

Name: _____

Class: _____ Date: _____

I	always	get up at 7 a.m.
	usually	have milk for breakfast.
	sometimes	go to South Africa for my holidays.
	never	play video games.

1 Rewrite the sentences. Use frequency adverbs to make them true for you.

1 I get up at 10 a.m. when I'm on holidays.

2 I play football with my friends at school.

3 My family and I go to the mountains in July.

4 We take a little luggage to the beach.

5 I watch TV in my bedroom.

6 My sister and I play with dolls in the garden.

7 We have lunch at midday.

8 I go to the shopping mall on Saturdays.

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2 Read this text and label the pictures.

My favourite holiday spots

Reporter: What are your favourite holiday destinations?

Millie: I love the beach!

Max: I prefer the mountains! I can ski and make snowballs.

Sam: I love to spend my holidays on the farm. I can ride horses and fish on the lake.

Sarah: I like to stay in our city, go to the park and the shopping mall.



1



2



6



4



3



5

3 Now read the text again and answer the questions.

1 What's Millie's favourite holiday destination?

2 What can Max do in the mountains?

3 What can Sam do on the farm?

4 What are Sarah's favourite places?

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4 Look at the chart and complete the sentences.

Use: *always, usually, sometimes, never.*



				
MONDAY	✓			
TUESDAY	✓	✓		
WEDNESDAY	✓	✓	✓	
THURSDAY	✓	✓	✓	
FRIDAY	✓	✓		
SATURDAY	✓	✓		
SUNDAY	✓			

1 They _____ ride their bikes.

2 I _____ chat on the computer.

3 We _____ go dancing.

4 I _____ play video games. I hate them!

5 What about you? Look at the activities and frequency adverbs in exercise 4 and write true sentences.

1 _____

2 _____

3 _____

4 _____