

WORKBOOK

Beginner 01

UNIT 03: EVERY DAY!



Fluencypass

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G R A M M A R



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LESSON 01: EARLY BIRD

Anote as perguntas abaixo e depois confira o que escreveu.



What do you know about routine?

What do you want to know about routine?

What have you learned about it?

Aprenderemos:

1. The present simple
2. Structure
3. The present simple - negative
4. The present simple - interrogative

Have a look at Ashley's **routine**: São coisas que ela faz todos os dias e seus respectivos horários.

7am - **Wake** up

7:15 - **Brush** my teeth

7:20 - **Have** breakfast

8:00 - **Go** to work

9:00 - **Read** emails

10:30 - **Visit** clients

12:00 - **Have** lunch

2:00 - **Work** on new project

5:00 - **Leave** work

5:30 - **Go** to the gym

7:00 - **Take** a shower

7:30 - **Have** dinner

8:00 - **Watch** TV

10pm - **Go** to bed

Observe Ashley comentando sobre sua rotina:

I **wake up** at 7am.
I **go** to work at 8 o'clock.
At 9, I **read** my emails.
I **visit** some clients at 10:30.
I **have** lunch at noon (12:00)
I **leave** work at 5pm and **go** to the gym.
I **watch** TV at 8 and **go** to bed at 10.



Aqui estão algumas tarefas e compromissos que as pessoas têm como parte de suas rotinas:

- **Study** English
- **Run**
- **Swim**
- **Talk** to a friend
- **Call** someone
- **Send** a message to someone
- **Cook** something
- **Do** homework
- **Listen** to music
- **Buy** new clothes
- **Wash** the dishes
- **Clean** the house
- **Read** a book
- **Drive** to work
- **Paint** the house
- **Travel** to another state

Examples:

- I **study** English at home.
- My mom studies English every morning.
- My friends **listen** to all kinds of music.
- My sister only **listens** to pop music.

1. THE PRESENT SIMPLE

O Present Simple é muito usado no inglês para falar sobre:

1) Eventos que acontecem frequentemente (hábitos, rotina)

- I **work** every day.
- My friend **plays** tennis on the weekends.
- Peter **goes** to the beach every week.

2) Eventos que são permanentes ou fatos

- I **like** pizza.
- Mary **lives** in São Paulo.
- We **love** to travel.

2. STRUCTURE

Esta é a estrutura do Present Simple:

I / you / we / they + **verb (infinitive)** + complement

Para **he**, **she** e **it**, devemos modificar o verbo:

- Na maioria das vezes, adicionamos **s** ao final - likes**s**, loves**s**, paints**s**, thinks**s**, plays**s**
- Para verbos terminados em **ss**, **sh**, **ch**, **x** ou **o** adicionamos **es** - watche**s**, goe**s**, fixe**s**, washe**s**, kisse**s**
- Verbos terminados com **consoante + y** perdem o **y** e ganham **ies** no final - tries**ies** (try), copies**ies** (copy), studies**ies** (study)

Examples:

- Amanda **plays** basketball really well

- This bird (it) **flies** to my house every evening.
- I **enjoy** living here.
- He **wakes up** early even on Saturdays.
- You **live** near my house.
- They **come** here to enjoy the view.

3. PRESENT SIMPLE - NEGATIVE

Observe a estrutura **afirmativa** do Present Simple:

- I **like** to go to the beach.
- He **likes** to go to the beach.

Agora, dois exemplos de sentenças na **negativa**:

- I **don't like** to go to the beach.
- He **doesn't like** to go to the beach.

Aqui, a estrutura **negativa** do Present Simple:

I / you / we / they + **don't (do not)** + verb in the infinitive form + complement

He / she / it + **doesn't (does not)** + verb in the infinitive form + complement

O verbo principal se mantém: I don't play / He doesn't **play**

Examples:

- I **don't like** this.
- We **don't want** to go to the party.
- You **don't trust** me.
- They **don't live** here.
- She **doesn't work** with us anymore.
- My father **doesn't agree** with me.
- He **doesn't like** to come here.

