Adverbs of frequency

1. Look at adverbs of frequency:

* always       I always walk to school.
* usually      She usually stays late after work on Monday.
* often        They are often late for school.
* sometimes    We sometimes go out with our friends.
* never        You never go to bed before ten o'clock.

2. Daily activities:

<table>
<thead>
<tr>
<th>do (my) homework</th>
<th>wake up</th>
<th>go to bed</th>
<th>go to work/school</th>
<th>watch TV</th>
<th>get up</th>
</tr>
</thead>
<tbody>
<tr>
<td>start school/work</td>
<td>have breakfast/dinner/supper</td>
<td>finish school/work</td>
<td>get to school/work</td>
<td></td>
<td></td>
</tr>
<tr>
<td>get home from school/work</td>
<td>make a sandwich</td>
<td>have a shower/bath</td>
<td>clean (my) teeth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>meet friends</td>
<td>listen to (CDs)</td>
<td>read a book/newspaper</td>
<td>leave home/work</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Talk about your routine. What do you do in the morning/in the afternoon/after work/in the evening.

4. Look at the linkers:

<table>
<thead>
<tr>
<th>Linkers: first, then, after that, later and finally</th>
</tr>
</thead>
<tbody>
<tr>
<td>First I clean my teeth, then I have a shower. After that I have breakfast. Later, I leave my house. Finally, I go to bed.</td>
</tr>
</tbody>
</table>

5. Write ten sentences about your friend's daily routine (3rd person singular). Use the adverbs of frequency, linkers and other phrases, for example: at 6.30 o'clock.

My friend

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