

# Adverbs of Frequency

always - 100%  
usually - 80%  
often - 60%



sometimes - 40%  
hardly ever - 20%  
never - 0%

Read the following sentences:

1. Josh **ALWAYS** gets up at 7 o'clock.
2. He is **NEVER** late for school.
3. My parents don't **USUALLY** work on Saturdays.
4. Do you **SOMETIMES** take a nap on Sundays?
5. I **NEVER** go to school by bus.
6. Does he **ALWAYS** wear a suit?
7. He **HARDLY EVERY** goes to the cinema.



## Adverbs of frequency are used:

- before the main verb BUT after the verb "to be"
- between the auxiliary verb and main verb in negative sentences
- after the subject in interrogative sentences

**SOMETIMES can be used in the beginning of a sentence!**

Indicate in the sentences and insert the adverb of frequency in the correct place.

EX They \*\* play football on Sundays after lunch. (sometimes)

They **sometimes** play football on Sundays after lunch.

2. She is at home in the evening. (never)

\_\_\_\_\_

3. Do you go to the theatre? (often)

\_\_\_\_\_

4. We don't travel during the summer holidays. (usually)

\_\_\_\_\_

5. Henry goes to bed late. (hardly ever)

\_\_\_\_\_

6. Does the dog sleep in the afternoon? (sometimes)

\_\_\_\_\_

7. The children watch TV after school. (always)

\_\_\_\_\_

8. Billy and his brother have dinner with their family. (always)

\_\_\_\_\_



**Answer these questions about yourself. Use frequency adverbs**

1. How often do you go swimming? I sometimes go swimming
2. How often do you watch TV? \_\_\_\_\_
3. How often do you go running? \_\_\_\_\_
4. How often do you read a book? \_\_\_\_\_
5. How often do you unplug your Tv? \_\_\_\_\_
6. How often do you listen to music? \_\_\_\_\_
7. How often do you sort the garbage? \_\_\_\_\_
8. How often do you eat packaged products? \_\_\_\_\_
9. How often do you brush your teeth? \_\_\_\_\_
10. How often do you use recycled water for plants? \_\_\_\_\_

**Put the words in the correct order:**

1. go / you / restaurant / often / a / do / how / to / ?

2. late / is / she / sometimes

3. you / out / how / in / do / evenings / often / go / the / ?

4. get / I / early / on / never / Saturdays / up.

5. at / o'clock / usually / breakfast / have / I / nine

6. in / often / go / pool / I / the / morning / to / the

7. listen / afternoon / I / music / to / the / in / sometimes

8. in / television / I / evening / always / the / watch.

9. do / ? / how / go / school / often / you / to.

10. your / does / mother / to / gym / ? / usually / go / the.

