

MY DAILY VIBES

Present Simple



FROM SLOW TO GO!

Work in pairs or small groups. Watch the videos and discuss the questions below.



Do you prefer a slow morning or a busy morning? Why?

In the morning, do you like to stay in bed or get up quickly?

Do you usually use your phone in the morning? What for?

What is a perfect morning for you?





A DAY IN MY LIFE

1. Work in pairs or small groups. Look at the daily routines below and put them in the order you think is correct and logical.

- make coffee ____
- read a book ____
- go shopping ____
- drink coffee ____
- come back home ____
- get dressed ____
- wake up ____



2. Now watch the video. Write the actions from ex.1 next to the time you see.



- 7:00 am – _____
- 7:20 am – _____
- 7:30 am – _____
- 7:35 am – _____
- 9:45 am – _____
- 1:00 pm – _____
- 4:00 pm – _____

3. Work in pairs or small groups. Discuss the questions below and share your answers.

- What is the first thing you do in the morning?
- What is the last thing you do before bed?
- What is your favourite part of the day? Why?



POSSIBLE ANSWERS

1. Work in pairs or small groups. Look at the daily routines below and put them in the order you think is correct and logical.

- make coffee 2
- read a book 4
- go shopping 6
- drink coffee 3
- come back home 7
- get dressed 5
- wake up 1



2. Now watch the video. Write the actions from ex.1 next to the time you see.



- 7:00 am – wake up
- 7:20 am – make coffee
- 7:30 am – drink coffee
- 7:35 am – read a book
- 9:45 am – get dressed
- 1:00 pm – go shopping
- 4:00 pm – come back home

3. Work in pairs or small groups. Discuss the questions below and share your answers.

- What is the first thing you do in the morning?
- What is the last thing you do before bed?
- What is your favourite part of the day? Why?





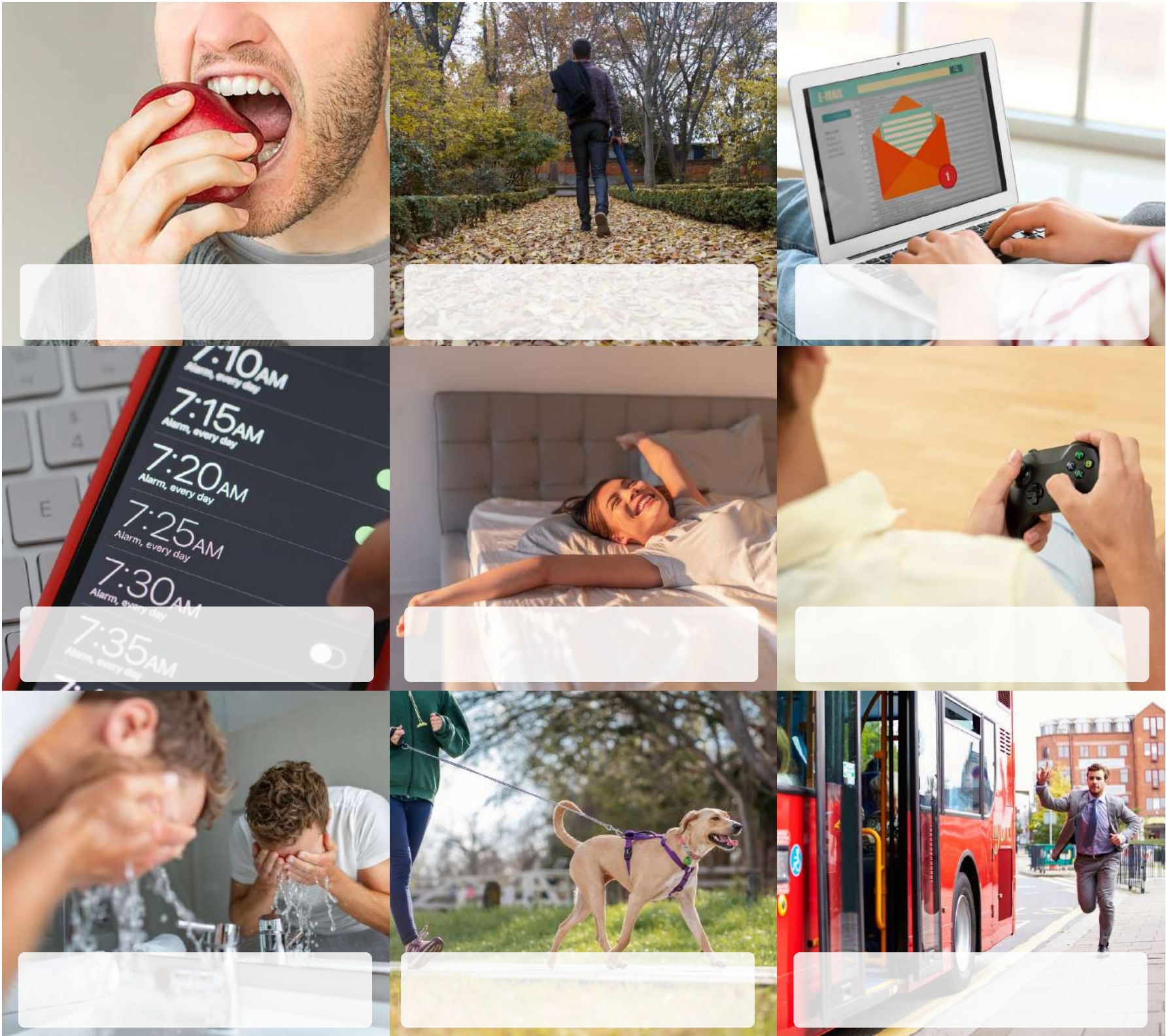
MY DAILY VIBES

1. Listen to the dialogue. Match the two parts to make complete phrases.



1. wash ____	a) emails
2. stretch ____	b) the alarm
3. check ____	c) for a walk
4. take ____	d) in bed
5. have ____	e) the face
6. take the dog ____	f) a short walk
7. go for ____	g) a snack
8. play ____	h) video games
9. set ____	i) the bus

2. Match the phrases from ex.1 to the pictures below.



ANSWERS

1. Listen to the dialogue. Match the two parts to make complete phrases.



1. wash <u>e</u>	a) emails
2. stretch <u>d</u>	b) the alarm
3. check <u>a</u>	c) for a walk
4. take <u>i</u>	d) in bed
5. have <u>g</u>	e) the face
6. take the dog <u>c</u>	f) a short walk
7. go for <u>f</u>	g) a snack
8. play <u>h</u>	h) video games
9. set <u>b</u>	i) the bus

2. Match the phrases from ex.1 to the pictures below.





PRESENT SIMPLE – AFFIRMATIVE



1. Look at the sentences from the dialogue. Use them to complete the rules of Present Simple.

- I like to stretch in bed in the morning.*
- I work from home.*
- Dogs always need exercise.*
- I take the bus every day.*

- Things which are always true, facts.
- Permanent situations.
- Habits or things we do regularly.
- We use the present simple and not continuous with stative verbs:
be, want, cost, need, belong, like, love, hate, dislike, fear, know etc.



usually, sometimes, always, never, often, seldom, on Mondays (Tuesdays, Wednesdays, ...), every day, in the mornings etc.