4. PRESENT SIMPLE - INTERROGATIVE

Veja como fazer perguntas usando o Present Simple:

Do + I / you / we / they + verb (infinitive) + complement

Does + he / she / it + verb (infinitive) + complement

O verbo também se mantém: Do you **like**/Does she **like**?

Examples:

- Do you like working here?
- Does she read a lot?
- Do they want to come to the party?
- Does he go to bed early?

Real examples:

- “And I **don't** wanna miss a thing.” - *I Don't Want to Miss a Thing*, by Aerosmith.

- “You try to scream.” - *Thriller*, by Michael Jackson.
- “I **don't** wanna live another life.” - *Physical*, by Dua Lipa.
- “I **like** it rough.” - *I Like It Rough*, by Lady Gaga.
- “**Do** you love me?” - *Do You Love Me*, by Kiss.

Recommendations:

- ★ *Stranger Than Fiction*, available on Prime Video
- ★ *All Of Me* by John Legend
- ★ *Do You Wanna Dance* by The Ramones.

LESSON 02: EVERY DAY!

Have a look at these sentences:

- I **go** to the gym
- I always **go** to the gym
- He **doesn't come** here
- He **doesn't** usually **come** here
- I never **eat** breakfast

Todas as sentenças expressão frequência, que é parte de nossa rotina. Aprenderemos:

1. Adverbs of frequency
2. Adverbs of frequency - affirmative
3. Emphasis
4. Adverbs of frequency - negative
5. Adverbs of frequency - questions
6. How often?

1. ADVERBS OF FREQUENCY

Always 100%

Usually 80-90%

Often 60-70%

Sometimes 50%

Hardly ever 10-30%

Never 0%

2. ADVERBS OF FREQUENCY - AFFIRMATIVE

Os **adverbs of frequency** seguem a seguinte ordem:

Subject + **adverb** + verb + complement

Examples:

- I **hardly ever** eat out.
- She **never** takes a shower before going to work.
- I **usually** watch TV at night before bed.
- My brother **often** studies during the night.

Quando utilizado o verb to be, devem aparecer **DEPOIS** dele:

Subject + **verb to be** + **adverb** + complement

Examples:

- He **is** never happy with his test results.
- You **are** always late for class.
- I'm never tired!

3. EMPHASIS

Usually, often e **sometimes** podem aparecer no início ou no final de uma frase para dar ênfase. É mais comum usá-los no **início**.

Examples:

- **Often** he comes to work late.
- **Sometimes** I think I talk too much.
- **Usually** the computer doesn't work.

4. ADVERBS OF FREQUENCY - NEGATIVE

Para sentenças negativas, a estrutura segue:

Subject + don't / doesn't + **adverb** + verb + complement

Examples:

- I don't **always** agree with him but he's right this time.
- She doesn't **usually** do this.
- I don't **often** call you but I needed to do it this time.

IMPORTANT:
Never and **hardly ever**
 cannot go in negative
 sentences!

Eles aparecem **DEPOIS** do verb to be

Subject + **verb to be** + not + **adverb** + complement

Examples:

- He **isn't** usually at the office at night.
- You **aren't** always right, okay?

5. ADVERBS OF FREQUENCY - QUESTIONS

Estrutura na interrogativa:

Do/does + Subject + **adverb** + verb + complement

Examples:

- Do you **usually** visit you family?
- Does she **always** eat healthy?
- Do you **sometimes** have to read the same phrase again and again?

6. HOW OFTEN?

Usamos "**how often**" para perguntar a alguém sobre a frequência de suas ações. Use a ordem normal para perguntas do presente simples.

Examples:

- How often **do** you **drink** coffee?
- How often **does** she **clean** her room?

Possibilidades de respostas referentes à frequência,

1) **Every day / week / month / two years**

- **How often** do you visit your parents?
- **Every** day.
- **How often** does she travel abroad?
- **Every** two years.

2) **Once a / twice a / three times a / four times a**

- **How often** do they clean their room?
- **Twice a** week.
- **How often** do you stretch?
- **Three times a** day.

