

 **Adverbs of Frequency**

- Fill in the blanks with the correct adverb: **always, usually, often, sometimes, rarely, never**.

Example: I **always** wake up at 6 am.

Mon	Tue	Wed	Thur	Fri
✓	✓	✓	✓	✓

1. I _____ drink coffee in the morning.

Mon	Tue	Wed	Thur	Fri
✓	✓	✓	✓	✓

2. She _____ eats breakfast at home.

Mon	Tue	Wed	Thur	Fri
✓		✓		✓

3. You _____ send emails.

Mon	Tue	Wed	Thur	Fri
✓	✓		✓	✓

4. They _____ take the train to work.

Mon	Tue	Wed	Thur	Fri

5. He _____ forgets his keys.

Mon	Tue	Wed	Thur	Fri
	✓	✓	✓	✓

6. My manager is _____ late for meetings.

Mon	Tue	Wed	Thur	Fri
✓	✓	✓		

- ◆ Make questions with "How often..."

Example:

👉 You / go to the gym → **How often do you go to the gym?**

1. She / drink tea → _____
2. They / work on Saturday → _____
3. You / be late → _____
4. He / travel for work → _____
5. Your boss / send emails at night → _____
6. You / eat lunch at your desk → _____
7. Your colleague / help you → _____
8. You / use English at work → _____

◆ Write sentences in the correct order.

Example: (I / eat / breakfast / never / at home) → **I never eat breakfast at home.**

1. (He / be / late / always) → _____

2. (We / have / usually / meetings on Monday) → _____

3. (She / drive / never / her car) → _____

4. (I / go / sometimes / to the office on Saturday) → _____

5. (They / work / rarely / in the evening) → _____

- ◆ Write the positives sentences into questions. Use the same person/pronoun.

Examples:

You usually wake up at 5 am. → **Do you** usually wake up at 5 am?

She never wakes up at 4 am? → Does **she** always wake up at 5 am?

1. You **usually** eat breakfast at home. → _____
2. You **often** go to bed late. → _____
3. He **rarely** watches TV during the week. → _____
4. She **always** checks her emails in the morning. → _____
5. They **often** listen to music at work. → _____
6. You are **always** on time. → _____
7. We are **often** tired in the morning. → _____
8. Our boss is **rarely** angry. → _____