- + I/you/we/they + base form of the verb
- he/she/it + verb + ending -s/-es/-ies
- Dogs always need exercise.*
- Barnie loves walking so much.*

2. Look at the spelling rules for he/she/it and complete the examples.

	Rule	Example
most verbs	+ -s	play →
verbs ending in -o, -sh, -ss, -ch, -x, -zz	+ -es	go →
verbs ending in consonant + -y	y + -ies	try →
verb 'have'	irregular	have →

The verb **to be** has 3 forms: **am, is, are**.





1. Look at the sentences from the dialogue. Use them to complete the rules of Present Simple.

I like to stretch in bed in the morning.
I work from home.
Dogs always need exercise.
I take the bus every day.

- Things which are always true, facts.
Dogs always need exercise.
- Permanent situations.
I work from home.
- Habits or things we do regularly.
I take the bus every day.
- We use the present simple and not continuous with stative verbs:
be, want, cost, need, belong, like, love, hate, dislike, fear, know etc.
I like to stretch in bed in the morning.



usually, sometimes, always, never, often, seldom, on Mondays (Tuesdays, Wednesdays, ...), every day, in the mornings etc.

ANSWERS

+ I/you/we/they + base form of the verb
he/she/it + verb + ending -s/-es/-ies
Dogs always need exercise.
Barnie loves walking so much.



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verbs ending in consonant + -y	y + -ies	try → tries
verb 'have'	irregular	have → has

The verb **to be** has 3 forms: **am, is, are**.





LET'S PRACTISE!



1. Read the sentences and choose the correct form of the verb.

1. Sarah (brushes / brush) her teeth every morning before breakfast.
2. I (wakes up / wake up) at 7 o'clock on weekdays because I go to school.
3. Tom (ride / rides) his bike to school every day when the weather is good.
4. We (goes / go) to bed late at weekends and watch a film together.
5. They (takes / take) a shower after football practice at the sports centre.
6. Anna (turns off / turn off) her alarm quickly in the mornings and gets ready for work.
7. I (get / gets) out of bed at half past six to take the bus.
8. James (does / do) the shopping on Saturdays in the big supermarket.
9. Her dad (take / takes) the dog for a walk in the park every evening.
10. We (work out / works out) at the gym twice a week in the evenings.

2. Read the blog post and complete the blanks with the correct form of the verb in Present Simple.



Hi, my name is Margo. I am 18 and I live in Manchester.

I _____ (spend) a lot of time watching videos on TikTok. I _____ (follow) different bloggers, and one of my favourites is Zara.



Zara is a blogger from the USA. She always _____ (show) her life on TikTok. I _____ (know) everything about her.

In the morning, she _____ (get ready) for a run in the park. After that, she _____ (travel) to work by train.

Zara is very active. She often _____ (go) to the gym with her friends. She also _____ (have) a brother, just like me. He sometimes _____ (work out) with her in the gym.

Zara _____ (live) with her brother and parents. They _____ (ride) their bikes in the park on Sundays. They often _____ (play) board games or _____ (watch) films together.

I really enjoy watching Zara's videos because she _____ (make) her life look fun and interesting.



1. Read the sentences and choose the correct form of the verb.

1. Sarah (**brushes** / brush) her teeth every morning before breakfast.
2. I (wakes up / **wake up**) at 7 o'clock on weekdays because I go to school.
3. Tom (ride / **rides**) his bike to school every day when the weather is good.
4. We (goes / **go**) to bed late at weekends and watch a film together.
5. They (takes / **take**) a shower after football practice at the sports centre.
6. Anna (**turns off** / turn off) her alarm quickly in the mornings and gets ready for work.
7. I (**get** / gets) out of bed at half past six to take the bus.
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ANSWERS



2. Read the blog post and complete the blanks with the correct form of the verb in Present Simple.



Hi, my name is Margo. I am 18 and I live in Manchester.

I **spend** (spend) a lot of time watching videos on TikTok. I **follow** (follow) different bloggers, and one of my favourites is Zara.



Zara is a blogger from the USA. She always **shows** (show) her life on TikTok. I **know** (know) everything about her.

In the morning, she **gets ready** (get ready) for a run in the park. After that, she **travels** (travel) to work by train.

Zara is very active. She often **goes** (go) to the gym with her friends. She also **has** (have) a brother, just like me. He sometimes **works out** (work out) with her in the gym.

Zara **lives** (live) with her brother and parents. They **ride** (ride) their bikes in the park on Sundays. They often **play** (play) board games or **watch** (watch) films together.

I really enjoy watching Zara's videos because she **makes** (make) her life look fun and interesting.

PRESENT SIMPLE – NEGATIVE



- I/you/we/they + **don't** + base form of the verb
- he/she/it + **doesn't** + base form of the verb

I don't have a dog, but I sometimes also go for a short walk.
It doesn't stop near my house, so I have to walk a little.

1. Read the sentences below. Rewrite them in the negative form using “don’t” or “doesn’t”.

1. Leo brushes his teeth every morning before school.

2. They go grocery shopping in the supermarket on Saturdays.

3. Sofia takes a bath in the evening after volleyball practice.

4. I pack my lunch every day before going to work.

5. My cousin Amelia gets ready for bed at ten o'clock every night.

6. We make tea for the whole family every afternoon.

2. Watch the video. Put a tick (✓) next to the actions you see, and a cross (X) next to the actions you don't see.



- | | |
|--|---|
| ☐ make the bed | ☐ drink water |
| ☐ get dressed | ☐ feed the dog |
| ☐ listen to music | ☐ scroll through Instagram |
| ☐ eat breakfast | ☐ write a to-do list |
| ☐ work out | ☐ read a book |

3. Look at your ticks (✓) and crosses (X) from ex. 2. Write sentences about the video in the Present Simple. Make both affirmative and negative sentences and include time expressions (always, often, never, every day, on Mondays etc.).



