

Adverbs of frequency

Name: _____

Always	100% of the time
Usually	about 80% of the time
Often	about 70% of the time
Sometimes	about 50% of the time
Hardly ever	about 10% of the time
Never	about 00% of the time



daily routines

Practice 1. Read about Leila's daily routine and answer the questions in complete statements.

Example: What does she usually do in the morning?

She usually waters the plants.

Leila has a busy life but she handles it very well. Every morning, she always gets up at 6:00 a.m. because she has to prepare breakfast for the family. Then, she has to work in the school from 8:00 a.m. to 3:00 p.m. She teaches teenagers. After that, she gets home and takes a shower and eats a salad. Then, she waters the plants. She loves gardening. She has a special project in her garden. She is planting flowers and vegetables. She is planning to plant spices. She sometimes watches a movie with her family. She usually cooks dinner for the family but, she often goes out to eat at a local Italian or Chinese restaurant. She loves lasagna and the kids love pizza. On weekends, they sometimes visit the family. But they always go to church.

QUESTIONS

1. At what time does she get up?
2. Why does she get up early in the morning?
3. What does she do for a living?
4. When do they visit the family?
5. What does she always do on weekends?

Practice 2. What's your daily routine? Say at least one different activity you do during the week. Fill in the schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Practice 3. Write about your day and use adverbs of frequency. Write at least 10 sentences.