3) **Not so often / adverbs of frequency**

- **How often** do you go to the theater?
- **Not so often.**
- **How often** does he call you?
- **Sometimes / always / never / often.**

Real examples:

- “And the night may pass me by, but I **never** cry.” - *I Never Cry*, by Alice Cooper.
- “No, you can't **always** get what you want.” - *You Can't Always Get What You Want*, by The Rolling Stones.

Recommendations:

- ★ *Sometimes* by Britney Spears
- ★ *Always Remember Us This Way* by Lady Gaga

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V O C A B U L A R Y

LESSON 03: TAKING UP A NEW HOBBY!

Hobby é uma atividade de lazer que fazemos em nosso tempo livre. Veremos nessa lesson:

1. Popular hobbies around the world
2. Useful phrases
3. Expressions

1. POPULAR HOBBIES AROUND THE WORLD

- Reading
- Playing video games
- Playing board games
- Playing an instrument
- Playing sports
- Collecting (stamps, coins)
- Gardening
- Painting
- Hiking
- Sewing
- Woodworking
- Photography
- Cooking
- Baking (bread, cakes)

Examples:

- I often **read** books in my free time. I learn a lot from them!
- My friend **hikes** around my city every weekend.
- My father **collects** coins from all around the world.
- My mom **loves** gardening. Our house **is** always full of roses!
- I **paint** when I'm stressed. It **makes** me calm.

2. USEFUL PHRASES

Maneiras de perguntar sobre hobbies:

- **Do** you **have** any hobbies / interests?
- What **do** you **like** to do in your free time?

É possível falar sobre hobbies através de:

In my free time I like... + ing/to-infinitive:

- In my free time I like **cooking/to cook**

I enjoy + ing:

- I **enjoy playing** board games with my friends.

I'm into + ing:

- I'm **into gardening**.

3. EXPRESSIONS

To take up (a hobby) - To **start practicing** a new **hobby**.

- She **took up painting** after she was fired from her job.

To be an avid fan of something - Ser muito fã de algo.

- I'm an **avid fan** of **soccer**.
- My parents are **avid fans** of **photography**.

To get into - Começar a fazer algo.

- I **got into collecting coins** because of a friend.

To give up - Desistir ou parar de fazer algo.

- My father **gave up hiking** because he didn't have the time.
- I always **give up** my **hobbies** when I start losing.

Real examples:

- “I won’t **give up** on you.” - *Never Go Back*, by Evanescence.
- “He was **an avid fan of** the poet John Keats.” - *Wilfred Owen: 'Exposure'* - Mr Bruff Analysis
- “**Get into** the groove.” - *Into the Groove*, by Madonna.
- “In addition to work, what I **usually** do in my **free time** is hanging out with my friends.” - *Real experience in the QUT Bachelor of Behavioural Science (Psychology)*

Recommendations:

- ★ *Coco*, available on Disney+
- ★ *Never Give Up* by Sia

LESSON 03: HANGING OUT WITH FRIENDS!

Passar tempo com os amigos é uma das melhores partes da nossa vida social. Vamos dar uma olhada em algumas maneiras de marcar um encontro e sair com seus amigos. Veremos:

1. Inviting people
2. Accepting an invitation
3. Declining an invitation

1. INVITING PEOPLE ➡📱

- Let's catch up next week. What do you think?
- Do you want to come over and watch a movie on Friday?
- We're having a party at my place (house). *Wanna come?*
- Are you free on Friday? Let's go out!
- What are you up to this weekend? Let's do something.
- We should get together sometime.

2. ACCEPTING AN INVITATION 👍

- Sure, let's do this!
- Yeah, I'm free on Friday. What are your plans?
- I'm free! What do you have in mind?
- I'm in!
- Count me in!
- I'll be there!

3. DECLINING AN INVITATION

- Sorry, I'm busy, but thanks for the invitation!
- I can't come, sorry. It's my mom's birthday.
- I'm so sorry but I can't make it.
- I wish I could join you but I have to work.

- Maybe next time!

