

# LET'S GET STARTED

TEACHER: GOLNAZ

ODI4(3)

SESSION 4

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

# GRAMMAR WORKSHEET

## ADVERBS of FREQUENCY



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• always	100%	• I <b>always</b> watch TV at night.
• almost always	95%	• She <b>almost always</b> eats breakfast.
• usually	75%	• Mike <b>usually</b> gets up late.
• often	50%	• I <b>often</b> exercise in the morning.
• sometimes	25%	• They <b>sometimes</b> go to Starbucks.
• seldom	5%	• I <b>seldom</b> see him.
• rarely	5%	• I <b>rarely</b> see him.
• hardly ever	5%	• I <b>hardly ever</b> see him.
• never	0%	• We <b>never</b> come to class late.

- **Fill in the blanks below with the best adverbs of frequency (some sentences may have more than one answer).**

1. My brother is never sad. He's always happy.
2. I was late for work only one time last year. I'm \_\_\_\_\_ late.
3. Mary failed only one test in high school. She \_\_\_\_\_ passed her tests.
4. I always remember to do my homework. I \_\_\_\_\_ forget to do it.
5. Steven seldom goes to a cinema. He \_\_\_\_\_ sees movies.
6. Judy saw a doctor for the first time in three years. She \_\_\_\_\_ gets sick.
7. I get up at five o'clock seven days a week. I \_\_\_\_\_ get up early.
8. It's always hot and sunny where I live. That's why I \_\_\_\_\_ see snow.
9. A: Do you ever drink coffee? B: Yes, but only \_\_\_\_\_, not often. Just a few times a week.
10. My sister almost never eats burgers and fries. She \_\_\_\_\_ eats healthy foods.
11. I \_\_\_\_\_ take a bus to class, maybe three or four days a week.
12. A: Do you ever watch action movies? B: No, never. Well, I watched an action movie a few years ago, so I guess should say \_\_\_\_\_.

1. Our teacher, Mrs Jones,  (never / be) late for lessons.
2. I  (often / clean) my bedroom at the weekend.
3. My brother  (hardly ever / help) me with my homework.
4. I  (sometimes / be) bored in the maths lessons.
5. We  (rarely / watch) football on TV.
6. You and Tony  (never / play) computer games with me.
7. You  (usually / be) at the sports centre on Sunday.
8. The school bus  (always / arrive) at half past eight.

# REVIEW

- ▶ MAKE SENTENCES WITH **CAN** , **SHOULD** AND **MUST**.
- ▶ TALK ABOUT YOUR DAILY ROUTINE.
- ▶ MAKE SOME SENTENCES USING **ADVERBS OF FREQUENCY**.

- ▶ **Go to bed/wake up**
- ▶ **an early bird**: somebody who wakes up early
- ▶ **a night owl**: somebody who goes to bed late
- ▶ **to snooze/to hit the snooze button**: to sleep for extra time after the alarm when you click the button (the “snooze” button) to give your alarm an extra 10 minutes before it goes off again

- ▶ **Me Time**
- ▶ **Meaning:** Activities undertaken for one's own enjoyment, free from responsibilities to others.
- ▶ **Example:** *On Saturday I'm usually busy with the kids, but Sunday afternoon is **me time**. My husband takes them, and I usually go to the mall.*

# IDIOMS

# DAILY ROUTINE

- ▶ **Hit the Hay**
- ▶ **Meaning:** To go to bed
- ▶ **Example:** *I have to get up at 5 tomorrow morning. It's time to **hit the hay**.*
- ▶ Note: "Hit the sack" is also used.

# Homework

- ▶ Activity book: 54
- ▶ Grammar book: 29
- ▶ R & W book: -
- ▶ Two worksheets in this PDF
- ▶ Talking about morning/ afternoon person
- ▶ Be ready to ask and answer about Jason on page 59 of the pupil's book.
- ▶ 😊