Workshop 8: Every Day, Every Way! ⭐

Name: _____

Level: _____

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 _ _ _ _ _	FEB _ _ _ _ _ _	MAR _ _
APR _ _	MAY	JUN _
JUL _	AUG _ _ _	SEP _ _ _ _ _ _
OCT _ _ _ _	NOV _ _ _ _ _	DEC _ _ _ _ _

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 1, week 2, week 3…**
2. every _____	January, February, March…
3. every _____	2025, 2026, 2027…
4. _____ a week	e.g. only on Mondays
5. _____ a week	e.g. Mondays and Wednesdays
6. _____ times a week	e.g. Mon, Wed, Fri
7. _____ 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**.

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)**

2. Do you wear glasses? **(usually)**

3. I'm bored. **(hardly ever)**

4. She does housework. **(sometimes)**

5. We go to the cinema. **(hardly ever)**

6. Why are you late? **(always)**

7. My girlfriend is stressed. **(never)**

8. Does it rain in December? **(often)**

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

2. eat ever fast hardly we food

3. what work you usually time do finish ?

4. parents out night often my go don't at

5. always brother lunchtime is my hungry at

6. don't homework always our we do

7. you work usually to do drive ?

8. hardly teacher angry is our ever

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

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

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?

2. How do people in Blue Zones usually visit their friends?

3. How often do they eat vegetables and beans?

4. How often do they eat meat?

5. How often do the people in Okinawa see their family?

6. Are the people there often stressed? Why / why not?

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 _____

Daily Routines: Verb List ⏰

a. These are your Chapter 1 verbs. Do you know them all?

wake up	get up	have breakfast	have a shower
wash	brush (teeth)	get dressed	leave
arrive	start	finish	come home
have lunch	have dinner	watch TV	go to bed
sleep	rest	tidy up	relax

PROJECT: My Verb Dictionary 📖

Big idea: you are going to make your OWN physical dictionary of verbs! You will keep it all year and add new chapters. Be creative – it is YOUR book.

a. Make your dictionary. Follow these steps.

1. Get a notebook or make a small book with paper. Design a beautiful **front cover** with the title: **"My Verb Dictionary"** and your name.
2. Write **Chapter 1: Daily Routines** on the first page.
3. Give **one page (or half a page) to each verb** from the list above.
4. For each verb, include:
   - **the verb** in big letters (e.g. *have breakfast*)
   - **a drawing or picture** of the action
   - **the meaning** in Spanish
   - **one true sentence about YOU**, using an adverb or expression of frequency:

     I usually have breakfast at 7:00. / *I tidy up my room twice a week.*
5. Bring your dictionary to the next class to show the group. **The most creative dictionary wins a surprise!**

Remember! This is Chapter 1. In the next workshops we will add new chapters with new verbs, so keep your dictionary safe!

📚 Materials to Buy

- A notebook with blank pages
- Pencil and eraser
- Coloured pencils or markers
- Ruler
- Scissors
- Glue
- Stickers (optional)
- Hand-drawn illustrations for the verbs only (NO cut-outs or printed pictures)

Example: You dictionary should look something like this:



Video & Listening

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

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

1. a. _____
   b. _____
   c. _____
   d. _____
2. a. _____
   b. _____
   c. _____
3. a. _____
   b. _____

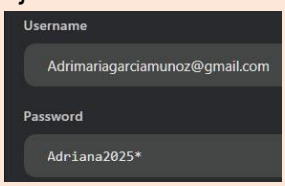
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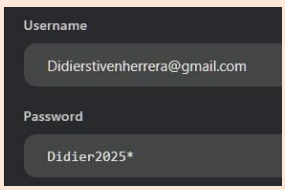
¡Mira nuestra serie!

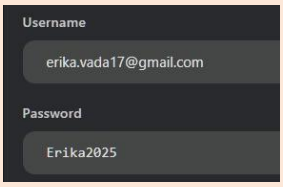
Antes de la próxima clase, mira el **primer episodio** de nuestra serie. Solo míralo y disfrútalo – en la próxima clase te digo qué vamos a hacer con él.

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).**