



## Present simple 2

### **Time guides**

We often use the present simple with the following time guides

A time guide is a word which helps us to know what time we are talking about (**past , present , future**)

These time guides tell us how often we do things

**Always**

**Often, frequently**

**Usually , generally**

**Regularly , normally**

**Sometimes , occasionally**

**Seldom**

**Rarely**

These usually go **after** verb **to be** and **before** the **main verb**

\* **Sammy is usually** late for school     \* **I often go** to the cinema

\*These go only at the beginning or end of the sentence

Every day -every week- every month etc

\***Every day** we go to the shop to buy a cheese pie  
we go to the shop to buy a cheese pie **every day**

-There are some negative 'time guides'

Never   not often   not always       not always   not usually

\*We don't often see you these days