



MINI LESSON 11: DAILY ROUTINES + ADVERBS OF FREQUENCY



Objective

Learn how to talk about **daily routines** and use **adverbs of frequency** to describe how often you do things.



Explanation

We use the **Simple Present** tense to talk about daily routines.
To show **how often** something happens, we use **adverbs of frequency**.



Common Daily Routines



- get up
 - take a shower
 - have breakfast
 - go to work / school
 - eat lunch
 - do homework
 - watch TV
 - go to bed
-



Adverbs of Frequency

Adverb	Meaning	Example Sentence
always	100% of the time	She always gets up early.
usually	80–90%	I usually take the bus.
often	60–70%	We often eat together.
sometimes	40–50%	He sometimes plays soccer.
rarely	10–20%	They rarely watch TV.
never	0%	I never drink soda.

 Adverbs go before the main verb, but after the verb 'to be'.

-  I **usually eat** lunch at noon.
-  She **is always** late.

Examples

- I **get up** at 7 a.m. every day.
- He **usually walks** to school.
- They **always have** dinner at 6.
- She **never drinks** coffee in the evening.
- We **go to bed** at 10 p.m.



Practice 1: Complete the Sentences

Use a routine verb and an adverb of frequency.

1. I _____ (always / get up) at 6:00 a.m.
2. She _____ (never / drink) coffee.
3. They _____ (usually / eat) dinner together.
4. We _____ (often / go) to the gym.
5. He _____ (rarely / take) a taxi.
6. You _____ (sometimes / watch) movies on weekends.

Practice 2: Match the Sentences

Match each sentence (A–F) with its correct meaning (1–6).

- A. I always brush my teeth.
- B. He sometimes eats out.
- C. We never go to bed late.
- D. She usually walks to work.
- E. They rarely watch TV.
- F. You often drink tea.

1. Not often → _____
2. Every time → _____
3. 50% of the time → _____
4. Most of the time → _____
5. Many times → _____
6. 0% of the time → _____



Practice 3: Write Sentences

Write complete sentences using the prompts.

1. I / always / take / a shower → _____
2. My brother / never / eat / vegetables → _____
3. We / usually / have / lunch / at 12 → _____
4. She / sometimes / go / to the gym → _____
5. They / rarely / watch / movies → _____
6. You / often / read / at night → _____

Final Task

Write a short paragraph (4–6 sentences) about your **daily routine**. Use at least **3 adverbs of frequency**.



Answer Key

Practice 1

1. always get up
2. never drinks
3. usually eat
4. often go
5. rarely takes
6. sometimes watch

Practice 2

1. E
2. A
3. B
4. D
5. F
6. C

Practice 3 (answers will vary; examples below)

1. I always take a shower.
2. My brother never eats vegetables.
3. We usually have lunch at 12.
4. She sometimes goes to the gym.
5. They rarely watch movies.
6. You often read at night.