

Present Simple - Daily Routines



wake up



get up



take a shower



brush (my) teeth



comb (my) hair



get dressed

Present Simple

Uses:

- You use the Present Simple when you want to talk about something you do regularly.
"I usually catch the bus."
- To talk about facts that are generally true.
"The sun rises every day."
- You can also use the present simple when you want to talk about your thoughts and feelings at the present moment.
"I don't want to feel as if you don't like me."



sleep



put on make up



go to bed

Affirmative

- I / You / We / They wake up at 7 o'clock.
- He / She / It wakes up at 7 o'clock

Negative

- I / You / We / They don't wake up at seven o'clock.
- He / She / It doesn't wake up at seven o'clock

Interrogative

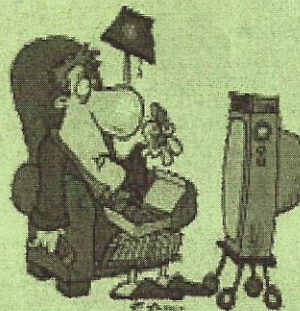
- Do I / You / We / They wake up at seven o'clock?
- Does He / She / It wake up at seven o'clock?

Short answers

- yes, I/we/they do
No, I / we/ they don't.
- Yes, he/she/it does.
No, he/she / it doesn't.



have breakfast



watch TV

Frequency Adverbs

Form:

Always, often, usually, sometimes, frequently, seldom, every day, once a week, generally...

Uses:

They indicate how often something occurs and are generally used with Present Simple.

Position: We usually put these adverbs:

- Before full verbs: drive, say, feel.
- After the verb be.



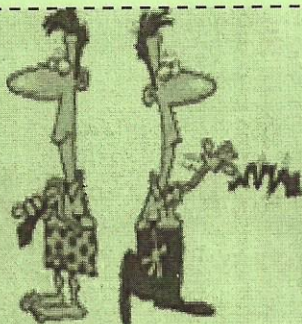
go to work



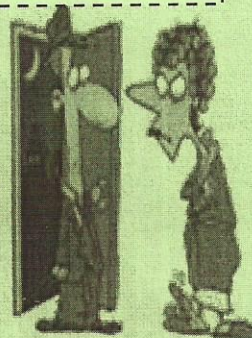
have dinner



cook



get undressed



go back home



have lunch