
<p>★ <b>Interrogative</b></p> <p>Do I / You / We / They wake up at seven o'clock? Does He / She / It wake up at seven o'clock?</p>	<p>★ <b>Short answers</b></p> <p>yes, I/we/they do No, I / we/ they don't.  Yes, he/she/it does. No, he/she / it doesn't.</p>



watch TV

## Frequency Adverbs

<p>★ <b>Form:</b></p> <p>Always, often, usually, sometimes, frequently, seldom, every day, once a week, generally...</p>	<p>★ <b>Uses:</b></p> <p>They indicate how often something occurs and are generally used with Present Simple.</p>
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**Position:** We usually put these adverbs:  
Before full verbs: drive, say, feel.  
After the verb be.



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 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.-  
• \_\_\_\_\_.