

LEARNING UNIT # 1

Frequency Adverbs

ENGLISH
GRAMMAR

ADVERBS OF FREQUENCY

ADVERBS OF INDEFINITE FREQUENCY



%	ADVERB OF FREQUENCY	EXAMPLES
100%	Always	I always brush my teeth at night.
90%	Usually	I usually walk to work.
80%	Normally / Generally	I normally get good marks.
70%	Often / Frequently	I often read in bed at night.
50%	Sometimes	I sometimes sing in the shower.
30%	Occasionally	I occasionally go to bed late.
10%	Seldom	I seldom add salt to my food.
5%	Hardly ever / Rarely	I hardly ever get angry.
0%	Never	Vegetarians never eat meat.

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ONLY APPROXIMATE NUMBERS

Subject + Adverb + Main VerbDaniel **always** passes his exams.**Subject + BE + Adverb**He is **always** happy.**Subject + Auxiliary Verb + Adverb + Main Verb**Susan has **always** lived in New York.**CORRECT
WORD
ORDER**www.grammar.clwww.woodwardenglish.comwww.vocabulary.cl

LIVEWORKSHEETS

<https://www.youtube.com/watch?v=Z-cYBbRAitE>

ENGLISH
GRAMMAR

HOW OFTEN?

ADVERBS OF DEFINITE FREQUENCY



How often? = I want to know the frequency

Example: How often do you brush your teeth?

Number + Times + A + Time Period

SINGULAR NOUN

Once* a day

Twice* a week

Three times a month

Four times a year

Time Period

daily

weekly

monthly

annually

EVERY + Number + Time Period

PLURAL NOUN

Every two days

Every three weeks

Every four months

EVERY + Time Period

SINGULAR NOUN

Every day

Every week

Every month

- She visits the dentist twice a year.
- He goes to the gym three times a week.
- I call her daily to make sure she is fine.
- There is a leap day every four years.
- We pay our mortgage every month.

* ~~one time~~ ✗
once ✓
~~two times~~ ✗
twice ✓

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Adverbs of Frequency

An adverb of frequency tells us how often something takes place.





ADVERBS OF FREQUENCY

ADVERBS

EXAMPLES

100%

Always

Jenna **always** talks too loud.

90%

Usually

She **usually** sings in the shower.

80%

Normally

She doesn't **normally** arrive until ten.

70%

Often

I **often** feel a pain in my stomach.

50%

Sometimes

My eyes **sometimes** get red and itchy in the summer.

30%

Occasionally

She watches the kids for us **occasionally**.

15%

Seldom

I **seldom** go home after 5 o'clock in the afternoon.

5%

Rarely

The police **rarely** shoot to kill.

0%

Never

I **never** get to bed before 11.

Speaking Section





S-A

VS

S-B

TO USE A VIRTUAL DICE, PLEASE

CLICK HERE



Start									
...watch a movie?	...travel by plane	...stay up late	Go forward 3 spaces	...travel by train?	Make your own question!	...read a comic book?	...talk to your boyfriend/girlfriend?	...eat breakfast in a restaurant?	...go to church?
sometimes		every day		never		usually		rarely	
									...take a shower in the evening?
...fall asleep in front of the TV?	...take an elevator?	Make your own question!	...drive a car?	...get up early?	...ride a horse?	...do your homework?	...play video games?	Make your own question!	Go back 2 spaces
...visit your friends?	How often do you...								
...go shopping for new clothes?	Go forward 1 space	...read a book for pleasure?	Make your own question!	...write a letter?	...travel by boat?	Make your own question!	Go back 7 spaces	...go to a library?	...travel by bus?
frequently		often		all the time		once in a while		always	
									...ride a bicycle?
Finish!	...cheat on an exam?	...wear black shoes?	Go back 4 spaces	Make your own question!	...watch football on TV?	...send an email?	...smile?	Go forward 2 spaces	Make your own question!

TO USE A VIRTUAL DICE, PLEASE

CLICK HERE

S-A

VS

S-B



INSTRUCTIONS: INTERVIEW A CLASSMATE, TAKE NOTES AND THEN TALK ABOUT HIM/ HER

Student-A	Questions	My classmate's name
	How often do you eat fish?	Notes
	How often do you drink milk?	
	How often do you watch TV?	
	How often do you eat dog meat?	
	How often do you ride a bike?	
	How often do you go swimming?	
	How often do you drink tea?	
	How often do you eat in a toilet?	
	How often do you read books?	
	How often do you brush your teeth?	
	How often do you take a shower?	
	How often do you wash your face?	
	How often do you see a doctor?	
	How often do you practice English with your classmates?	
	How often do you go to the beach?	
	How often do you stay at a hotel?	

Student-B	Questions	My classmate's name
		Notes
	How often do you go to a cinema?	
	How often do you eat popcorn?	
	How often do you watch TV?	
	How often do you watch sci-fi's?	
	How often do you watch action movies?	
	How often do you watch Chinese movies?	
	How often do you watch romantic movies?	
	How often do you play computer games?	
	How often do you watch comedies?	
	How often do you watch horror movies?	
	How often do you write stories?	
	How often do you read story books?	
	How often do you watch ghost movies?	
	How often do you watch movies in English?	
	How often do you drink coke?	
	How often do you do exercises?	

INSTRUCTIONS: Work with a classmate and use the chart below to talk about what each person does during the week. USE ADVERBS OF FREQUENCY for this activity only.

NAME	ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sara		✓	✓	✓	✓	✓
Jim and Sue			✓		✓	
Mary			✓			
You		✓				✓
Peter		✓		✓		✓
Mike		✓		✓		✓
Katty		✓	✓	✓		✓
we		✓	✓	✓	✓	

Adverbs of Frequency

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Role Play



Instructions: Make a conversation about any of the following contexts:

1. Work
2. Friends
3. Family



✚ USE FREQUENCY ADVERBS / DO NOT write nor read your dialogue.

LIVEWORKSHEETS