

Present simple and present continuous; Adverbs of frequency; State and action verbs

1 Complete with the present simple or the present continuous form of the verbs given.

- I (do) a lot of physical exercise at the moment because they say it (help) reduce stress, but it (not work) with me!
- She normally (wear) her hair short – she says it (look) tidier.
- These days my team and I (train) for four hours a day to prepare for the school football finals which (take place) every year in June.
- I (feel) really pleased today because my teacher says I (make) great progress with my English.
- My little sister (need) encouragement – she's very clever but she (not show) it.
- She (always/complain) about everything, and I (become) more and more annoyed with it.

2 Complete these sentences with an adverb of frequency.

always (x2) • occasionally • rarely • sometimes • usually

- We eat out on Sundays, but not more than once a month.
- He's definitely very clever, but he can be a bit arrogant
- Our teachers don't give us homework over the weekend, only when we have a test on a Monday.
- My grandmother looks happy to see my cousins and me.
- My friend asks me if she looks trendy because she reads that fashion blog every day.
- Dad has time to relax in the evening – he usually has work to finish.

3 Complete these sentences with the correct form of the verbs given.

- I (think) long hair looks terrible on me.
- She (not work) at the moment, she's on holiday.
- What's in this milkshake? It (taste) delicious.

- We (think) of going to the cinema this weekend.
- He can't come to the phone he (have) a shower at the moment.
- She's young but she (have) a very strong personality.
- Who's the first person you (see) when you wake up in the morning?

4 Find and correct the five mistakes.

Sylvia is having many qualities, but she's a bit too shy. She's more intelligent than she thinks. She's quite a good student and she knows French and Spanish well, but she's poor at maths. In fact, she gets very low marks in algebra at the moment. Sylvia badly needs extra lessons and looks for a private teacher. She's my best friend and we are having a great time when we hang out together. And we love going window-shopping, we are looking at clothes, or smell perfumes, but we never buy anything.

5 Complete with the present simple or the present continuous form of the verbs given.

Maya Polar Bear is one of the internet's favourite dogs and she (1) (get) more followers all the time. Maya is a beautiful white Samoyed dog who (2) (always/be) friendly and easy-going. She's very cute and funny in the photos and videos which her owner Karen (3) (post/once a week). Karen (4) (add/usually) writing to show what Maya is thinking. In one of her most popular videos, Karen (5) (hug) Maya and Maya (6) (make) funny faces. (7) (Maya/smile) in the video? Maybe she is! (8) (you/want) a dog like Maya? If so, you should think about whether a Samoyed is right for you. Samoyed dogs (9) (be) affectionate and energetic, and they (10) (like) playing. However, they (11) (always/make) noise, which can be annoying!