

# THE SIMPLE PRESENT: Talk about Habits and Daily Routines

This is the second post in the [Simple Present](#) series.

At the end of this lesson, you will know how to talk about habits and daily routines in general using the **Simple Present Tense** or the **Present Simple Tense**.

**REMEMBER:** A verb tense sheds more light on the time of an **action**, an **event** or a state of **being**.

This time can be in the Past, Present or Future.

## THE SIMPLE PRESENT

AFFIRMATIVE FORM	NEGATIVE FORM	INTERROGATIVE FORM	EXAMPLES
<p>I } Like... You }</p> <p>He/She/It likes...</p> <p>We } like... You } They }</p> <p><b>He, She, It</b> LIKES this food.</p>	<p><b>FULL FORM</b> I, You, We, You, They <b>DO NOT LIKE...</b></p> <p><b>SHORT FORM</b> I, You, We, You, They <b>DON'T LIKE...</b></p> <p><b>He, She, It</b> does not like apples. doesn't like apples.</p>	<p><b>YES/NO QUESTIONS</b> <b>Do</b> I, you, we, you, they like...?</p> <p><b>WH-QUESTIONS</b> <b>What do</b> I, you, we, you, they like?</p> <p><b>Does he/she/it like this food?</b> <b>What does he/she/it like?</b></p>	<ul style="list-style-type: none"><li>• I like him.</li><li>• She loves her friend.</li><li>• They like this film.</li><li>• We start at noon.</li><li>• He goes to school by bike.</li><li>• They watch TV every evening.</li><li>• I eat bananas and bread at breakfast.</li><li>• You work very hard.</li></ul>

## The Simple Present: Talk about Habits and Daily Routines (Student)

We can use the **Simple Present Tense** to talk about repeated actions. This is why this tense is often used when talking about our habits and daily routines.

- I wake up and get up from bed as soon as the alarm goes off at 5:30 o'clock a.m.
- Next, I head to the bathroom where I brush my teeth.

- Then, I take a shower and get dressed.
- Afterwards, I have breakfast with my parents and siblings at around 7:00.
- We catch the 7:30 bus at the bus stop.
- Most of the time, we arrive at school at 8:15.
- Classes start at 8:30.
- Break time is at a quarter past 10.
- We resume lessons fifteen minutes later.
- We eat lunch from noon to half past one.
- In the afternoon, we start classes at two after resting for an hour.
- When the bell rings at 4:00 p.m., it is finally time to go home.
- We take the bus again and reach home before 5:00.
- Later, we have our afternoon snack.
- Often, we do our homework before we can go out to play, watch TV, surf the Internet or play video games.
- We have dinner at 8:00 p.m.
- Bed time is at 10:00 o'clock.

## Sample Talk

Hi, my name is Sara. I am fifteen years old. What is my daily routine like? Well, first things first!

I wake up at half past five in the morning because I'm an early riser. I just like to get things done. As soon as I get up from bed, I head straight to the bathroom. I brush my teeth and take a shower.

Then, I have breakfast with my parents and siblings. My father is a teacher and my mother works at the Post Office. After my first meal of the day, I go to the bus stop to take a bus. School is not far so I'm never afraid of arriving late. Our classes start at 8:30 a.m. because some students do not live near our school.





# THE SIMPLE PRESENT

## Daily Routine

### The Simple Present: Talk about Habits and Daily Routines (Employee)

The daily routine of an employee is different from that of a student because the activities are not the same. There are a few similarities though. Can you spot them?

- I wake up reluctantly at six in the morning. I hit the snooze button of my alarm more than five times. I am not an early riser and I like staying in bed as long as I can.
- I drag my feet to the bathroom and wash my face. I don't take my shower in the morning. I prefer taking it in the evening after a hard day at work.
- I get dressed in my walk-in wardrobe. I always put on a suit and a neck tie because I work at the bank.
- I have breakfast with my wife then I brush my teeth.
- Afterwards, I drive to my workplace which is about thirty kilometres away from my house. I arrive there around eight o'clock.
- I work until half past twelve. I don't forget to take short breaks before lunch because sitting in front of a computer can be quite tiring and boring.
- I have lunch with my colleagues. We eat well-prepared meals at the restaurant.
- We often feel sleepy in the afternoon but we make sure that our deadlines are met.

- I leave the office at five. I stop by the supermarket to get a few foodstuffs.
- I usually find my wife at home.
- We prepare dinner together while talking about our day.
- We have our evening meal at eight o'clock. We eat while watching TV. Sometimes we have a glass of red wine and some nuts.
- I take my shower after dinner.
- We go to bed at 10:30 p.m.

## Sample Description

My name is Alexander and I work as a Financial Officer in a bank. Well, what does my daily routine look like? To tell you the truth, it's quite simple actually. There's nothing unusual about it.

I wake up at around six in the morning. Often, my alarm clock and I have a battle of wills because I hate waking up so early in the morning. I hit the snooze button more than five times!

I head to the bathroom with reluctance. I wash my face and get dressed in my walk-in wardrobe. I like beautiful clothes so I make sure to wear comfortable, yet elegant suits and neckties to make a good impression at work.

My wife and I have breakfast in the kitchen. Our first meal of the morning comprises fried eggs, toasted bread, some fruit and a cup of tea or coffee without sugar.

I quickly brush my teeth afterwards and drive to work. My office is about thirty kilometres away from where I live. There are no traffic jams on the way so I always arrive at my workplace on time.

Lunch time is usually at half past twelve but before that I make sure to take short breaks. My computer and chair can become my enemies if I don't take time to refresh my mind.

We eat at nearby restaurants. The food is rarely bad and we enjoy it most of the times. This is why we feel sleepy in the afternoon. We never slack on the job though. Our boss would be extremely mad.

I knock off at five. Most of time, I stop by the supermarket to get a few foodstuffs. I usually find my wife at home. We prepare dinner together while talking about our day.

We eat in front of the TV. Later, I take a shower and brush my teeth. Bed time is often at half past ten.



# WHAT'S YOUR DAILY ROUTINE?



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