

## Complete the ideas with the missing words



- 1 \_\_\_\_\_ a week, we bring you reviews and recommendations from the wonderful world of the internet.
- 2 I'm \_\_\_\_\_ out in the real world.
- 3 I'm \_\_\_\_\_ at home, online in front of my laptop.
- 4 But luckily for us, you \_\_\_\_\_ escape.
- 5 Now and \_\_\_\_\_, a blog is so good that I just have to mention it again.
- 6 Stanton focuses on the lives of normal New Yorkers \_\_\_\_\_ of the time.
- 7 He includes someone well known \_\_\_\_\_ so often.
- 8 It's a very simple idea, but it \_\_\_\_\_ gets boring.

### Frequency words

100% always  
usually  
often

2 sometimes

3 hardly ever

0%

once day  
twice week  
three times month  
year

every<sup>2</sup> often  
3 and then  
most of the<sup>4</sup>

**A** Circle the adverbs of frequency and frequency phrases in the text.

Adverbs of frequency VS  
Expressions of Frequency



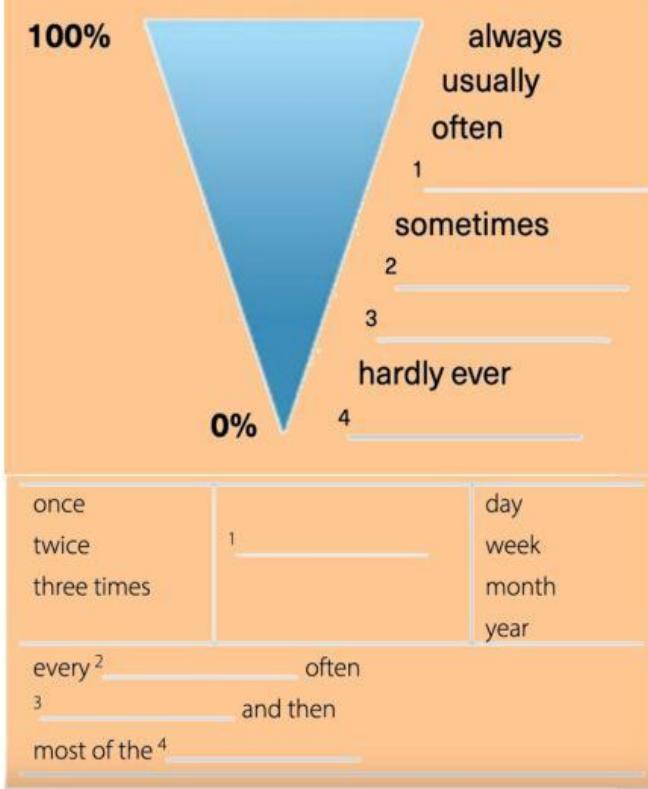
**A week in the life ...**

Hello. My name is Jonathan and I'm 28 years old. I have always liked gaming, so I am lucky because I design computer games for a living. I ride my bike to my office three times a week, but on the other two days I work from home.

In my free time I enjoy playing sports. I hardly ever go to the gym, but I usually go swimming on Saturdays, and I play basketball once a week.

I also really like movies and go to the movie theater every so often. I normally watch action movies, but now and then I watch a horror movie, as long as it isn't too scary!

## What apps or sites do you visit. Complete the chart with your own ideas.



I always use **Eng Hub** to prepare reading lessons  
I usually share funny thing **on Tik Tok**

LIVEWORKSHEETS