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## Mini lesson 015 - Present Simple for Regular Habits

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The present simple tense is often used to describe regular habits or routines—actions that happen repeatedly over time. These actions can occur daily, weekly, or even yearly, and are often accompanied by adverbs of frequency like "always," "often," "sometimes," "rarely," and "never."

Examples:

- **She always drinks coffee in the morning.**
- **They go jogging every Saturday.**
- **The store opens at 9 AM.**
- **I rarely eat fast food.**
- **We visit our relatives during the holidays.**

These habits or routines are part of your life or the world around you, representing what regularly happens.





### Practice time

1. The children \_\_\_\_\_ (play) in the park every Saturday.
2. She \_\_\_\_\_ (visit) her grandparents every Sunday.
3. They \_\_\_\_\_ (go) to the gym after work.
4. He \_\_\_\_\_ (study) for two hours every evening.
5. The bus \_\_\_\_\_ (arrive) at the station at 8 AM every morning.
6. My brother \_\_\_\_\_ (watch) TV before going to bed.
7. She \_\_\_\_\_ (read) a book during her lunch break.
8. The company \_\_\_\_\_ (hold) meetings every Monday.
9. We \_\_\_\_\_ (eat) dinner together as a family every night.
10. He \_\_\_\_\_ (take) his dog for a walk every morning.
11. Sarah \_\_\_\_\_ (call) her friend after work.
12. The shop \_\_\_\_\_ (open) at 9 AM every day.
13. They \_\_\_\_\_ (celebrate) their anniversary every year.
14. She \_\_\_\_\_ (drink) coffee every morning.
15. The gardener \_\_\_\_\_ (water) the plants every evening.

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### Answers

1. The children **play** in the park every Saturday.
2. She **visits** her grandparents every Sunday.
3. They **go** to the gym after work.
4. He **studies** for two hours every evening.
5. The bus **arrives** at the station at 8 AM every morning.
6. My brother **watches** TV before going to bed.
7. She **reads** a book during her lunch break.
8. The company **holds** meetings every Monday.
9. We **eat** dinner together as a family every night.
10. He **takes** his dog for a walk every morning.
11. Sarah **calls** her friend after work.
12. The shop **opens** at 9 AM every day.
13. They **celebrate** their anniversary every year.
14. She **drinks** coffee every morning.
15. The gardener **waters** the plants every evening.

