

1. Read and learn the rule

We use **adverbs of frequency** to talk about how regularly we do things.

always ● **sometimes** ◐ **never** ○

We use adverbs of frequency before the main verb in the sentence.

I **always** go to school.

I **sometimes** go to the park.

I **never** go to the zoo.



2. Listen and choose the correct answer.

1 always / sometimes



2 in the afternoon / in the evening



3 sometimes / always



4 at night / in the evening



3. Write always, sometimes and never.

- 1 He always (●) goes to bed at ten o'clock.
- 2 She (◐) reads a book.
- 3 We (○) play football in the house.
- 4 They (◐) walk to school.
- 5 The fish (○) eats ice cream.
- 6 I (●) get up early.

4. Choose the correct answer.

- 1 He cleans his teeth in the morning / always.
- 2 Mary always / every day does her homework.
- 3 They in the afternoon / sometimes sleep late.
- 4 We have breakfast sometimes / in the morning.
- 5 Grandma always / every morning gets up early.
- 6 I go to school never / every day.

5. Look at the Kate's day and compare it with your day.

