

Discussion of Routines

Adverbs of Frequency

9:30 – 9:40 Ice Breaker

- What was the best thing that happened to you this week?
- What was the worst thing that happened to you this week?



9:40 – 9:50 Lesson Warm-Up

- Describe what is happening in the picture.
- Did your mother read stories to you when you were a child? Were they bedtime stories?
- Can you remember your favorite book as a child?

9:50 – 10:00 Dialog

Stephanie and Jennifer are having a conversation as they wait for the school bus with their children. Practice reading the dialog with a partner, then switch roles and read the dialog a second time. Try using the “Look up and say” technique.

Jennifer: Good morning, Stephanie. Where’s the school bus? It’s late today.

Stephanie: I know. It’s usually on time every morning.

Jennifer: We’re fortunate.

Stephanie: I agree. I’m glad it’s late today because my daughter, Rachel, couldn’t get out of bed this morning. She always gets up on time, but not this morning.

Jennifer: Is she ill?

Stephanie: No, my daughter rarely gets sick. She was just lazy this morning.

Jennifer: My daughter is sometimes slow in the morning if she goes to bed late.

Stephanie: That’s why on school nights, Rachel always gets ready for bed at 7:30 p.m., and

then I usually read her a bedtime story.

Jennifer: I often read a book with my daughter before she falls asleep. She usually wants to read the same book, *Goodnight Moon*.*

Stephanie: Rachel's favorite book is *Where the Wild Things Are*, so we often read that one.

Jennifer: I remember my favorite book as a child – *The Little Engine That Could*! Now I read that same book to my daughter over and over -- she never gets tired of hearing it.

Stephanie: But, I bet you do! Oh, here comes the bus!

*Goodnight Moon is a classic bedtime story that has lulled generations of children to sleep.

10:00 – 10:25 Discussion Questions

*Use the adverbs of frequency shown below to help you answer the Discussion Questions. Remember that the adverb of frequency comes **before** action verbs. When you have a “be” verb, the adverb of frequency comes **after** it.*

Example: The school bus is **rarely** late. (“be” verb)
I **rarely** skip breakfast. (action verb)

Adverbs of Frequency

0% -----100%
never rarely occasionally sometimes often usually always

Discussion Questions

- What is something you **always** do?
- What is something you **never** do?
- What is something you want to do **more often**?
- Do you **always** wake up at the same time every day?
- Do you **sometimes** sleep in?
- Do you **usually** skip breakfast?
- Do you **always** cook your own meals?
- Do you **sometimes** take the train or bus?
- Do you **occasionally** eat pizza in a restaurant?
- Do you **always** use email?
- Do you **often** call your family in your home country?
- What do you **always** do every summer?
- What is a place where you **rarely** go?
- **How often** do you exercise?
- **How often** do you read books?

- Do you **often** read to your children?
- What kinds of things do you **never** do with your children?

More discussion questions:

1. Do you think that routines* can be good or bad? For adults? For children? For the elderly?
2. Most people are “stuck in a rut”**. Do you agree or disagree?
3. What’s one routine that you wish you could change?
4. What’s one routine exercise that you do?
5. How often do you have routine maintenance on your car?
6. Can you remember some routines your teachers used during class time? What were they?
7. Are jobs easier when you have a routine?
8. Can you think of a type of job that is monotonous***? Can you think of other things that might be monotonous?

**Routine*

- Noun: A **routine** is the usual series of things that you do at a particular time in a particular order.
- Adjective: Use **routine** to describe activities that are done as a normal part of a process, event, job, etc.
- Adverb: Doctors **routinely** wash their hands before examining a patient.

***Stuck in a rut*

- If your car gets stuck in a rut (deep tire track), you won’t be able to move your car forward or backward.
- People can get “stuck in a rut” when they have a boring or unpleasant routine that they can’t escape from or change.

**** Monotonous*

- Adjective: Something that is *monotonous* is very boring because it has a regular, repeated pattern which never changes.

10:25am – 10:40am: Describe your Sunday routine

Sunday Routine

*Read one person’s Sunday routine. Then describe **your** Sunday routine.*

On Sunday mornings, my husband and I go to church at the Orchard. I get up first about 7:00 or 7:30 a.m. and have a breakfast of orange juice, one hard-boiled egg, and a croissant. I love my coffee in the morning – but just one cup! My husband sleeps as late as he can, leaving himself 45 minutes to get ready.

After church, we sometimes have brunch with friends or come home. If we’re home, my

husband often watches a football game, while I enjoy reading the Sunday newspaper or a good book. I sometimes take a nap in the afternoon.

I try to make a special Sunday dinner for my family. After dinner, I usually call my parents who live in another state. Later, we watch our favorite TV shows. After that, I prepare for the upcoming week, including finishing my Bible study.