Adverbs of Frequency

for Simple Present Tense

How often do you do it?

Name: _____
Class: _____
Date: _____

1 How Often?

Adverbs of frequency tell us how often something happens.

Adverb	Meaning	Example
always	100%	I **always** brush my teeth.
usually	about 80%	I **usually** walk to school.
often	about 60%	I **often** read books.
sometimes	about 40%	I **sometimes** play chess.
rarely	about 20%	I **rarely** watch TV.
never	0%	I **never** drink coffee.

Remember!

With most verbs:
Subject + adverb + verb
I always eat breakfast.
She usually reads before bed.

With to be (am / is / are):
Subject + am / is / are + adverb
I am always happy.
She is usually tired after school.

2 Put It in the Right Place!

Rewrite each sentence. Put the adverb of frequency in the correct position.

Think about the position!

Example: I go to school. (usually)
→ I **usually** go to school.

1. I brush my teeth before bed. (always)
   _____
2. Sansa reads English books. (often)
   _____
3. I play computer games after school. (sometimes)
   _____
4. She helps her mother at home. (usually)
   _____
5. I drink coffee. (never)
   _____
6. Sansa watches cartoons. (rarely)
   _____

3 Choose the Correct Sentence!

Circle A or B.

1. A. I always eat breakfast.
   B. I eat always breakfast.
2. A. She usually walks to school.
   B. She walks usually to school.
3. A. They sometimes play badminton.
   B. They play sometimes badminton.
4. A. He never drinks milk.
   B. He drinks never milk.
5. A. I am always happy.
   B. I always am happy.
6. A. She is usually tired after school.
   B. She usually is tired after school.

4 How Often Do You...?

Choose an adverb that is true for you.

always **usually** **often**
sometimes **rarely** **never**

1. I _____ wake up before 7 a.m.
2. I _____ eat breakfast before school.
3. I _____ read books in my free time.
4. I _____ play games after school.
5. I _____ help my parents at home.
6. I _____ watch YouTube.
7. I _____ exercise.
8. I _____ go to bed before 9 p.m.

Be honest! There is no right or wrong answer.

5 Find the Mistakes!

Each sentence has one mistake. Rewrite it correctly.

1. I eat always breakfast at home. _____
2. She plays sometimes badminton. _____
3. He never is late for school. _____
4. I usually am tired after school. _____
5. My brother watches often TV at night. _____
6. We go rarely to the cinema. _____

6 Ask Me!

Ask someorce these questions and write their answers.

Question	Your Friend's Answer
1. How often do you read books?	
2. How often do you play games?	
3. How often do you watch TV?	
4. How often do you exercise?	
5. How often do you help at home?	

Challenge!

Write one more question.
How often do you _____?
Answer: _____

7 My Habits

Write 5 sentences about your habits.
Use a different adverb of frequency in each sentence.

1. _____
2. _____
3. _____
4. _____
5. _____

Use what you know and be creative!

Bonus Challenge

Write 2 sentences using "am / is / are".
1. _____
2. _____

My Learning Check

- ☐ I can understand adverbs of frequency.
- ☐ I can put adverbs in the correct position.
- ☐ I can use adverbs with the Simple Present.
- ☐ I can talk about my habits.
- ☐ I can write sentences about how often I do things.

Today I feel:

I understand it!	I need more practice.	I need help.
☐	☐	☐

KEEP LEARNING KEEP GROWING

Good Habits Make a Brighter You!

LIVEWORKSHEETS