Dialogue 1:

A: Hey Marty, what are you up to this weekend?

B: Nothing really, I'm staying home.

A: Do you want to come to my place? We're having a get-together

B: Sure! Do I need to bring something?

A: No, it's alright. I'll see you there at 7.

B: I'll be there!

Dialogue 2:

A: Hi Susan. Are you free this Friday?

B: Yes, I'm free! What do you have in mind?

A: I was thinking about going to the movies. *Wanna* come?

B: Sure! Who's coming?

A: Albert, Sarah, Jack and I.

B: Count me in!

Real examples:

- **"Sure. Let's do this."** - *Middle East Update with Skip Heitzig & Dave Eubank*
- **I'm afraid I can't make it**, I've got something else on." - *Conversation Lesson | How To Be Polite & Show Respect in English*
- "I'd like to, **but I'm not free** tonight." - *Como dizer NÃO*
- "He had a bunch of his friends hanging out at the house." - *Why Gender Equality Is Good for Everyone — Men Included | Michael Kimmel | TED Talks.*
- "Not today, my boss is on the phone and he's crazy day, **maybe tomorrow.**" - *Motivational Video - Believe In Yourself*

Recommendations:

- ★ *That 70s Show*
- ★ *Hang Out With You* by Mary Lambert

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GRAMMAR



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LESSON 04: I CAN DO ANYTHING!

Check out the activities below:

- Swim
- Play the guitar
- Play the piano
- Cook
- Speak English
- Play soccer
- Drive

Todo mundo é bom em alguma coisa! Mas como podemos falar sobre nossas *abilities/skills* em inglês? We'll learn:

1. Abilities
2. Talking about abilities
3. Useful verbs - sports

1. ABILITIES

- I **can play** the piano really well.
- I **can cook**.
- I **can swim**.

2. TALKING ABOUT ABILITIES

Usamos “**can**” para expressar que somos capazes de fazer algo.

Segue a seguinte estrutura:

I / you / he / she / it / we / they + **can** + verb

3. USEFUL VERBS - SPORTS

Usamos o verbo **play** para esportes que usam bolas e competições

- I **play** tennis every Sunday.

Usamos **work out** para atividades que fazemos na academia, como malhar.

- I **work out** three times a week.

Real examples:

- “You **can** dance!” - *Into the Groove*, by Madonna.
- “I’ll keep practicing until I **can** play the guitar easily.” - *How to Stop Self Limiting Beliefs and Change Your Self-Image*
- “And I **can** sing that song a thousand times in a row.” - *Diana Nyad: Não desista nunca, jamais.*
- “Lucky us, I **can** write a book with a title like 'Stuffocation' in English.” - *Words of Wisdom: James Wallman on finding happiness in experiences*

Recommendations:

- ★ *Happy Gilmore*, available on YouTube
- ★ *Whiplash*, available on Telecine

LESSON 04: I CAN'T DO EVERYTHING!

Aprendemos como dizer que somos capazes de fazer algo. E quando não somos? Observe as sentenças abaixo:

- I can play the guitar
- I **can't** play the drums

Veremos:

1. Can't
2. How to develop a new skill
3. Talking about disabilities

1. CAN'T

Usamos **cannot (can't)** quando não somos capazes de fazer algo.

I / you / he / she / it / we / they + **cannot (can't)** + verb

Examples:

- I **can't** swim.
- My wife **can't play** tennis that well, but she is great at basketball.
- We **can't cook**.
- She **can't do** it by herself.

2. HOW TO DEVELOP A NEW SKILL

Algumas dicas para desenvolver uma nova habilidade:

- Use the internet to search about it (use YouTube)!
- Find people who are good at it
- Start simple
- Practice (a lot)!

- Find someone that can teach you or correct you
- Share it with your friends

Remember that every person is good at something and perfection does not exist. 😊💛

3. TALKING ABOUT DISABILITIES

Algumas pessoas nascem ou desenvolvem alguma deficiência. É preciso respeitá-las e saber como nos referirmos a este grupo de maneira correta. Nunca devemos focar na deficiência.

