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
☑	☑	☑		

LIVEWORKSHEETS

🔹 **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 → _____

LIVEWORKSHEETS

- **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) →_____

LIVEWORKSHEETS

- **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. →_____

LIVEWORKSHEETS