



Introduction

This worksheet is designed to help adult learners practice their oral fluency using the simple present tense and adverbs of frequency. The activities and exercises in this worksheet are aimed at enhancing learners' ability to express their daily routines, habits, and frequency of activities with precision and confidence.

Warm-Up Exercise

Complete the following sentences using the simple present tense and adverbs of frequency:

1. I _____ (wake up) at 6:00 am every day.
2. She _____ (go) to the gym three times a week.
3. They _____ (have) breakfast at 7:00 am every morning.
4. He _____ (read) books every night before bed.
5. We _____ (watch) TV every evening after dinner.

Vocabulary Building

Match the adverbs of frequency with their meanings:

1. Always
2. Usually
3. Often
4. Rarely
5. Sometimes

Meanings:

1. Every time
2. Most of the time
3. Frequently
4. Infrequently
5. Occasionally

Grammar Practice

Complete the following sentences using the simple present tense and adverbs of frequency:

1. I _____ (go) to the park on Sundays.
2. She _____ (eat) breakfast at 7:00 am every morning.
3. They _____ (play) tennis every weekend.
4. He _____ (study) English every day.
5. We _____ (travel) abroad every year.

Conversation Practice

Role-play a conversation with a partner using the simple present tense and adverbs of frequency. Ask and answer questions about each other's daily routines and habits.

Example questions:

1. What time do you usually wake up?
2. How often do you exercise?
3. What do you usually do on weekends?

Presentation

Create a short presentation about your daily routine and habits using the simple present tense and adverbs of frequency. Use the following prompts:

Presentation prompts:

1. What time do you wake up?
2. What do you usually do in the morning?
3. How often do you exercise?
4. What do you usually do in the evening?

Error Correction

Identify and correct the errors in the following sentences:

1. I go to the gym every day, but I don't go yesterday.
2. She live in New York, but she usually visit her family in Chicago.
3. They often go to the movies, but they don't go last night.
4. He always eat breakfast at 7:00 am, but he don't eat breakfast today.
5. We usually travel abroad every year, but we don't travel last year.

Fluency Practice

Describe your daily routine and habits without stopping or hesitating. Use the simple present tense and adverbs of frequency to describe your activities.

Listening Comprehension

Listen to a conversation about daily routines and habits using the simple present tense and adverbs of frequency. Answer the following questions:

1. What time does the speaker wake up?
2. How often does the speaker exercise?
3. What does the speaker usually do on weekends?

Reading Comprehension

Read a short text about daily routines and habits using the simple present tense and adverbs of frequency. Answer the following questions:

1. What time does the writer wake up?
2. How often does the writer exercise?
3. What does the writer usually do in the evening?

Self-Assessment

Evaluate your own use of the simple present tense and adverbs of frequency. Identify areas of strength and weakness and set goals for improvement.

Reflection:

1. What did you learn about the simple present tense and adverbs of frequency?
2. What challenges did you face during the activities?
3. What goals do you have for improving your use of the simple present tense and adverbs of frequency?