- Say **person with disability** and not **disabled person**.

Some common disabilities:

- Mobility disabilities
- Deaf and hard of hearing
- Autism Spectrum Disorder
- Visual impairment (blind or low vision/partially sighted)

Real examples:

- “I **can't** swim the ocean like this forever” - *Head Above Water*, by Avril Lavigne.
- “Oh, baby, I **can't** come down so please come help me out.” - *Just Can't Get Enough*, by The Black Eyed Peas
- “You know my heart is true. I **can't** stop lovin' you.” - *Can't Stop Lovin' You*, by Van Halen.
- “I **cannot** forget you.” - *Can't lie*, by Ali Gatie.

Recommendations:

- ★ *Intouchables*, available on Netflix and Telecine.
- ★ *What's Eating Gilbert Grape*, available on YouTube.

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EXERCISES

1) Complete as sentenças abaixo com **do/don't** ou **does/doesn't**:

- a. _____ you live in Brazil?
- b. _____ you and your brother study at the same school?
- c. _____ your sister like dancing?
- d. I _____ like cooking. It's so boring.
- e. My father _____ go to the mall because he hates it.

2) Mude os verbos de acordo com a concordância e complete as sentenças abaixo:

- a. She _____ (play) the guitar very well.
- b. My brother _____ (think) he's the best.
- c. My friend and I always _____ (walk) in the park.
- d. Kate _____ (study) a lot.
- e. Tom is the person who _____ (fix) cars.

3) Leia a sentença abaixo. Está correta ou errada?

We use "does" and "doesn't" when it is related to third person.

- a. Correct
- b. Wrong

4) Combine os advérbios de frequência com suas devidas porcentagens.

- | | |
|----------------|-----------|
| 1. Sometimes | a. 10-30% |
| 2. Never | b. 100% |
| 3. Often | c. 80-90% |
| 4. Always | d. 0% |
| 5. Hardly ever | e. 50% |
| 6. Usually | f. 60-70% |

5) Os advérbios de frequência seguem esta estrutura:

Adverb + verb + subject + complement

a. Correct

b. Wrong

6) O que significa “to take up”?

- a. to like something a lot
- b. to finish doing something
- c. to start doing something
- d. to buy many things

7) A frase abaixo está correta ou incorreta? Justifique.

I don't never read. I hate books!

8) O que significa “to give up”?

- a. to feel sad
- b. to feel extremely happy
- c. to stop doing something
- d. to study a lot

9) In order to add emphasis, we can use “usually”, “often” and “sometimes” can come at the beginning of the sentence.

a. True

b. False

10) Qual expressão poderia completar a frase abaixo?

“Don’t _____! You need to keep trying!”

- a. take up
- b. get into
- c. give up
- d. start up

11) Qual opção poderia substituir o verbo “can”?

- a. take
- b. do
- c. get
- d. be able to

12) Qual verbo usamos para esportes que utilizam bolas e competições?

- a. To play
- b. To work out
- c. Can
- d. To do

13) A frase abaixo está correta ou incorreta? Justifique.

My sister cans sing well.

14) Qual o termo correto nos referirmos a pessoas com deficiência em inglês? Qual é o incorreto?

15) Write a paragraph (50 words) about your routine. Você pode falar sobre coisas que você faz diariamente, atividades que você consegue fazer e sobre seu tempo livre de lazer.

ANSWER KEY

1)

- a. Do
- b. Do.
- c. Does
- d. don't
- e. doesn't

2)

- a. plays
- b. thinks
- c. walk
- d. studies
- e. fixes

3)

- a. Correct

4)

- 1. e
- 2. d
- 3. f
- 4. b
- 5. a
- 6. c

5)

- b. Wrong

6)

- c. to start doing something

7)

Incorrect. We can't use "never" in negative sentences.

8)

- c. to stop doing something

9)

- a. True

10)

- c. give up

11)

- d. be able to

12)

- a. To play

13)

Incorrect. The verb "can" does not take "-s" in the third person.

14)

Correct: Person with disability

Incorrect: Disabled person.

15)

Personal answer.