**Uses:**

**1- For repeated actions, daily routines and habits**

Examples:

My mum works in school.

My friends and I go to school by bus.

**2- For general facts and laws of nature**

Examples:

Water boils at one hundred degrees.

The earth is round.

**3- For timetables**

Example:

The plane from Mexico arrives at 8:00 p.m.

**4- To give instructions or directions**

Example:

Turn right after the flower shop.

**5- After time conjunctions (after / before / by the time / when) to refer to the future**

Examples:

After she finishes decorating her class, she will help you.

By the time the plane arrives, we will have reached the airport.

**6- With the following time expressions**

Usually, often, always, constantly, normally, occasionally, hardly ever, little, regularly, sometimes, never, ever, rarely, seldom, frequently, generally

These expressions are used before the verb or after verb to be and auxiliary verbs.

Examples:

I sometimes go to the bar.

Sam is always on time.

We can use these expressions at the beginning or at the end of a sentence to concentrate on the meaning.

Examples:

Sometimes I go the bar.

I go to the bar sometimes.

Once / twice / (three / several / many) times + a/an,

Every day / week / month / year, in the morning/afternoon/evening, at night, at the weekend, on Fridays, ..etc.

These expressions are used at the beginning and the end of a sentence

Examples:

I go to the gym twice a week.

Once every week, I visit my grandparents.

**7- With verbs that show feelings**

Examples:

I prefer his way of thinking.

My dad is known for his excellence in his job.