

# My Daily Routine

A2 · Daily routines · Present simple + adverbs of frequency

American English

# By the end of this lesson, you will be able to...

**01**

Talk about your daily routine using the present simple

**02**

Say how often you do things with adverbs of frequency

**03**

Ask and answer questions about routines



# Warm-up

ENGAGE

**What's the first thing you do in the morning?**

**Talk to a partner**  
2 minutes

And the last thing you do at night? Do you check your phone?



# Context: Mia's secret

STUDY

Jake

Hey Mia! You always look so organized. What's your secret?

Mia

Ha! I get up at six every day and I always make a to-do list.

Jake

Six? Wow. Do you go to the gym in the morning?

Mia

No, I usually go after work. I never exercise before breakfast!



# Check your understanding

STUDY

**Mia usually goes to the gym after work.**

Is Mia at the gym right now?

No

Does she go to the gym most days?

Yes

Does she go every single day?

No



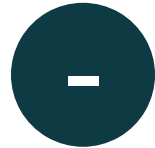
# Present simple + adverbs of frequency

STUDY



## Affirmative

I/You/We/They work.  
He/She works.  
She always works late.



## Negative

I don't work on Sundays.  
He doesn't work on  
Sundays.



## Question

Do you work on Sundays?  
Does she usually work late?

**Use it to:** habits and routines. Adverbs go before the main verb, but after be: She is always tired.



# Pronunciation

STUDY

Focus: the -s ending (he/she/it) has three sounds.

**works**

/wɜːks/

/s/ after p, t, k, f

**plays**

/pleɪz/

/z/ after vowels and most  
consonants

**watches**

/'wɒtʃɪz/

/ɪz/ after s, sh, ch, x, z

**goes**

/goʊz/

/z/: go becomes goes

**Listen · repeat · say it in a sentence.**



# Speaking task

ACTIVATE

## THE SITUATION

**Find a roommate! You want to share an apartment. Interview your partner about their routine and decide: are you a good match?**

**Roles:** A and B, then swap

**Time:** 8 minutes

## Useful language

- What time do you usually...?
- How often do you...?
- I hardly ever...
- That works for me!



# Feedback

WRAP - UP

## Great things I heard

- Clear questions with 'How often...?'
- Good use of usually and never
- Natural phrases like 'That works for me!'

## Let's improve

~~She go to work at 8.~~

→ **She goes to work at 8.**

~~I usually am tired.~~

→ **I'm usually tired.**

~~What time you get up?~~

→ **What time do you get up?**



# Today I can...

WRAP-UP

☐

Talk about your daily routine using the present simple

☐

Say how often you do things with adverbs of frequency

☐

Ask and answer questions about routines

HOMEWORK

**Workbook Unit 1 • Levels 1,  
2 and 3**



# Unit 1 · My Daily Routine

A2 · Present simple + adverbs of frequency · American English

## Can do

- ☐ I can talk about my daily routine.
- ☐ I can say how often I do things.
- ☐ I can ask and answer questions about routines.

## Level 1 · Controlled

Practise the form. There is one correct answer.

### 1 Complete with the correct form of the verb.

1. She \_\_\_\_\_ (get up) at 6:30 every day.
2. My parents \_\_\_\_\_ (not / watch) TV in the morning.
3. \_\_\_\_\_ you \_\_\_\_\_ (have) breakfast at home?
4. He \_\_\_\_\_ (watch) the news after dinner.
5. We \_\_\_\_\_ (not / work) on Saturdays.
6. Tom \_\_\_\_\_ (go) to the gym three times a week.

### 2 Match the phrases (1–6) to the meanings (a–f).

- |                      |                                  |
|----------------------|----------------------------------|
| 1. get up ____       | a) eat in the middle of the day  |
| 2. commute ____      | b) stop working for a short time |
| 3. take a break ____ | c) go to sleep at night          |
| 4. hang out ____     | d) leave your bed in the morning |
| 5. have lunch ____   | e) spend free time with friends  |
| 6. go to bed ____    | f) travel to work or school      |

**Level 2 · Guided**

Use the language with more freedom: rewrite, correct, create.

**3 Rewrite the sentences with the adverb in brackets.**

1. I check my email before breakfast. (always)

---

2. She is late for work. (never)

---

3. We eat out on Fridays. (usually)

---

4. He is tired after his commute. (often)

---

5. They go to the beach in winter. (hardly ever)

---

**4 Find and correct the mistake in each sentence.**

1. My sister work in a bank.

---

2. I usually am at home on Sundays.

---

3. What time you go to bed?

---

4. He don't like coffee.

---

5. Does she plays tennis?

---