POSSIBLE ANSWERS



- I/you/we/they + **don't** + base form of the verb
- he/she/it + **doesn't** + base form of the verb
- I don't have a dog, but I sometimes also go for a short walk.*
- It doesn't stop near my house, so I have to walk a little.*

1. Read the sentences below. Rewrite them in the negative form using “don’t” or “doesn’t”.

- Leo brushes his teeth every morning before school.
Leo doesn't brush his teeth every morning before school.
- They go grocery shopping in the supermarket on Saturdays.
They don't go grocery shopping in the supermarket on Saturdays.
- Sofia takes a bath in the evening after volleyball practice.
Sofia doesn't take a bath in the evening after volleyball practice.
- I pack my lunch every day before going to work.
I don't pack my lunch every day before going to work.
- My cousin Amelia gets ready for bed at ten o'clock every night.
My cousin Amelia doesn't get ready for bed at ten o'clock every night.
- We make tea for the whole family every afternoon.
We don't make tea for the whole family every afternoon.

2. Watch the video. Put a tick (✓) next to the actions you see, and a cross (X) next to the actions you don't see.



- | | |
|---|--|
| ☒ make the bed | ☒ drink water |
| ☐ get dressed | ☒ feed the dog |
| ☒ listen to music | ☐ scroll through Instagram |
| ☐ eat breakfast | ☒ write a to-do list |
| ☒ work out | ☒ read a book |

3. Look at your ticks (✓) and crosses (X) from ex. 2. Write sentences about the video in the Present Simple. Make both affirmative and negative sentences and include time expressions (always, often, never, every day, on Mondays etc.).

- He always makes the bed in the mornings.*
- He doesn't get dressed.*
- He often listens to music when he wakes up.*
- He doesn't eat breakfast every morning.*
- He works out at home every day.*
- He always drinks water after workout.*
- He feeds the dog every morning.*
- He doesn't scroll through Instagram in the mornings.*
- He writes a to-do list every day.*
- He often reads a book before work.*



LET'S PLAY!

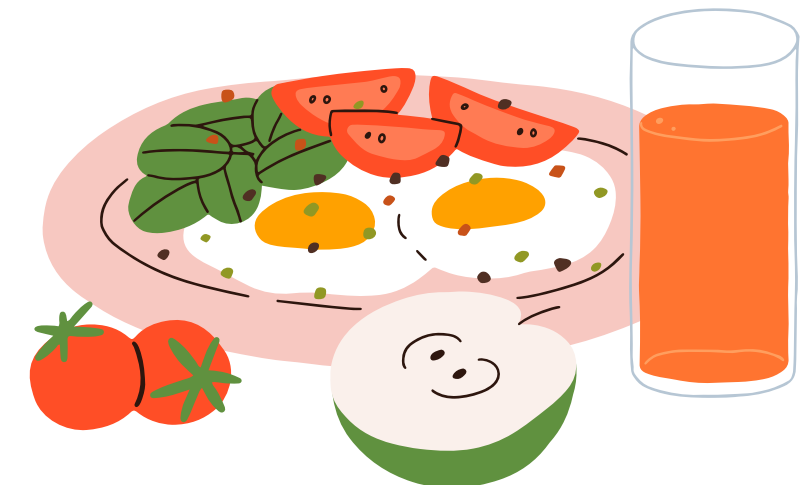
Get ready for a quiz to practise negative sentences in the Present Simple.

Each question has a timer – answer before the time runs out! Think fast, choose wisely, and show what you know.

Good luck and have fun!



PLAY NOW





PRESENT SIMPLE — QUESTIONS

? **Do** + I/you/we/they + base form of the verb

Does + he/she/it + base form of the verb

Do you always check emails in the morning?

Does the bus always come on time?

1. Complete the questions with 'Do' or 'Does'.

- _____ you watch TikTok every evening?
- _____ Yasmin travel to school by bus on weekdays?
- _____ Leo take the dog for a walk in the mornings?
- _____ they play video games at the weekend?
- _____ we get out of bed early every day?
- _____ I brush my hair before school?
- _____ your parents have dinner at 7 o'clock?
- _____ your phone turn off the alarm by itself in the mornings?



We use **do** and **does** with question words:

Wh-word + do/does + subject + verb

2. Read the questions (1–8). Match them with the answers (a–h).

- What do you usually do first when you wake up?
- Who do you go shopping with?
- When do you usually have a snack during the day?
- Where do you normally take the bus from?
- How often do you check emails?
- How much time do you need to put on make-up in the mornings?
- How many hours do you usually play video games at the weekend?
- Why do you stretch in bed in the mornings?

- _____ a) I usually go with my sister after work.
_____ b) At the bus stop near my house.
_____ c) Ten minutes, not more.
_____ d) I want to feel more relaxed.
_____ e) I wash my face and make tea.
_____ f) In the afternoon, about 3 o'clock.
_____ g) About two hours on Saturdays.
_____ h) Two or three times a day.



ANSWERS

? **Do** + I/you/we/they + base form of the verb

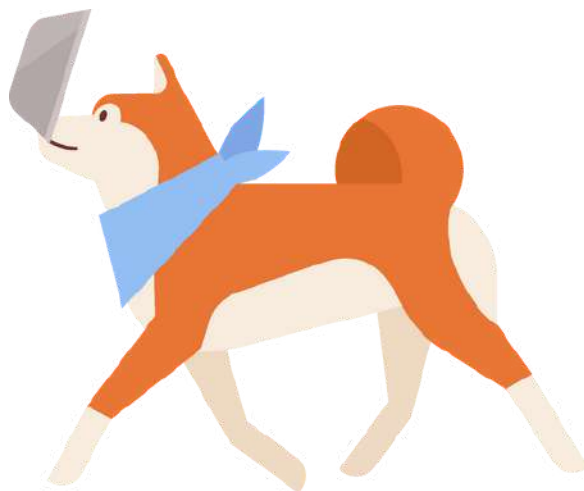
Does + he/she/it + base form of the verb

Do you always check emails in the morning?

