

HOMEWORK – GRAMMAR

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 _____ forget 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 _____.

- Complete these sixteen sentences to score your knowledge of **ADVERBS OF FREQUENCY**.

1. I seldom visit my relatives, so I ... see my uncle John.
 - a) usually
 - b) almost never
 - c) almost always
2. I'm never late for our English class. I'm ... on time.
 - a) often
 - b) usually
 - c) always
3. James goes to the beach only once a year. He ... goes to the beach.
 - a) almost never
 - b) never
 - c) sometimes
4. My sister often ... a book in the evenings.
 - a) reads
 - b) read
 - c) is reading
5. I ... eat junk food because I know it's not very healthy.
 - a) always
 - b) sometimes
 - c) seldom
6. ... we go to the gym to exercise, maybe two or three days a week.
 - a) Rarely
 - b) Sometimes
 - c) Always
7. I ... watch cartoons because I hate them. News shows are much better.
 - a) almost always
 - b) sometimes
 - c) never
8. They always ... to bed early because they always get up early.
 - a) go
 - b) will go
 - c) goes
9. I went to a restaurant last week, but I ... eat at home.
 - a) usually
 - b) seldom
 - c) always
10. She doesn't ... finish work early because she is often busy.
 - a) never
 - b) usually
 - c) always
11. It ... snows where I live, so I never make a snowman.
 - a) sometimes
 - b) never
 - c) always
12. We visit our grandparents three or four times
 - a) the month
 - b) month
 - c) a month
13. He almost never sees a doctor because he is ... sick.
 - a) almost always
 - b) usually
 - c) seldom
14. Do you ... travel to other countries on your summer holiday?
 - a) ever
 - b) never
 - c) how often
15. I ... study very hard, so I usually get high grades in school.
 - a) always
 - b) rarely
 - c) almost never
16. He's never angry. He ... has a smile on his face.
 - a) never
 - b) always
 - c) seldom

- **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?
