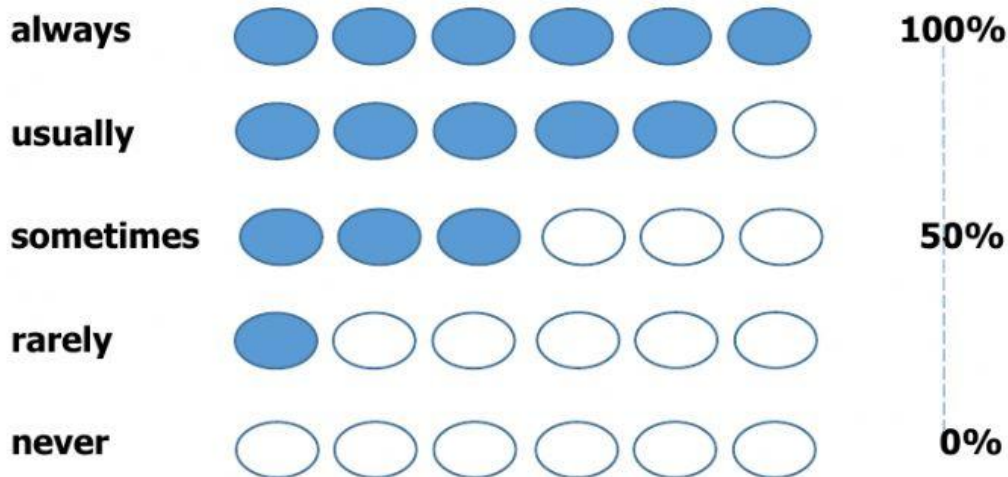


Adverbs of Frequency



	Sun	Mon	Tues	Wed	Thu	Fri	Sat
clean my apartment	✓		✓		✓		✓
watch TV	✓	✓	✓	✓	✓	✓	✓
cook		✓	✓	✓	✓	✓	
go to the park	✓				✓		✓
do the laundry						✓	
take a shower		✓		✓		✓	

Adverbs of frequency describe *how often* you do an action or *how often* something happens.

A. Look at the schedule above. Complete the sentences with the correct adverb of frequency.

- I _____ **watch** TV because I rarely go out.
- I _____ **do** the laundry.
- I _____ **cook**.
- I _____ **take** a shower because I stay inside.
- I _____ **go** to the park to exercise.
- I _____ **clean** my apartment because I'm worried about COVID-19.
- I _____ **practice** English at home now.

Adverbs of frequency *always* come before the main verb.

Examples:

1. Kevin **always** *talks* in class. 
2. The students **usually** *come* to school. 
3. You **sometimes** *do* homework. 
4. Victor **rarely** *participates* in school. 
5. Monica **never** *speaks* Spanish in class. 

B. Complete the sentences with your own ideas.

1. Donald Trump _____ *tells* the truth.
2. I _____ *practice* English at home now.
3. We _____ *use* WhatsApp or Skype to talk to family.
4. My family _____ *spends* time together now.
5. I _____ *wake up* late.
6. We _____ *work* now.
7. I _____ *want* to return to English class at Carlos Rosario.
8. My teacher _____ *communicates* with students now.

C. Click listen and choose true or false.



1. Donald is healthy. T / F
2. He always eats salad. T / F
4. He usually drinks soda. T / F
5. He rarely exercises. T / F
6. His doctor says he needs more physical activity. T / F