

B: Daily routines

How often...?

Frequency Adverbs

100 %	ALWAYS	I always get up at 7 o'clock.
90 %	USUALLY	She usually walks in the park.
80 %	NORMALLY / GENERALLY	He normally watches TV after work.
70 %	OFTEN	We often go shopping on Saturday.
50 %	SOMETIMES	They sometimes eat Mexican food.
10 %	SELDOM	I seldom check my e-mails.
5 %	RARELY	I rarely go to the cinema.
0 %	NEVER	She never listens to classical music.

I always

I usually

I often

I sometimes

I seldom

I never

Numbers 6:24 – The Lord
bless you and keep you