

Complete the ideas with the missing words



- 1 _____ a week, we bring you reviews and recommendations from the wonderful world of the internet.
- 2 I'm _____ out in the real world.
- 3 I'm _____ at home, online in front of my laptop.
- 4 But luckily for us, you _____ escape.
- 5 Now and _____, a blog is so good that I just have to mention it again.
- 6 Stanton focuses on the lives of normal New Yorkers _____ of the time.
- 7 He includes someone well known _____ so often.
- 8 It's a very simple idea, but it _____ gets boring.

Frequency words

100%



always
usually
often

1 _____

sometimes

2 _____

3 _____

hardly ever

4 _____

0%

once
twice
three times

1 _____

day
week
month
year

every ² _____ often

³ _____ and then

most of the ⁴ _____

A Circle the adverbs of frequency and frequency phrases in the text.

Adverbs of frequency VS Expressions of Frequency



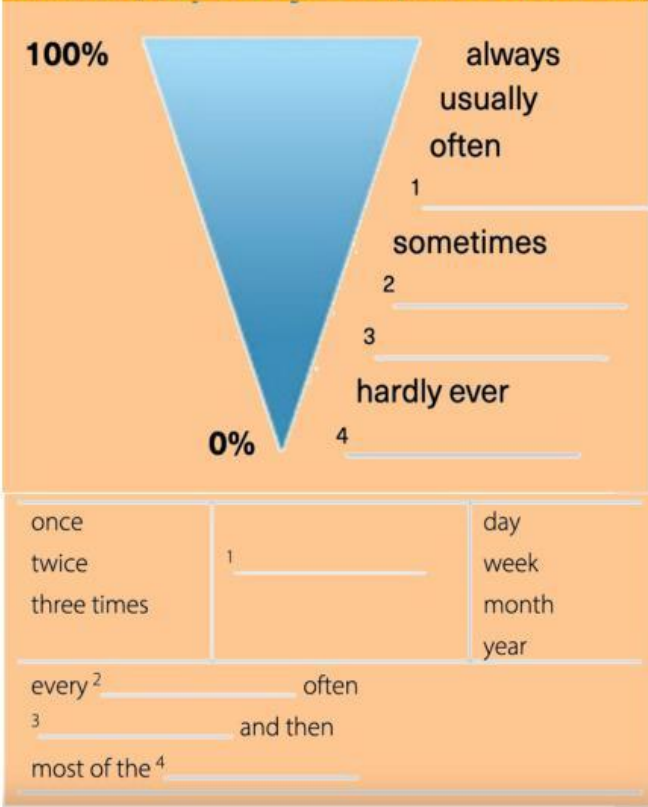
A week in the life . . .

Hello. My name is Jonathan and I'm 28 years old. I have always liked gaming, so I am lucky because I design computer games for a living. I ride my bike to my office three times a week, but on the other two days I work from home.

In my free time I enjoy playing sports. I hardly ever go to the gym, but I usually go swimming on Saturdays, and I play basketball once a week.

I also really like movies and go to the movie theater every so often. I normally watch action movies, but now and then I watch a horror movie, as long as it isn't too scary!

What apps or sites do you visit. Complete the chart with your own ideas.



I always use Eng Hub to prepare reading lessons

I usually share funny thing on Tik Tok

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Desc