Does the bus always come on time?

1. Complete the questions with 'Do' or 'Does'.

1. Do you watch TikTok every evening?
2. Does Yasmin travel to school by bus on weekdays?
3. Does Leo take the dog for a walk in the mornings?
4. Do they play video games at the weekend?
5. Do we get out of bed early every day?
6. Do I brush my hair before school?
7. Do your parents have dinner at 7 o'clock?
8. Does your phone turn off the alarm by itself in the mornings?



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2 a) I usually go with my sister after work.

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6 c) Ten minutes, not more.

8 d) I want to feel more relaxed.

1 e) I wash my face and make tea.

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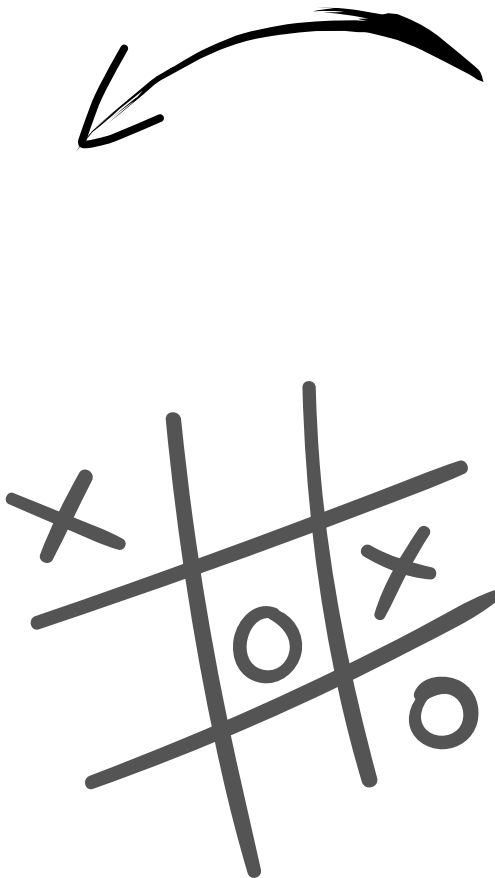
7 g) About two hours on Saturdays.

5 h) Two or three times a day.



LET'S TALK!

How often / you / tidy your room?	You / make / tea / or / coffee / in / the / mornings?	How / your / best / friend / travel / to / work or school?
Who / you / usually / have / breakfast / with?	Where / you / usually / work out?	What time / you / usually / get up / on Sundays?
When / you / usually / go / shopping?	It / take / long / to / go / to / your / work or school?	What / you and your family / watch / in the evening?



Choose a square. Make the question and answer it using the Present Simple. The first player to get 3 marks in a row (up, down, across, or diagonally) is the winner. Draw X or O.



ZOOM REACTIONS

Optional task

In this game, you will see a sentence on the screen with a missing part. Your task is to choose the best phrase to complete the sentence. You can show your answer with a Zoom reaction or say it out loud.

You can play on your own or in teams. Every correct answer gives you one point. Try to collect as many points as you can! At the end of the game, the player or team with the most points will be the winner.

Have fun!



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

Leo _____ at 7 o'clock every day
because he works in the city.



wake up



wakes up



wakees up



wakies up



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

Leo wakes up at 7 o'clock every day
because he works in the city.



wake up



wakes up



wakees up



wakies up



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

Emma _____ lunch at home, she usually eats in the office canteen.



doesn't have



doesn't has



don't has



doesn't have



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

Emma doesn't have lunch at home, she usually eats in the office canteen.



doesn't have



doesn't has



don't has



doesn't have



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

_____ the house at half past eight?



Do they leaves



Does they leave



Do they leave



Does they leavies



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

Do they leave the house at half past eight?



Do they leaves



Does they leave



Do they leave



Does they leavies



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

I _____ ready for bed at about 10
o'clock after reading a book.



get



gets



getes



geties



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

I get ready for bed at about 10 o'clock
after reading a book.



get



gets



getes



geties



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

Olivia _____ video games in the evenings, she prefers reading.



doesn't plays



don't plays



doesn't play



doesn't playes



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

Olivia doesn't play video games in the evenings, she prefers reading.



doesn't plays



don't plays



doesn't play



doesn't playes



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

Sophia _____ to bed at ten o'clock on weekdays.



go



goes



gos



goies



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

Sophia goes to bed at ten o'clock on weekdays.



go



goes



gos



goies



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

We _____ TV in the mornings, we only
watch in the evenings.



doesn't watch



don't watches



doesn't watches



don't watch



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

We don't watch TV in the mornings, we only watch in the evenings.



doesn't watch



don't watches



doesn't watches



don't watch



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

I _____ early at the weekend, I sleep
until nine o'clock.



don't wake up



doesn't wake up



don't wakes up



doesn't wakes up



ZOOM REACTIONS

Read the sentence and choose the correct answer. Use Zoom reactions or just discuss your answers.

I don't wake up early at the weekend, I sleep until nine o'clock.



don't wake up



doesn't wake up



don't wakes up



doesn't wakes up



NAME 3...



*Answer the questions
by naming 3 things.*

things you don't do in the mornings.

things your best friend does every day.

things you always do in the evenings.

things you sometimes do at the weekend.

things your family does together.

things your teacher seldom does in the lesson.

things you usually do in the afternoons.

EXTRA TASK

Match the sentence halves to create logical sentences.

1. Sam doesn't have a snack ____

2. Do you set the alarm ____

3. Thomas stretches in bed ____

4. They don't take the bus ____

5. I wash my face ____

6. Sarah takes the dog for a walk ____

7. Do Christopher and Sarah go for a short walk ____

8. Charles checks emails ____

9. We don't play video games ____

a. on weekdays, only at the weekend.

b. when he is busy at work and has no time.

c. in the evening after he finishes work.

d. before breakfast every morning.

e. because they usually drive to office.

f. in the evenings when the weather is nice.

g. before bed every night so you don't wake up late?

h. when he wakes up early in the mornings.

i. together in the park on Sunday afternoons?



ANSWERS

Match the sentence halves to create logical sentences.

