

ADVERBS of FREQUENCY

• always	100%	• I always watch TV at night.
• almost always	95%	• She almost always eats breakfast.
• usually	75%	• Mike usually gets up late.
• often	50%	• I often exercise in the morning.
• sometimes	25%	• They sometimes go to Starbucks.
• seldom	5%	• I seldom see him.
• rarely	5%	• I rarely see him.
• hardly ever	5%	• I hardly ever see him.
• never	0%	• We never come to class late.

- Fill in the blanks below with the best adverbs of frequency (some sentences may have more than one answer).

1. My brother is never sad. He's always happy.
2. I was late for work only one time last year. I'm _____ late.
3. Mary failed only one test in high school. She _____ passed her tests.
4. I always remember to do my homework. I _____ forgot to do it.
5. Steven seldom goes to a cinema. He _____ sees movies.
6. Judy saw a doctor for the first time in three years. She _____ gets sick.
7. I get up at five o'clock seven days a week. I _____ get up early.
8. It's always hot and sunny where I live. That's why I _____ see snow.
9. A: Do you ever drink coffee? B: Yes, but only _____, not often. Just a few times a week.
10. My sister almost never eats burgers and fries. She _____ eats healthy foods.
11. I _____ take a bus to class, maybe three or four days a week.
12. A: Do you ever watch action movies? B: No, never. Well, I watched an action movie a few years ago, so I guess should say _____.

Put the frequency adverbs and expressions in the right place.

1. Susan is late for school. (never)
2. My brother doesn't write letters to his friends. (usually)
3. We go on holidays. (twice a year)
4. Peter wears a tie. (sometimes)
5. I eat fish. (once a week)
6. Do the children watch TV? (often)
7. My father is very busy. (always)
8. Peter tidies his room. (never)
9. My brother and I go fishing. (every week)
10. My mother goes shopping on Saturdays. (always)
11. Do you get up late at the weekend? (usually)
12. I drink tea. (every morning)
13. Mary rides her motorbike to work. (sometimes)
14. I exercise in the afternoons. (often)
15. Does Jane have lunch at home? (usually)

Answer the questions about you. Use adverbs of frequency in your answers.

1. What do you **always** do on the weekend?

2. What do you **almost always** do in the evenings?

3. What time do you **usually** get up in the mornings?

4. Where do you **often** go after class?

5. Where do you **sometimes** eat lunch?

6. What do you **hardly ever** do in your free time?

7. Who do you **seldom** talk to?

8. What do you **never** watch on TV?
