



## Lesson 04: Habits and Routines

**Objective:** Present Simple - habits and routines  
Adverbs of frequency

### Present Tense: Habits/Routines, Things that are always true

I get up...	Do I get up...?	Yes, I do.	No, I don't.
You get up...	Do you get up...?	Yes, you do.	No, you don't.
He/She/It gets up...	Does he/she/it get up...?	Yes, he/she/it does.	No, he doesn't.
We get up...	Do we get up...?	Yes, we do.	No, we don't.
They get up...	Do they get up...?	Yes, they do.	No, they don't.

### Patterns(Frequency): How often....

*Always, Often, Usually, Sometimes, Rarely, Never*

How often do you (do) something?	I always(do) something.
	I sometimes (do) something.
	I never (do) something.

I (do) something (once/twice a day/a week/a month).  
 I (do) something (three/four/five times a day/a week/a month).

### Describing Self(Routines/Habits):

I <b>(do)</b> something.	I <b>wake up</b> at 6:00AM.
I <b>eat</b> breakfast every day.	I <b>play</b> computer games at night.
I <b>watch</b> TV after work.	I <b>read</b> a book in my free time.
I <b>surf</b> the internet every day.	I <b>go</b> shopping on Saturdays.
I <b>exercise</b> three times a week.	I <b>walk</b> around my neighborhood after dinner.
I <b>work</b> hard every day.	I <b>cook</b> for my family once a week.
I <b>drink</b> coffee in the morning.	I <b>study</b> English on weekdays.
I <b>go</b> on a business trip once a month.	I <b>relax</b> on weekends.

**Practice:** Make the above statement into questions and ask your partner.

Ex: Do you eat breakfast everyday?      Do you play computer games at night?

### Discussion Questions:

What do you **always/usually/sometimes/rarely/never** do?

What do you like to do? How often do you do it?

Who do you like to meet? How often do you meet him/her?

Where do you like to go? How often do you go there?

What is your favorite food? How often do you eat it?

What did you do on the weekend? How often do you do it?

What are you going to do tonight? How often do you do it?