

1	Once a week/ month		1	Look! keep silent! Listen!	
2	Each/ per + week/ year/ month....		2	Sometimes	
3	yesterday		3	Regularly	
4	2 years ago		4	In the future	
5	At that time		5	Seldom	
6	Next Monday		6	At the moment	
7	Occasionally		7	Frequently	
8	Always		8	Ago	
9	Now		9	Normally	
10	Rarely= seldom		10	At present	
11	This week		11	Tomorrow	
12	Last week/ year/month/ Sunday		12	In 2000; in the 19 th century	