

ADVERBS of FREQUENCY

• always	100%	• I always watch TV at night.
• almost always	95%	• She almost always eats breakfast.
• usually	75%	• Mike usually gets up late.
• often	50%	• I often exercise in the morning.
• sometimes	25%	• They sometimes go to Starbucks.
• seldom	5%	• I seldom see him.
• rarely	5%	• I rarely see him.
• hardly ever	5%	• I hardly ever see him.
• never	0%	• We never come to class late.

- Fill in the blanks below with the best adverbs of frequency (some sentences may have more than one answer).

1. My brother is never sad. He's always happy.
2. I was late for work only one time last year. I'm _____ late.
3. Mary failed only one test in high school. She _____ passed her tests.
4. I always remember to do my homework. I _____ forget to do it.
5. Steven seldom goes to a cinema. He _____ sees movies.
6. Judy saw a doctor for the first time in three years. She _____ gets sick.
7. I get up at five o'clock seven days a week. I _____ get up early.
8. It's always hot and sunny where I live. That's why I _____ see snow.
9. A: Do you ever drink coffee? B: Yes, but only _____, not often. Just a few times a week.
10. My sister almost never eats burgers and fries. She _____ eats healthy foods.
11. I _____ take a bus to class, maybe three or four days a week.
12. A: Do you ever watch action movies? B: No, never. Well, I watched an action movie a few years ago, so I guess should say _____.

Put the frequency adverbs and expressions in the right place.

- 1. Susan is late for school. (never)**
- 2. My brother doesn't write letters to his friends. (usually)**
- 3. We go on holidays. (twice a year)**
- 4. Peter wears a tie. (sometimes)**
- 5. I eat fish. (once a week)**
- 6. Do the children watch TV? (often)**
- 7. My father is very busy. (always)**
- 8. Peter tidies his room. (never)**
- 9. My brother and I go fishing. (every week)**
- 10. My mother goes shopping on Saturdays. (always)**
- 11. Do you get up late at the weekend? (usually)**
- 12. I drink tea. (every morning)**
- 13. Mary rides her motorbike to work. (sometimes)**
- 14. I exercise in the afternoons. (often)**
- 15. Does Jane have lunch at home? (usually)**

Answer the questions about you. Use adverbs of frequency in your answers.

1. What do you **always** do on the weekend?

2. What do you **almost always** do in the evenings?

3. What time do you **usually** get up in the mornings?

4. Where do you **often** go after class?

5. Where do you **sometimes** eat lunch?

6. What do you **hardly ever** do in your free time?

7. Who do you **seldom** talk to?

8. What do you **never** watch on TV?
