

## My daily routines

- 1 I get up at 7.30 a.m.
- 2 I have a big breakfast.
- 3 I do my homework in the morning.
- 4 I go to school by bike or on foot.
- 5 I watch TV after school.
- 6 I'm on the sofa all day.
- 7 I help with the housework.
- 8 I chat online after dinner.
- 9 I'm in bed before 10 p.m.



## Language Point: Adverbs of frequency

**5** Complete the chart with the words in the box in exercise 4. Then choose the correct words in Rules 1–2.



### RULES

Adverbs of frequency come ...

- 1 before / after the verb *be*.
- 2 before / after other verbs.

**6** **USE IT!** Write four true and two false sentences about your routines. Then work in pairs and listen to your partner's sentences. Say if you think they are true or false.

I always get up at 5.30 a.m.

I think it's false.

Yes, it is. / No, it's true!

### Finished?

Imagine that you are your favourite celebrity. Write sentences about your daily routines.



### GOOD EVENING

**7** 75% of American parents say that their children **help with the housework**.



**8** Most British people **have dinner** between 6 p.m. and 7 p.m.

**9**

To **relax** when they **get home**, more adults than teenagers **play video games**.



**10**

77% of British people **chat online** every day.



### GOOD NIGHT

**11**

People in England **go to bed** when you **get up**. 11 p.m. in London = 6 a.m. in Hà Nội.



**12**

Small babies usually **sleep** 20 hours a day.

