

# HABITUAL ACTIONS, SEQUENCE MARKERS, AND FREQUENCY ADVERBS

To describe daily life activities using the present simple tense, you can use it for habitual actions, sequence markers, and frequency adverbs. Here is how to use each of these elements:

## 1. Habitual Actions:

The present simple tense is commonly used to describe actions or activities that are habitual, routine, or regular in your daily life. These are things you do regularly, often, or as part of your daily routine.

### Examples:

"I **wake up** at 6 AM every morning."

"She **exercises** at the gym three times a week."

"They **watch** TV in the evening."

## 2. Sequence Markers:

To show the order or sequence of events in your daily routine, you can use time expressions such as "first," "then," "after that," "next," etc. These help in organizing the actions in a chronological order.

Structure:

First/Then/After that/Next + Present Simple Verb + (Optional: Additional Information)

### Examples:

"**First**, I brush my teeth, **then** I have breakfast. **After that**, I go to work."

## 3. Frequency Adverbs:

Frequency adverbs indicate how often you perform an action. They can be used with the present simple tense to provide more information about the frequency of a habitual action

Always 100%	often	sometimes	rarely	seldom	never 0 %
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**Examples:**

"He often visits his parents on the weekends."

"She rarely eats fast food."

"We always take a walk after dinner."

**Exercise 1:** Fill in the blanks with the correct form of the verbs in the present simple tense:

- She \_\_\_\_\_ (read) the newspaper every morning.
- They \_\_\_\_\_ (go) to the gym on Mondays and Fridays.
- We \_\_\_\_\_ (have) dinner at 7 PM.
- He \_\_\_\_\_ (watch) TV in the evening.
- I \_\_\_\_\_ (take) the bus to work.
- The school bell \_\_\_\_\_ (ring) at 3:30 PM.
- She usually \_\_\_\_\_ (cook) dinner for her family.
- They \_\_\_\_\_ (play) basketball on the weekends.
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**Exercise 2:** Describe your daily routine using sequence markers and the present simple tense. Create sentences using the given sequence markers.

- First, \_\_\_\_\_.
- After that, \_\_\_\_\_.
- Then, \_\_\_\_\_.
- Next, \_\_\_\_\_.
- Finally, \_\_\_\_\_.

**Exercise 3:** Complete the sentences with frequency adverbs and the present simple tense:

- He \_\_\_\_\_ (always) \_\_\_\_\_ (read) a book before bedtime.
- We \_\_\_\_\_ (rarely) \_\_\_\_\_ (eat) fast food.
- She \_\_\_\_\_ (usually) \_\_\_\_\_ (go) for a walk in the park.
- They \_\_\_\_\_ (sometimes) \_\_\_\_\_ (visit) their grandparents.
- I \_\_\_\_\_ (often) \_\_\_\_\_ (work) late on Fridays.

**Exercise 4:** Write a paragraph describing your daily routine using the present simple tense, sequence markers, and frequency adverbs. Try to include at least three habitual actions, two sequence markers, and two frequency adverbs.

Remember to review your answers and make sure the verbs agree with the subject and the tense is correct. Here's an example of a completed exercise:

#### Exercise 4 Answer (Example):

I have a fairly regular daily routine. **Every morning**, I wake up at 6 AM. **First**, I get out of bed and stretch to wake myself up. **Then**, I head to the kitchen to make a cup of coffee. **After that**, I sit down and read the newspaper while sipping on my coffee. I **always** read the news in the morning; it's a habit I've had for years. **Next**, I take a quick shower and get dressed for work. I work from 9 AM to 5 PM. **In the evening**, I **usually** go for a jog in the park. I **often** meet my friend there, and we jog together. **Finally**, I return home, have dinner with my family, and **sometimes** watch a movie or read a book before going to bed at around 10:30 PM.

#### Short text:

"Every weekday, I wake up at 7 AM. First, I get out of bed and stretch. Then, I take a shower and get dressed. After that, I have breakfast with my family. I always leave for work at 8:30 AM, and I usually arrive at the office around 9 AM. I work until 5 PM, and in the evening, I often go for a jog before having dinner. After dinner, I watch TV for a while, and then I go to bed at around 10:30 PM."