Workshop 8: Every Day, Every Way!

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Level: ELEMENTARY

91%

Nota: 4.5

In this workshop you will practise months, adverbs of frequency, and expressions of frequency. You will learn *where* to put these words in a sentence, read a true-life story, watch a video, and start your own Verb Dictionary.

Months of the Year

a. Complete the months. Write the missing letters.

JAN UARY	FEB RUARY	MAR CH
APR IL	MAY	JUN E
JUL Y	AUG US	SEP TEMBER
OCT OBER	NOV EMBER	DEC EMBER

Expressions of Frequency

a. Complete the expressions. Write the full word on the line. How often do you see your friends?

Example: every day *(M, T, W, Th, F, S, S)*	
1. every WEEK	**week 1, week 2, week 3…**
2. every MONTH	January, February, March…
3. every YEAR	2025, 2026, 2027…
4. ONCE a week	e.g. only on Mondays
5. TWICE a week	e.g. Mondays and Wednesdays
6. THREE times a week	e.g. Mon, Wed, Fri
7. FOUR times a year	e.g. Jan, Apr, Jul, Oct

Word box (write these in the correct line):
week • month • year • once • twice • three • four

Tip: we say once (1 time), twice (2 times), then three / four times.

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Position of Adverbs & Expressions

We use adverbs and expressions of frequency to say *how often* we do something.

THE BIG RULE — where do I put it?

☑ **ADVERBS (one word:** *always, usually, often, sometimes, hardly ever, never*)
They go **BEFORE the main verb.**
I always wake up early.

◇ **EXPRESSIONS (many words:** *every day, twice a week, once a month*)
They go **AT THE END** of the sentence.
I check my phone every day.

Easy trick: ONE word → goes early (before the verb). MANY words → wait at the end.

Careful! The verb *be* is special.
With *be*, the adverb goes **AFTER** it:
She is **always** *happy.* (NOT: She always is happy.)
And with hardly ever / never, use a positive verb:
He never eats meat. NOT: ~~*He doesn't never eat meat.*~~

a. Put the adverb of frequency in the correct place. Rewrite the sentence.

They drive – they don't have a car. **(never)**
→ *They never drive – they don't have a car.*

1. I walk to work. (always) I ALWAYS WALK TO WORK
2. Do you wear glasses? (usually) DO YOU USUALLY WEAR GLASSES?
3. I'm bored. (hardly ever) I'M HARDLY EVER BORED
4. She does housework. (sometimes) SHE SOMETIMES DOES HOUSEWORK
5. We go to the cinema. (hardly ever) WE HARDLY EVER GO TO THE CINEMA
6. Why are you late? (always) WHY ARE YOU ALWAYS LATE?
7. My girlfriend is stressed. (never) MY GIRLFRIEND NEVER IS STRESSED
8. Does it rain in December? (often) DOES IT OFTEN RAIN IN DECEMBER?

✗ is never stressed

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b. Order the words to make correct sentences.

always she at six up gets
→ She always gets up at six.

1. for late never I am class I´M NEVER LATE FOR CLASS
2. eat ever fast hardly we food WE HARDLY EVER EAT FAST FOOD
3. what work you usually time do finish ? WHAT TIME DO YOU USUALLY FINISH WORK?
4. parents out night often my go don't at MY PARENTS DON´T OFTEN GO OUT AT NIGHT
5. always brother lunchtime is my hungry at MY BROTHER ALWAYS IS HUNGRY AT LUNCHTIME
6. don't homework always our we do WE DON´T ALWAYS DO OUR HOMEWORK
7. you work usually to do drive ? DO YOU USUALLY DRIVE TO WORK?
8. hardly teacher angry is our ever OUR TEACHER HARDLY EVER IS ANGRY

is always hungry

is hardly ever angry

How Often? Match the Meaning 🎯

a. Match each adverb (1–6) with how often it means (a–f). Write the letter.

#	Adverb		How often
1	always	B	a. About once or twice a year.
2	often	E	b. 100% – every time.
3	usually	F	c. 0% – not one time.
4	sometimes	D	d. A few times – not always.
5	hardly ever	A	e. Most days / most of the time.
6	never	C	f. Many times, but not always.

***normally* = *usually*.** I normally get up early. = I usually get up early.

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Reading: The People Who Live to 100

a. Read the story. It is about real places called "Blue Zones".

Secrets of a Long Life

#health #everyday #blue-zones

In a few special places in the world, many people live to 100 years old. Scientists call these places "Blue Zones". One is the island of Sardinia, in Italy. Another is Okinawa, in Japan. The people there are not rich, and they do not take special medicine. So what is their secret? It is their **daily habits.**

People in Blue Zones **always** move their bodies. They **usually** walk to visit their friends, and they work in their gardens **every day**. They **hardly ever** use a car for short trips.

Their food is simple. They eat vegetables and beans **every day**, and they **often** eat fruit from their own trees. They eat meat only **two or three times a month**. They **never** eat very big meals.

Family is also important. In Okinawa, old people **rarely** feel alone, because they see their family **every week**. They **sometimes** rest in the afternoon, and they **usually** go to bed early. They are happy, and they are **hardly ever** stressed.

Maybe the secret of a long life is not difficult. Move your body, eat simple food, and see the people you love — every day.

b. Read again and answer the questions.

1. What do scientists call these special places? Scientists call these places Blue-zones
2. How do people in Blue Zones usually visit their friends? They usually walk to visit their friends
3. How often do they eat vegetables and beans? every day
4. How often do they eat meat? they eat meat only two or three time a month
5. How often do the people in Okinawa see their family? They see their family every week
6. Are the people there often stressed? Why / why not? They are happy, and they are hardly ever stressed

c. Write about YOUR life. Compare your habits with the Blue Zones.

Use these to help you:
I always / usually / sometimes / hardly ever / never …
I … every day / once a week / twice a month …
Write 4 true sentences about your daily habits:

Now finish this sentence:
My life is / is not like a Blue Zone, because My life is always busier and more stressful

My eating habits aren't usually the best

I never walk to work

I often eat meat

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a. Watch the documentary about the island of Okinawa. Mark each sentence T (true) or F (false).

5 VIDEO LISTENING



1. Okinawa is an island to the north of Japan. T / X
2. Okinawans who are 70 have bodies like 50-year-olds. X / F
3. "Hara hachi" means: stop eating before you are completely full. X / F
4. People in Okinawa do not eat any meat or fish. T / X
5. Seaweed is a common food on the island. X / F
6. They practise yoga every day. T / X
7. Okinawans usually do things in a hurry. T / X
8. When an Okinawan turns 100, there is a special celebration called "kajimaya". X / F

are hardly ever late

stressed

Do you usually eat?

b. Listen to the audio 4.20 and write the sentences.

1. a. I always watched TV in the evening
   b. Do you usually sleep twice a day
   c. She sometimes does sport
   d. She doesn´t often go to bed late
2. a. They harly ever late
   b. He isn´t often stress
   c. Are you usually eat in the rest room?
3. a. I have english classes twice a week
   b. She doesn´t work every day

Recuerda

¡Mira nuestra serie!

Antes de la próxima clase, mira el **primer episodio** de nuestra serie. Solo míralo y disfrútalo – en la próxima clase te digo qué vamos a hacer con él.

English File Online

Haz tu práctica de **English File online HASTA** la unidad 4C. Inicia sesión y completa los ejercicios.







Assessment NEXT CLASS: EVALUACIÓN PRÓXIMA CLASE

Por favor estudia las **Unidades 3 & 4 (Desde la página 22 hasta la 35).**

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