1. Sam doesn't have a snack b

2. Do you set the alarm g

3. Thomas stretches in bed h

4. They don't take the bus e

5. I wash my face d

6. Sarah takes the dog for a walk f

7. Do Christopher and Sarah go for a short walk i

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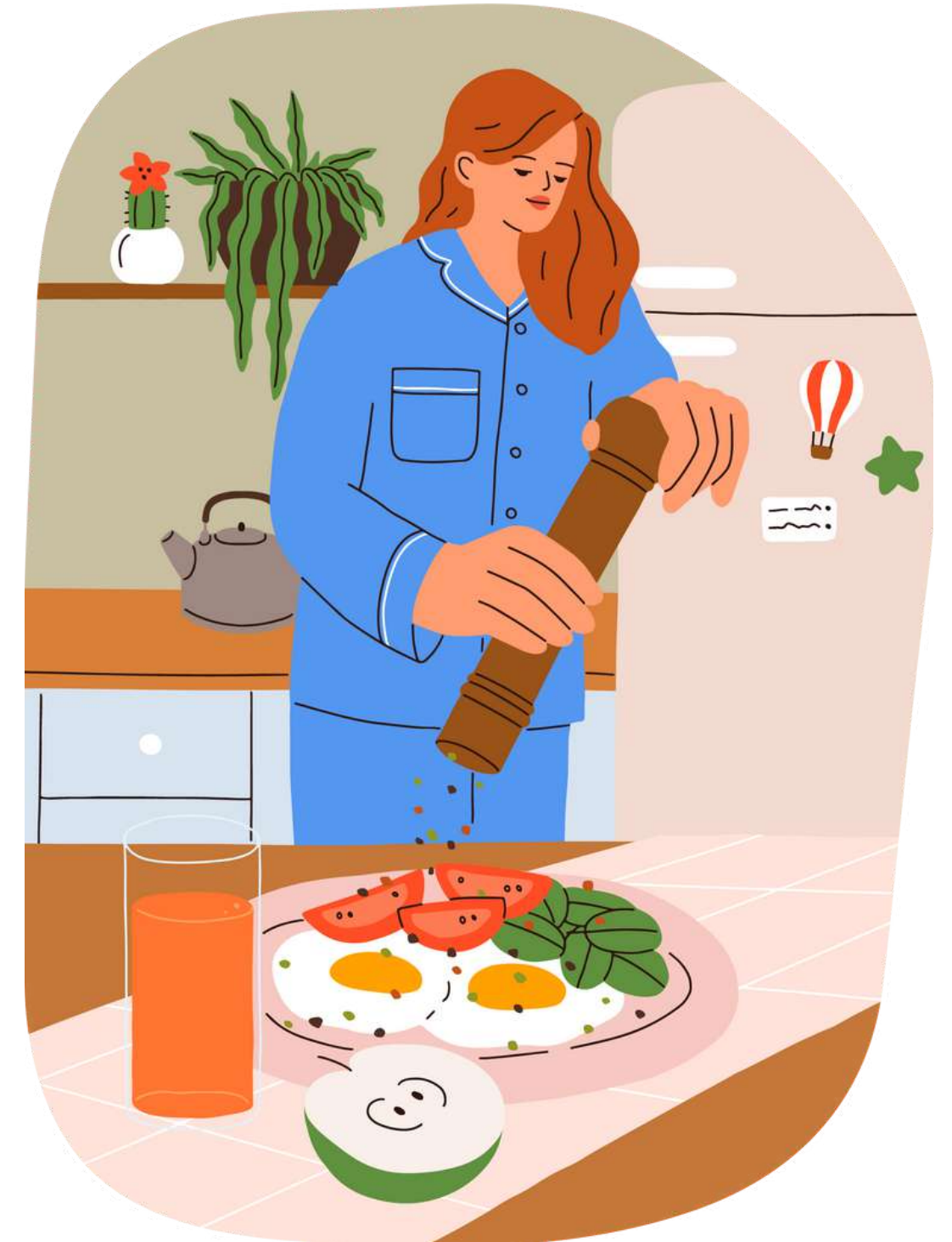
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f. in the evenings when the weather is nice.

g. before bed every night so you don't wake up late?

h. when he wakes up early in the mornings.

i. together in the park on Sunday afternoons?



EXTRA TASK



Look at the timetable below. Write 8–10 sentences in the Present Simple about your daily routine. If the timetable is the same as your routine → write an affirmative sentence. If your routine is different → write a negative sentence.

