



TALKING ABOUT HABITS

Present



Present Habits

GRAMMAR SPOT!

When we talk about **present habits**, we usually use the **Present Simple** with an **Adverb of Frequency**.

"I usually do the shopping on Saturday morning."



- | | |
|---------------------------------|---------------|
| Do the housework | Wake up |
| Do the shopping | Get up |
| Have breakfast / lunch / dinner | Go to bed |
| Eat out | Go to sleep |
| Get take out /take away | Have a shower |
| | Have a Bath |

Use the suggestions to talk about your habits.

EXAMPLES OF HABITS

- Do the housework
- Do the shopping
- Have breakfast / lunch / dinner
- Eat out
- Get take out /take away
- Work out



ADVERBS OF FREQUENCY

- Usually
- Never
- Always
- Sometimes
- (quite / very) often
- hardly ever
- Occasionally
- Normally

(indefinite)
Before the verb

ADVERBS OF FREQUENCY

- Once a week / once a month etc.
- Twice a day
- Every Monday
- Every second weekend
- Three times a year

(definite)
At the end of the sentence

EVERYDAY HABITS

- Wake up
- Get up
- Go to bed
- Go to sleep
- Have a shower
- Have a Bath





TALKING ABOUT HABITS

Past



Past Habits

GRAMMAR SPOT!

When we talk about **past habits**, we usually use **USED TO + INF(-to)** often with an **Adverb of Frequency**. Note the structure:

- I used to play golf every weekend
- I didn't use to eat vegetables
- Did you use to like reading as a child?



Play golf
 Go to the cinema
 Go out with friends
 Cycle everywhere
 Eat vegetables
 Like reading
 Hate apples

Wake up
 Get up
 Go to bed
 Go to sleep
 Have a shower
 Have a Bath

ATTN: with USED TO, we communicate something from the past that is **not the same today!**

Use the suggestions to talk about your habits.

COMPARE

I used to play golf every weekend (**Now, I don't**)

I didn't use to like broccoli (**Now, I do**)

I played golf every weekend (**And now?**)

I didn't like broccoli (**And now?**)



FEELING

USED TO can also add some **feeling** to what we are saying, a little bit of **'nostalgia'**.

"I remember it so well, I used to visit them every day..It was such a great time.."



DO NOT CONFUSE...

USED TO and **TO BE USED TO +ING**

USED TO is used to talk about past habits

TO BE USED TO +ING is used to describe something you currently do that is normal for you.

"I wake up at 5.30am every day, but it's not a problem, I'm used to waking up early."

COMMON ADVERBS

With USED TO, we very often use adverbs in the following way:

I **always** used to play tennis on Fridays.

I **never** used to like vegetables

I used to go there **all the time**

We used to see each other **every weekend**

TALKING ABOUT HABITS

Present & Past

Exercise 1

USING AN ADVERB AND THE APPROPRIATE VERB, MAKE THESE SENTENCES 'HABITS'

ADVERBS

USUALLY

ALWAYS

NEVER

NORMALLY

VERBS

GO - WEAR - HAVE - DO

START - LISTEN

TAKE - GO - WORK

HAVE - WASH

USING AN ADVERB AND THE APPROPRIATE VERB, MAKE THESE SENTENCES 'HABITS' (THERE IS ONE VERB EXTRA)

1. I _____ breakfast at 8am.
2. He _____ a suit to the office
3. She _____ her hands as soon as she arrives.
4. They _____ the shopping early on Saturday morning
5. They _____ the day with a team meeting
6. Marco _____ to English Podcasts on his way to work.
7. Maria and Francesca _____ their coffee break together.
8. I _____ a shower in the morning when I get up.
9. The kids _____ to bed at 9.30pm.
10. I _____ running a couple of times during the week.



TALKING ABOUT HABITS

Present & Past

Exercise 2

REWRITE THE SENTENCES (IN THE POSITIVE, NEGATIVE OR INTERROGATIVE) WITH 'USED TO'

1. I / live in a flat when I was a child.

2. We / go to the beach every summer?

3. She / love eating chocolate, but now she hates it.

4. He / not / smoke.

5. I / play tennis when I was at school.

6. She / be able to speak French, but she has forgotten it all.

7. He / play golf every weekend?

8. They both / have short hair.

9. Julie / study Portuguese.

10. I / not / hate school.

TALKING ABOUT HABITS

Past

Answers

Exercise 1

1. I **normally have** breakfast at 8am.
2. He **always wears** a suit to the office
3. She **usually washes** her hands as soon as she arrives.
4. They **always do** the shopping early on Saturday morning
5. They **normally start** the day with a team meeting
6. Marco **usually listens** to English Podcasts on his way to work.
7. Maria and Francesca **never take** their coffee break together.
8. I **always have** a shower in the morning when I get up.
9. The kids **usually go** to bed at 9.30pm.
10. I **normally go** running a couple of times during the week.

NOTE: WE CAN USE DIFFERENT ADVERBS IN THESE SENTENCES, BUT THE VERBS MUST BE THE SAME AS THE ANSWERS HERE!

Exercise 2

1. I used to live in a flat when I was a child.
2. Did we use to go to the beach every summer?
3. She used to love eating chocolate, but now she hates it.
4. He didn't use to smoke.
5. I used to play tennis when I was at school.
6. She used to be able to speak French, but she has forgotten it all.
7. Did he use to play golf every weekend?
8. They both used to have short hair.
9. Julie used to study Portuguese.
10. I didn't use to hate school.