

St. Francis ESOL post-lesson handout

What do you do in your free time?- adverbs of frequency.

Activity 1: What do you do in your free time?

Share your opinion with a full sentence!

Ex) I like to cook in my free time. Because when I cook a nice food, my friends enjoy it.



Activity 2: What is your daily routine? (What do you do **everyday?)** (روتين يومي)

Ex) I always drink water with a lemon when I wake up.



Activity 3: What activity do you **sometimes do?**

Ex) I sometimes trim my beard once a month.



Activity 4: What activity do you *never* do?

Ex) I never drink a glass of wine in the morning.



-When you want to talk about how often you do (something) we use '*adverbs of frequency*'.

For example...

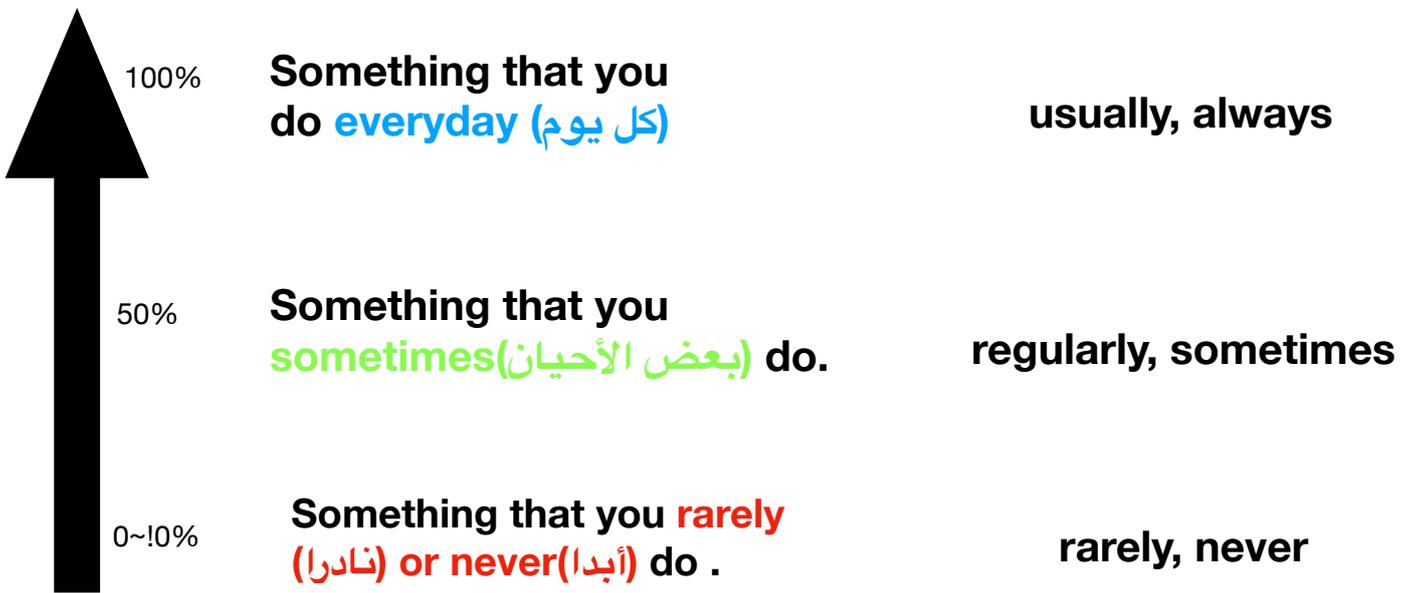


James: What do you do in your free time?

Simon: I listen to my favourite music and I run to the park.

James: How often do you do that?

Simon: I [regularly] do that twice a week.



How can we make a sentence with those ‘adverbs of frequency’?

- ‘adverbs of frequency’ usually stay between the **subject** of the sentence and the **main verb**.

For example,

I (subject) **[usually]** (adverbs of frequency) **eat** (main verb)
porridge (عادة ما أتناول العصيدة.)



-To **precisely describe** (وصف بدقة) the frequency, we usually put many expressions.

For example,

I (subject) **[usually]** (adverbs of frequency) **eat** (main verb)
porridge [everyday/ six days a week].

(expressions for describing 'usually')

(عادة ما أتناول العصيدة كل يوم).

-If the main verb in the sentence is '**be**' verb (**am are is**), adverbs of frequency stay **after the verb**.

For example,

London Underground (subject) **is** (main verb)
[always] (adverbs of frequency) **busy.** (مترو)

(أنفاق لندن مشغول دائماً)



He is [often] late for meetings. (غالباً ما يتأخر عن الاجتماع).



Activity 5: select the correct adverbs for each expressions

always

once in two years.

rarely

twice a week.

regularly

6 days a week

usually

everyday

sometimes

not at all

never

Activity 6: cross out the incorrect adverbs and make a pair with the sentence with similar meaning.

-I go swimming every morning.

=

I [never/ always] go to the swimming pool.

-James goes to the cafe twice a week. =

James [sometimes/rarely] goes to the cafe.

- Lisa travels to London once a week. =

Lisa [regularly/usually] travels to London once a week.

-Thomas stays at work until 1 AM once a month. =

Thomas [rarely/regularly] stays at work until 1AM.

**Activity 7: This is a self introduction of Ms. Bree during the lockdown.
Fill in the blanks below.**

Hello everyone!- my name is Bree.



Hello, my name is Bree. I would like to talk about my daily routine and hobbies. In the morning, I (1) [] drink a cup of water with a lemon juice **everyday**. It keeps me awake!

I (2) [] eat spicy food as a breakfast because it gives me a stomachache. I (3) [] exercise **3 times a week**. If you are not healthy and fit, you cannot work for a long time!

Also, I (4) [] have a video call with my friend in Korea. Her name is Kate. I miss her so much.

In the evening, I (5) [] cook for my family with fresh ingredients. They always love it! We (6) [] order food. But once we order, we order a nice pizza.

Thank you very much!

List of adverbs: usually, always, regularly, sometimes, rarely, never

Activity answers

Activity 5: select the correct adverbs for each expressions

always (100%) --->

everyday.

rarely(10%)--->

once in two years.

regularly (50%)--->

twice a week.

usually (90%)--->

6 days a week

sometimes (30%)--->

twice a week.

never (0%)--->

not at all.

Activity 6: cross out the incorrect adverbs and make a pair with the sentence with similar meaning.

-I go swimming every morning. = I ~~never~~/ always] go to the swimming pool.

-James goes to cafe twice a week. = James [sometimes/~~rarely~~] goes to cafe.

- Lisa travels to London once a week. = Lisa [regularly/~~usually~~] goes to cafe.

-Thomas stays at work until 1 AM once in 5 months. = Thomas [~~rarely~~/~~regularly~~] stays at work until 1 AM.

Activity 7: This is a self introduction of Ms.Bree. Fill in the blanks below.

*Hello everyone!- my name is
Bree.*



Hello, my name is Bree. I would like to talk about my daily routine and hobbies. In the morning, I (1) [**always** (100%)] drink a cup of water with a lemon juice **everyday**. It keeps me awake!

I (2) [**never** (0%)] eat spicy food as a breakfast because it gives me a stomachache. I (3) [**regularly** (50%)] exercise **3 times a week**. If you are not healthy and fit, you cannot work for a long time!

Also, I (4) [**sometimes** (30%)] have a video call with my friend in Korea **once a week**. Her name is Kate. I miss her so much.

Every evening, I (5) [**usually** (90%)] cook for my family with fresh ingredients.

They always love it!

We (6) [**rarely** (10%)] order food. But once we order, we order a nice pizza.

Thank you very much!

