

Worksheet 08: Daily Routines & Habits

Name: _____ Date: _____

Task: Grammar: Frequency Adverbs

Fill in the gaps with the correct form of the verb and the signal word.

1. I _____ (always / play) football on Mondays.
2. She _____ (never / eat) meat because she is a vegetarian.
3. We _____ (often / watch) TV in the evening.
4. He _____ (sometimes / go) to the park with his dog.
5. They _____ (usually / arrive) at school at 8:00.
6. The cat _____ (always / sleep) on the sofa.
7. You _____ (never / listen) when I talk!
8. Sarah _____ (often / read) books in the library.
9. Tom and John _____ (sometimes / help) their parents.
10. It _____ (usually / rain) a lot in London.

Task: Reading & Gap-Fill: A Busy Morning

Complete the text using the verbs in the Simple Present.

Every morning, Peter (1) _____ (wake) up at 6:30. He (2) _____ (wash) his face and (3) _____ (brush) his teeth. Then, he (4) _____ (go) to the kitchen. His mother (5) _____ (make) breakfast for the whole family. They (6) _____ (eat) eggs and toast. Peter (7) _____ (not / like) tea, so he (8) _____ (drink) orange juice. At 7:30, he (9) _____ (leave) the house and (10) _____ (catch) the bus to school.