

# **Internalization**

Chegou a hora de colocar em prática tudo o que você aprendeu em aula para internalizar o conteúdo e conseguir colocar em prática na vida real. Neste material você vai praticar as 4 habilidades de comunicação (fala, escuta, escrita e leitura).









No fim do material você encontra o gabarito com as respostas.

Let's go!







I get up at 8 am.

I sometimes go to the office.

I arrive at work at 9 am.

I am never late.

I have lunch in restaurants on Fridays.

I usually work from home.

Exercise 2: Escute e repita: (6)







**AL**ways

**U**sually

**NE**ver

LUNCH

Office

Exercise 3: Sua rotina! Complete o texto abaixo com as palavras dadas: 📵 🙋





lunch - to - arrive - get - never - work

My name is Regina. I ...... up at 7:00 am. I always go .... the office. I ..... at work at 9:00am. I am ......late. I ...... from home on Fridays. I have .....in restaurants.





Sempre use ON antes de dias da semana.

I work from home ON Mondays.

Inever work ON Sundays

### Exercise 4: Ouça e repita: (1)







- a) Sunday (domingo)
- b) Monday (segunda-feira)
- c) Tuesday (terça-feira)
- d) Wednesday (quarta-feira)
- e) Thursday (quinta-feira)
- f) Friday (sexta-feira)
- g) Saturday (sábado)

### Exercise 5: Escute e leia: (6)





Hi, I'm Luiza. I get up at 8:30 am. I usually go to the office. I arrive at work at 10 am. I am sometimes late. I usually have lunch in restaurants. I work from home on Wednesday. I arrive at home at 8 pm. I never go to the gym.

### Exercise 6: Leia em voz alta:



- a) I get up at 6:30.
- b) I am never late.
- c) I arrive at work at 8:30.
- d) I usually have lunch at home.
- e) I always work from home.
- f) I never go to university.
- g) I work from home on Thursdays.

Exercise 7: Grammar expansion - coloque a palavra em parênteses no lugar correto da frase: 🔼

I work from home (always) -» I always work from home.

- a) I go to university on Fridays (never) -»
- b) I arrive at work at 8 am (usually) -»
- c) I work from home on Mondays (always) -»
- d) I write emails (never) -»



- e) I have lunch at home (usually) -»
- f) I arrive at home at 7 pm (always). -»

Exercise 8: Quais grupos de pala	vras podem completar as frases?
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1) Larrive.....the gym.....7 pm.

a) in/on

2) I go......Mondays.

b) at/at

3) I always get up.....6 am.....Mondays.

c) to/on

4) I have lunch.....restaurants.....Saturdays.

d) at/on

## Exercise 9: Escolha a palavra correta para completar o texto:



I am Grace. I am a project manager. I get up at 6am. I always 1. go/have to the office. I usually have meetings. I talk to my peers. I usually 2. have/arrive lunch in restaurants. I 3. am/go to university, I am usually 4. late/always. I arrive 5. at/to home at 10 pm.

### Exercise 10: Challenge: Chegou a sua vez!





Abaixo você vai escrever algumas frases sobre você de acordo com o modelo a seguir. Na sequência, leia o texto em voz alta.

I am an architect. I get up at 7 am. I always go to the office. I never work from home. I start work at 8 am. I have meetings. I send emails. I usually have lunch at 12 pm in restaurants. I arrive home at 7 pm. I always go to the gym.

I am an/a .....

I get up at .....

I always .....

I never.....

I usually.....

I go to .....

larrive at .....

I work from.....



Tip: eleve a sua prática ainda mais e leia as frases em voz alta! quanto mais você praticar o speaking desde o início, mais eficiente será a sua aprendizagem.





# **Gabarito**

### Exercise 3:

- a) get
- b) to
- c) arrive
- d) never
- e) work
- f) lunch

### **Exercise 7:**

- a) I never go to university on Fridays
- b) I usually arrive at work at 8 am
- c) I always work from home on Mondays
- d) I never write emails
- e) I usually have lunch at home
- f) I always arrive at home at 7 pm

### **Exercise 8:**

- 1) b
- 2) c
- 3) d
- 4) a

### Exercise 9:

- 1) go
- 2) have
- 3) go
- 4) late
- 5) at