

# Habits & Frequency



## VOCABULARY

October 2021

	Basic Words	Notes		Intermediate Words	Notes
1	early		14	never	
2	late		15	always	
3	go to bed		16	almost always	
4	get up		17	sometimes	
5	do chores		18	hardly ever	
6	working out		19	every now and then	
7	nail biting		20	once in a while	
8	drinking coffee		21	occasionally	
9	eating junk food		22	usually	
10	lying			Advanced Words	Notes
11	procrastinating		23	habitual	
12	sleeping in		24	tendency	
13	being judgemental		25	frequency	

Fill in the gaps with the frequency with which you do these activities

I \_\_\_\_\_ drink coffee.      I \_\_\_\_\_ eat junk food.  
 I \_\_\_\_\_ go to bed late.      I \_\_\_\_\_ work out.  
 I \_\_\_\_\_ sleep in.      I \_\_\_\_\_ do chores.

Now, think of your own habits *not* from the vocabulary. Remember to use proper grammar!

I \_\_\_\_\_ .      I \_\_\_\_\_ .

## GRAMMAR POINT

**Indefinite adverbs of frequency:**

Words like *always, usually, often, sometimes,* and *never* go before the main verb.

e.g. I **sometimes** watch movies.  
 He **never** eats spicy food.

However, with the verb 'to be,' the order changes:  
 e.g. I **am usually** busy on Mondays.

She **is always** thinking about money.

## Discussion

*We all have some good and some bad habits.*

*Discuss some of your bad habits and some of your good habits.*

*How do you develop good habits, and stop bad ones?*

## HOMEWORK

Words are hidden up, down, left, right, and diagonally down \.

L W W C P A H S K H D V Q R H Y E M U L X A C  
 V Y L L A N O I S A C C O T Q M D N P W Y W X  
 J L Z M B P P F U B D I Z E U G R D S W G O O  
 Y V W E Y S G R L Z L U D N S L I E O G G R M  
 A I L T D Y R E F T O U R D U A N I M X E K Y  
 N I R A G A U Q W E M F Q E A U K U E V B I J  
 C E Y L R W E U O P G S W N L T I W T K E N Y  
 G N L R W L T E J O N G O C L I N J I B O G J  
 Z E R J W A B N S K I I M Y Y B G C M J C O P  
 K V A L M T X C X Y Y Q U S M A C K E H B U M  
 Z E E Y C W J Y M V L R O S D H O X S D L T F  
 G R F P X B U G V Z Q V D J S O F I S O E G I  
 D P R O C R A S T I N A T I N G F J V J O Y B  
 M J I K V O D E P L C B V Q J D E Z H I U S K  
 Q W T C I D Z K Z R C P M S D Q E D F H J J R  
 L T Q X V B O I V W I K N I S C K A F G E E N

habitual      never      always      lying      late  
 procrastinating      drinking coffee      sometimes      frequency  
 occasionally      working out      usually      tendency      early



Q  
U  
I  
Z  
?

- WHAT IS THE COLLECTIVE NOUN FOR A GROUP OF PANDAS?  
 A: AN AWKWARDNESS      B: A SELF-CONSCIOUSNESS  
 C: AN HUMILIATION      D: AN EMBARRASSMENT
- WHO WROTE THE MUSIC FOR SONIC THE HEDGEHOG 3 GAME?  
 A: QUEEN      B: SIMON AND GARFUNKEL  
 C: MICHAEL JACKSON      D: THE BEATLES
- HOW MANY TIMES DOES THE AVERAGE PERSON LAUGH IN A DAY?  
 A: 13      B: 7  
 C: 1      D: 30
- IN GEORGIA (U.S.A), IT IS ILLEGAL TO EAT \_\_\_\_\_ WITH A FORK.  
 A: FISH      B: VEGETABLES  
 C: NOODLES      D: FRIED CHICKEN
- GERMAN BEER FESTIVAL, OKTOBERFEST, TAKES PLACE IN WHICH MONTH?  
 A: SEPTEMBER      B: OCTOBER  
 C: NOVEMBER      D: DECEMBER

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