06:30 – wake up

07:00—have breakfast

07:30—leave home

08:00—take the bus to work

09:00—start work

12:30—have lunch

17:00 – finish work

18:00—go shopping

19:00 – cook dinner

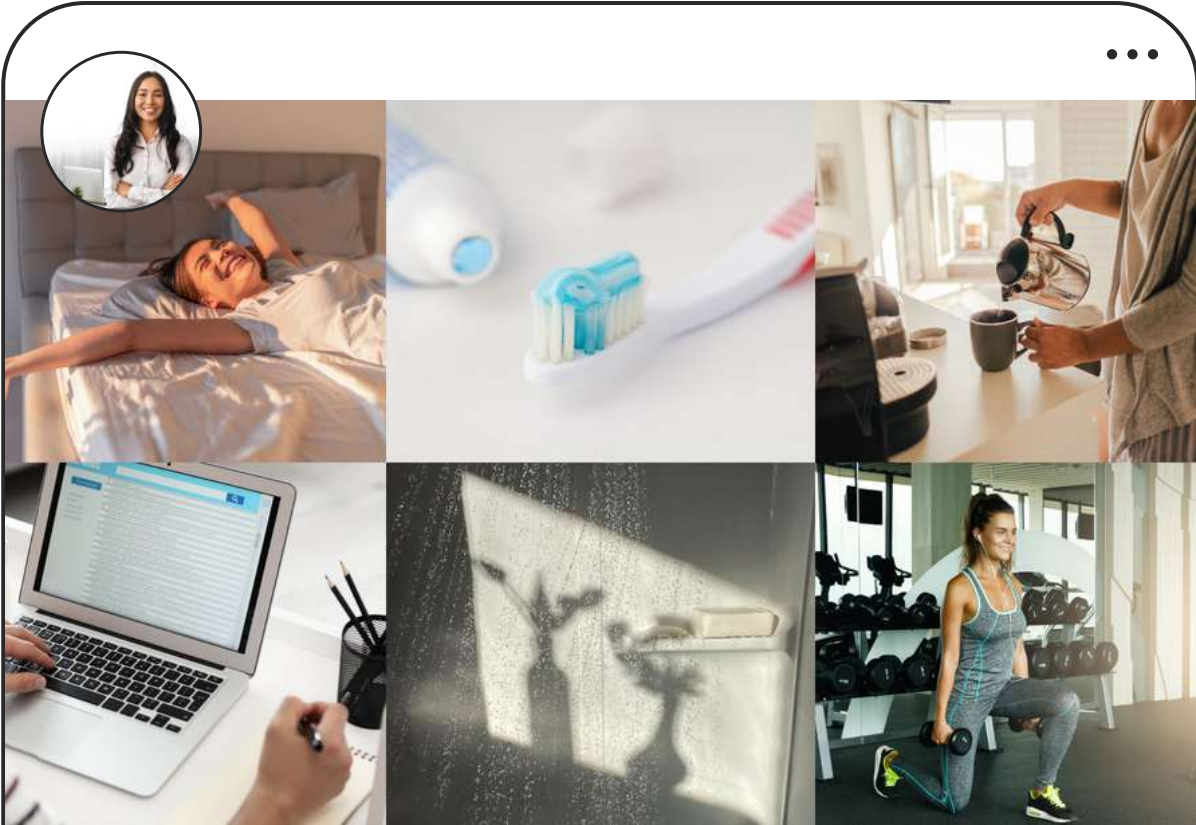
20:00—*watch TV*

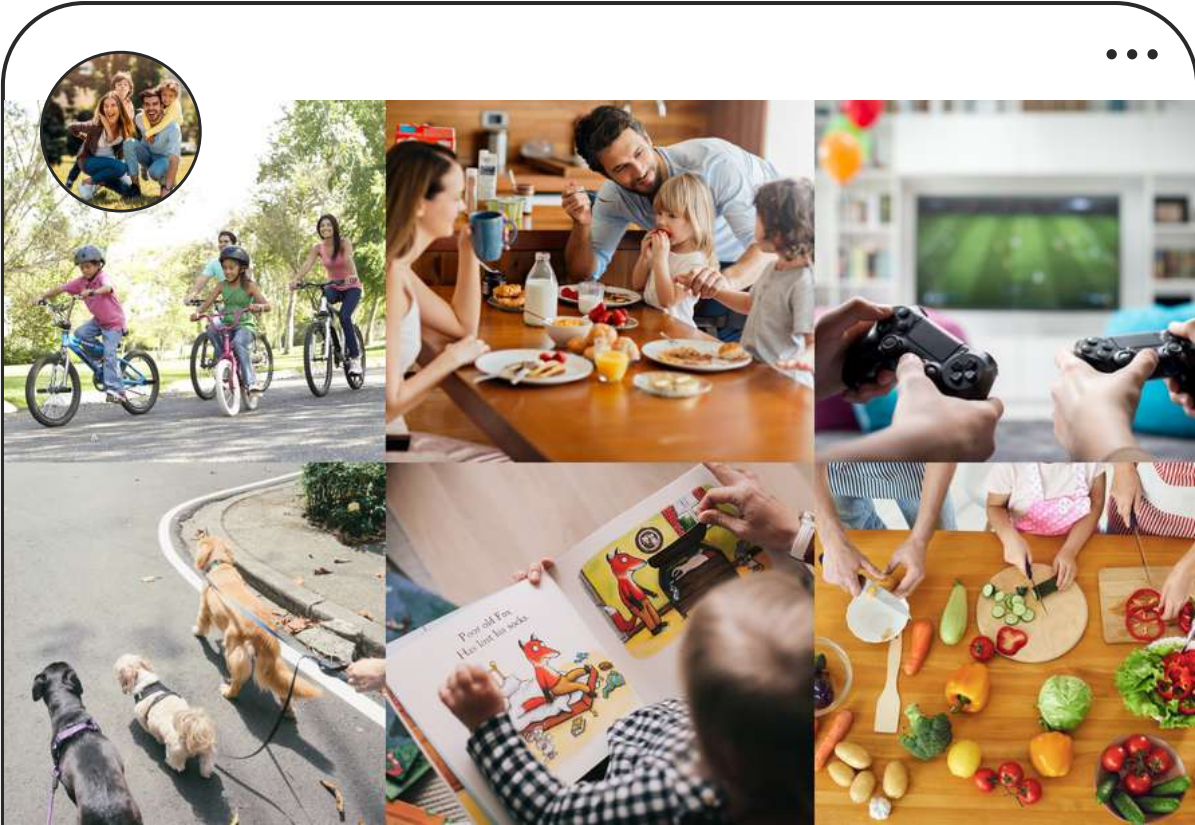
22:30—go to bed

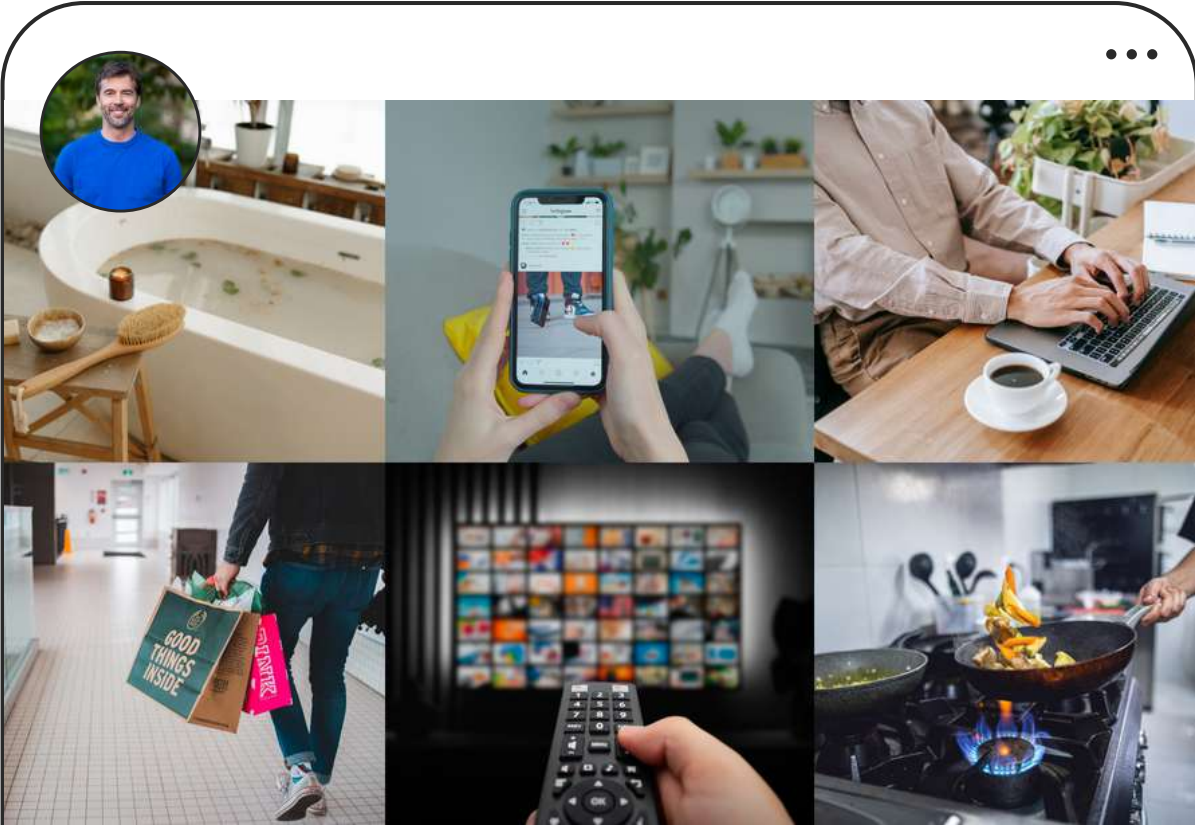
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

