

Frequency Adverbs

Adverb	Frequency	Example
always	100%	• She always gets up early on weekdays.
usually	90%	• We usually play basketball after school.
often	70%	• Tim often visits his grandparents.
sometimes	50%	• They sometimes eat out on weekends.
seldom	10%	• My father seldom watches television.
never	0%	• I never eat raw fish.

Part A: Look at the percentage and circle the correct frequency adverb.

1. (100%) I (always / never) drink water after exercise.
2. (0%) My sister (seldom / never) plays computer games.
3. (90%) We (usually / seldom) walk to school.
4. (70%) They (often / never) go to the library.
5. (50%) Tom (sometimes / always) eats ice cream.
6. (10%) My father (often / seldom) watches TV on weekdays.



Part B: Fill in the blanks with the correct frequency adverb.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Leo	●	●	●	●	●	●	●
Amy	○	○	○	●	●	●	●
Tom	○	○	○	○	○	○	○

1. Leo _____ eats breakfast at home.
2. Amy _____ rides her bike to school.
3. Tom _____ cleans his room on weekends.