Adverbs

Make + adjective

Girls on bikes in Mandalay, Myanmar

Adverbs: Saying how and how often you do something

Adverbs describe how we do something. They also describe how often we do something.
*People who don't sleep well can get ill more **easily**.*
*If you sleep **regularly**, you're usually able to pay more attention at school.*

To make adverbs, we usually add *-ly* to the adjective.
quick ⟶ *quickly*

When the adjective ends in:
• *-y*, we take off the *-y* and add *-ily*.
easy ⟶ *easily*
• *-le*, we take off the *-e* and add *-y*.
simple ⟶ *simply*

Some adverbs don't end in *-ly* and have the same form as the adjective.
hard ⟶ *hard*
fast ⟶ *fast*
early ⟶ *early*
late ⟶ *late*

Some adverbs don't end in *-ly* and have a different form from the adjective.
good ⟶ *well*

Adverbs that describe how we do something usually go after the main verb.
*He goes to sleep **quickly** every evening.*

When we want to talk about habits or we want to say how often something happens, we use adverbs of frequency.

0% ⟵—————————————————⟶ 100%
never   rarely   sometimes   often   always

Adverbs of frequency usually come before the main verb, unless the verb is *be*.
*I **often** go to sleep late.*
*I am **usually** tired at school.*
*I **always** sleep more at weekends.*

1 Complete the sentences with an adverb from the box.

| badly | carefully | easily | late | often | quickly | ~~rarely~~ | regularly | well |

Example: *I **rarely** go to bed before midnight.*

1. I slept very _____ last night and feel great this morning.
2. He _____ completed the test in time.
3. I watched as the boy _____ picked up the injured bird.
4. I arrived _____ and the play had started.
5. The girls played _____ and lost the match.
6. If you take the medicine, you will get better _____.
7. It's important to exercise _____.
8. Jason _____ goes to the library after school.

2 Complete the second sentence so it has the same meaning as the first.

Example: *It is a fast train. The train travels **fast**.*

1. My sleep is good. I sleep _____.
2. My food is healthy. I eat _____.
3. He was gentle when he touched the bird. He touched the bird _____.
4. My dad was very angry. He reacted _____.
5. My test result was terrible. I did _____ in the test.
6. My sister was calm during the storm. She behaved _____.
7. My teacher was clear when she explained the topic. She explained the topic _____.
8. It isn't usual for me to go to bed after midnight. I don't _____ go to bed after midnight.

3 Use the prompts to write questions. Change the adjectives to adverbs.

Example: *your brother / sleep / good*   ***Does your brother sleep well?***

1. he / go to bed / early _____
2. why / your sister / sleep / bad _____
3. how / you / think / clear _____
4. why / you / talk / loud _____
5. why / you / eat / slow _____
6. when / we / learn / quick / in class _____
7. what / you / do / frequent _____
8. when / I / get up / easy _____

Make + adjective: Saying what affects mood and feelings

The verb **make + adjective** is used with mood and feelings. We use it to describe how someone or a group of people feels as a result of something else.
*A lack of sleep **makes** you tired.*
*Some viruses **make** us very ill.*

Subject pronouns	I	you	he/she/it	we	you	they
Object pronouns	me	you	him/her/it	us	you	them

1 **Complete the sentences with *make* or *makes* and the object pronoun in brackets.**

Example: *Exercise usually **makes me** feel good. (I)*

1. Sleeping well _____ calmer. (we)
2. Being late _____ angry. (she)
3. Some viruses _____ very weak. (you)
4. Medicine _____ feel better. (we)
5. Exams _____ nervous. (I)
6. Sunshine and rain _____ grow quickly. (it)
7. Mum says that a healthy diet _____ more resistant to illness. (we)
8. I do it to _____ happy. (they)

2 **Match the two halves to make complete sentences.**

1. Medicine usually
2. Lying in the sun can
3. Eating too much fast food can
4. Watching my football team score
5. Speaking in front of a lot of people
6. Really loud music can
7. A lovely, warm bath
8. Very cold water can

a. makes me happy.
b. makes me nervous.
c. makes us feel better.
d. make you feel hot.
e. often makes people feel calmer.
f. make you fat.
g. make your skin turn blue.
h. sometimes make my head hurt.

3 **Rewrite the sentences in the negative.**

Example: *Fast food makes me ill.*
*Fast food **doesn't make** me ill.*

1. A bad night's sleep makes me happy.
   _____
2. Exercise makes us feel worse.
   _____
3. My friends make me sad.
   _____
4. My mum makes me wash my own clothes.
   _____
5. My dad makes me play football when I'm tired.
   _____
6. My brothers make me angry.
   _____
7. Homework makes my friends stressed.
   _____
8. Listening to music makes me feel sad.
   _____

4 **Complete the sentences with your own ideas.**

Example: ***Swimming in the sea** makes me cold.*

1. _____ makes me ill.
2. _____ makes me happy.
3. _____ makes me angry.
4. _____ makes me sad.
5. _____ makes me tired.
6. _____ makes me laugh.
7. _____ makes me cry.
8. _____ makes me nervous.

WRITING

Write three sentences saying how often people make you feel a certain way.
Example: *My sister **often makes me** feel annoyed.*