

Lesson Plan: Expressing habits with keep and tend to

Level	Intermediate (B1–B2)
Time	45–60 minutes
Skills	Grammar, speaking
Focus	Keep + gerund for repeated habits; tend to + infinitive for general tendencies

OBJECTIVES

By the end of the lesson, students will be able to:

- Use keep + gerund to describe recurring or persistent habits
- Use tend to + infinitive to describe general tendencies and patterns
- Distinguish these structures from other habit expressions: usually, always, will
- Use both structures naturally in conversation and writing

TARGET LANGUAGE (EXAMPLES)

Keep + gerund — persistent/repeated action

- I keep forgetting to charge my phone.
- She keeps interrupting me in meetings.
- He keeps making the same mistake.
- The printer keeps jamming.

Tend to + infinitive — general tendency

- I tend to wake up early on weekdays.
- People tend to underestimate how long things take.
- She tends to avoid confrontation.
- This area tends to flood in winter.

Contrast with other habit forms

- always = 100% frequency: She always arrives early.
- will = predictable habit: He'll spend hours in the garden.
- keep = implies slight frustration or persistence
- tend to = neutral, factual observation

LESSON PROCEDURE

1. Warm-up (5 min)

Task: Students share one habit they can't break and one general tendency they have.

- Elicit keep + gerund and tend to naturally.

2. Presentation (10 min)

Task: Present both structures with examples.

- Keep: often implies the habit is undesirable or hard to stop.

- Tend to: neutral — just observing a pattern.
- Both can refer to self, others, or general truths.

3. Guided practice (10 min)

Task: Choose keep or tend to, and give the correct form of the verb.

- 'I ___ (check) my email too late at night.' → keep checking
- 'People ___ (procrastinate) when a task feels overwhelming.' → tend to procrastinate

4. Speaking task (20 min)

Task: Students discuss habits — their own and general human tendencies.

- 'I tend to overthink decisions. I keep making lists but never following them.'
- Partner responds: 'Really? I tend to...'

5. Writing task (5 min)

Task: Write 5 sentences about habits using keep and tend to.

EXTENSION / HOMEWORK

Choose one:

1. Write a short personal reflection (100 words) using keep and tend to to describe your study habits.
2. Write 6 sentences about human behaviour using tend to — based on observations or research.
3. Write a short dialogue where two people discuss their habits using keep and tend to.