EXTRA TASK

Look at the Instagram posts below. Write sentences about the people's daily routines. Use the Present Simple and the words from the lesson.

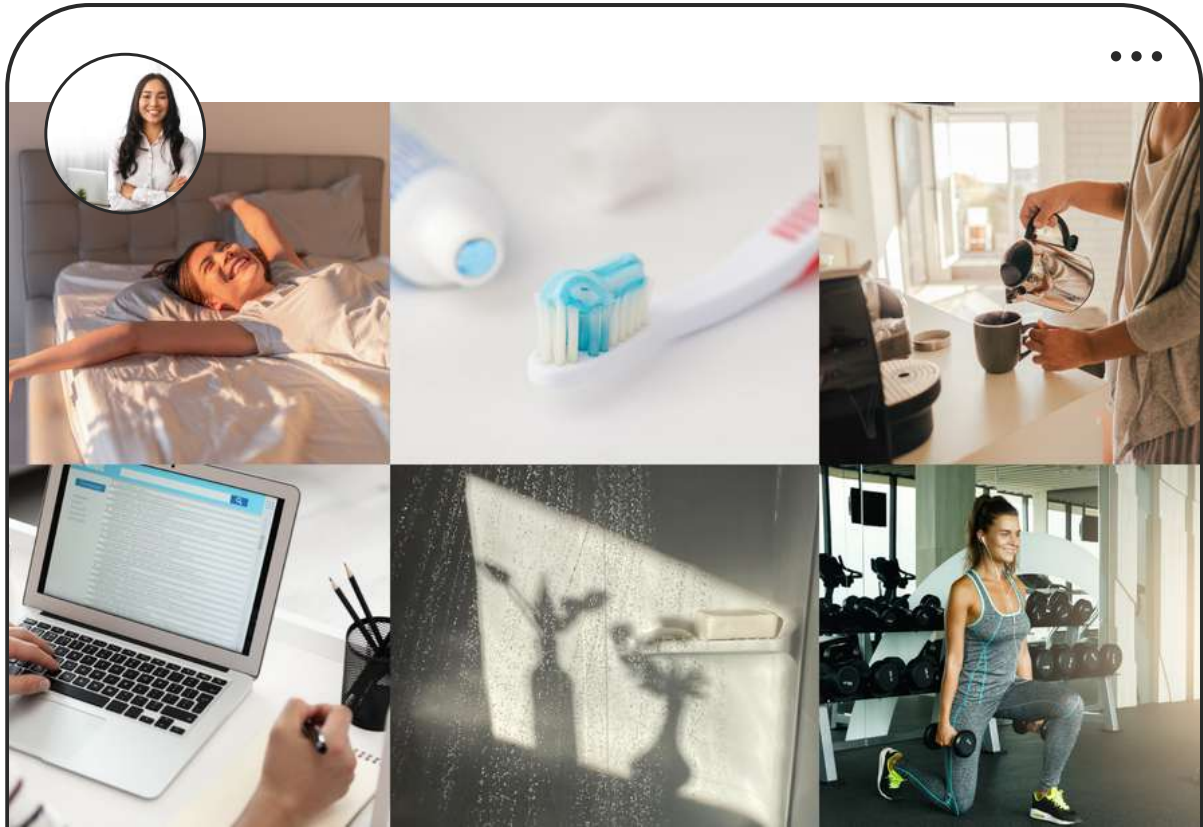




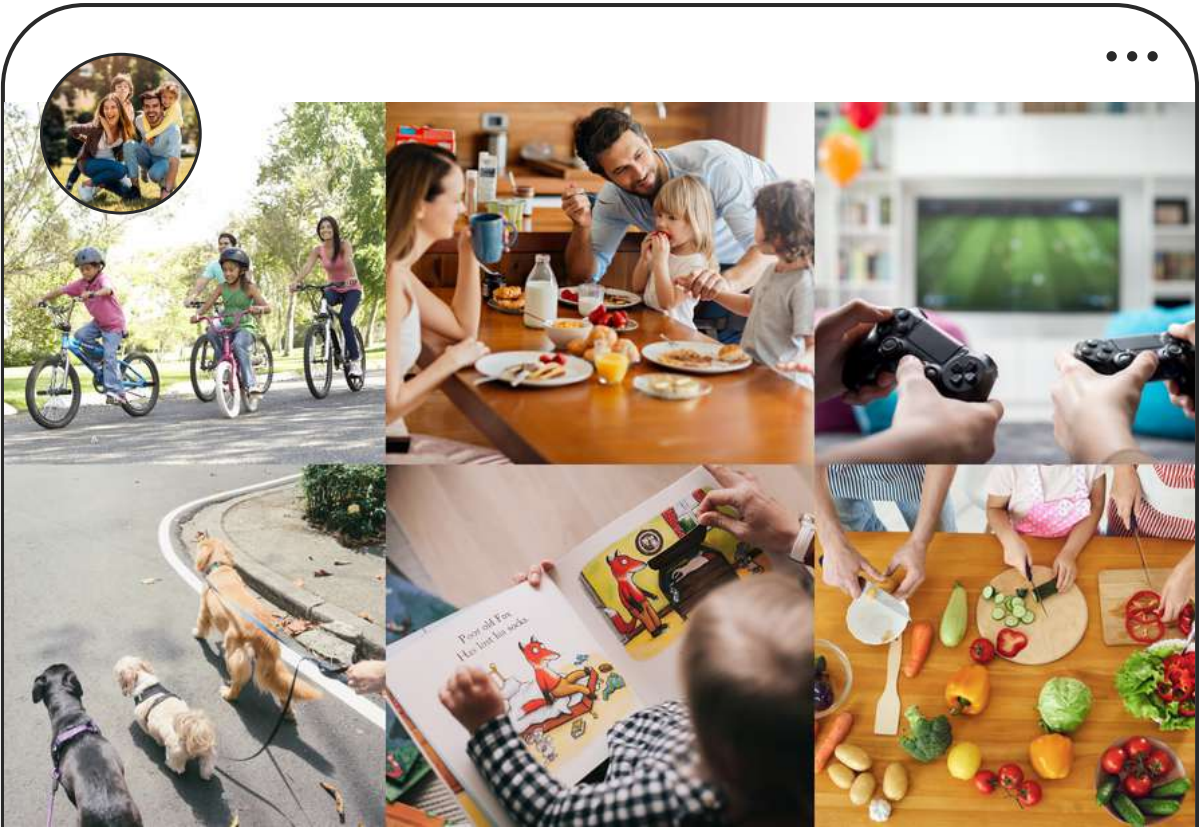


POSSIBLE ANSWERS

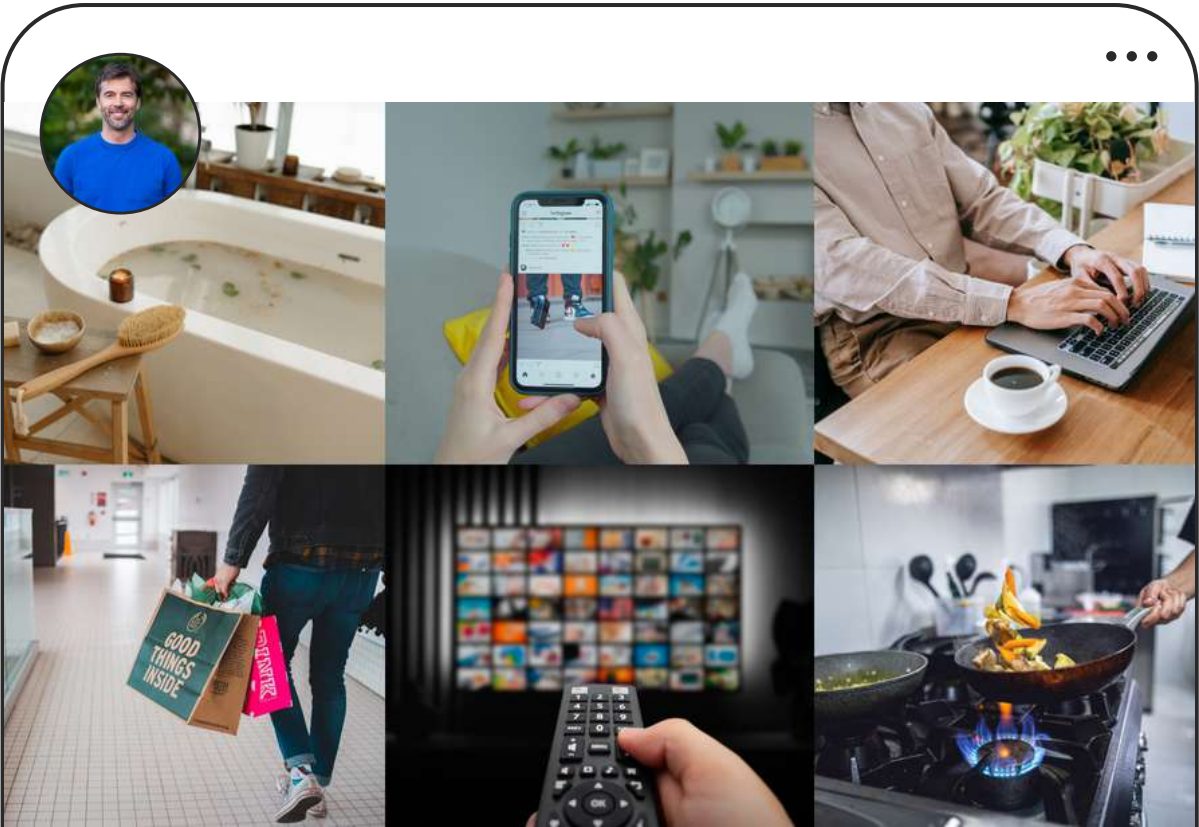
Look at the Instagram posts below. Write sentences about the people's daily routines. Use the Present Simple and the words from the lesson.



She wakes up early and stretches in bed. After that, she brushes her teeth and makes a cup of coffee. She works on her laptop in the mornings, opens the window to get some fresh air, and later she goes to the gym.



They spend a lot of time together. In the mornings they ride their bikes and then have breakfast with the family. Later they play video games, take the dogs for a walk, and read books with the children. In the evenings they cook dinner together.



He enjoys a calm routine. First, he takes a bath and checks his phone. Then he works on his laptop with a cup of coffee. In the afternoons he goes shopping, and in the evenings he watches TV and cooks dinner.

EXTRA TASK

- Imagine your “perfect day”. Think about the morning, afternoon, and evening.
- Use the phrases from today’s lesson and write 3–4 sentences in the Present Simple (use both affirmative and negative sentences).
- Work in pairs or small groups and share your “perfect day”.
- Listen carefully to your classmates and compare your days.
- Next lesson, report to the whole class and talk about your perfect days.

Find two similarities: We both have a snack in a café.

Find two differences: I play video games, but she doesn't.





Revise the words for the next lesson. Use this Quizlet set. You can also play different games to practise or even test yourself in the Quizlet app or on the site.



THANK YOU!

