

Grammar 5

Adverbs of Frequency and Adverbs of Intensity

Adverbs of frequency tell you how often something happens.

List of some adverbs of frequency:

<i>always</i>	<i>almost always</i>	<i>usually</i>	<i>often</i>
<i>sometimes</i>	<i>seldom</i>	<i>rarely</i>	<i>hardly ever</i>
<i>almost never</i>	<i>never</i>	<i>every day</i>	

Adverbs of intensity (adverbs of degree) tell you how much something is.

List of some adverbs of intensity:

<i>very</i>	<i>really</i>	<i>pretty</i>	<i>kind of</i>
<i>almost</i>	<i>just</i>	<i>barely</i>	

Position of an adverb of frequency or an adverb of intensity in a sentence:

- after a be verb
- before the main verb, or an adjective or adverb

PRACTICE

Insert the adverbs in the sentences

1. We go to the movies. (seldom)

2. The baby runs fast. (pretty)

3. Please speak louder. We can hear you. (barely)

4. I practice speaking in English. (every day)

5. Our teachers are late. (never)

Choose an adverb of frequency or intensity from the box to complete the sentences. More than one answer may be possible.

always	sometimes	never	just	rarely
usually	pretty	almost	really	barely

1. I almost missed my bus.
2. She _____ jogs in the mornings.
3. I think she's a _____ nice person.
4. It is _____ necessary to call the police.
5. Volunteers _____ try to help people after a disaster.
6. Do you _____ come to school by bus?
7. I _____ like to eat something sweet.
8. My brother _____ yells when he is angry.
9. A good coach _____ tries to encourage his team.
10. My parents _____ arrived home from a trip.