

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

1

sometimes

2

3

hardly ever

4

0%

once

twice

three times

1

day

week

month

year

every ² _____ often

³ _____ and then

most of the ⁴ _____

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

Adverbs of frequency VS Expressions of Frequency



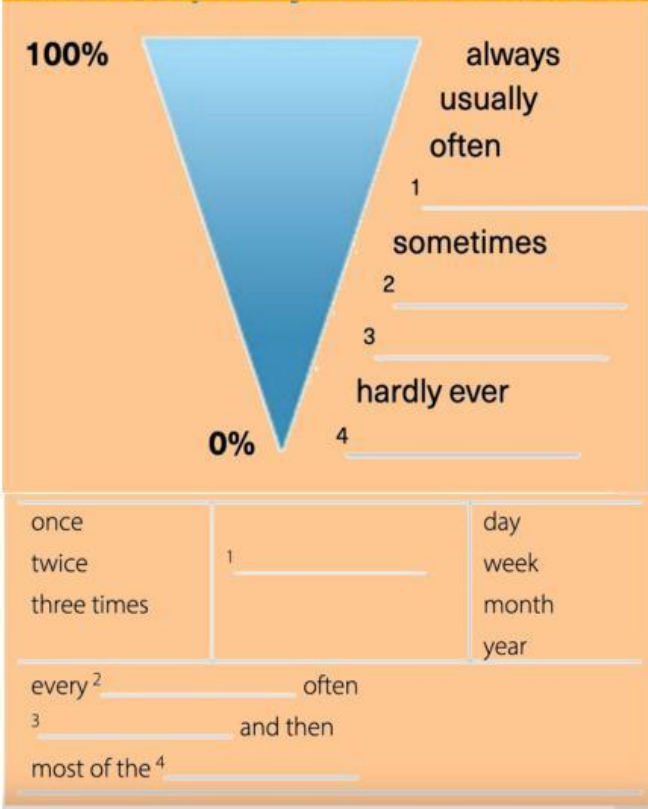
A week in the life . . .

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

[illegible]

