Worksheet – Adverbs of Frequency & Habits

Vocabulary

- always – sempre
- usually – normalmente
- often – frequentemente
- sometimes – às vezes
- rarely – raramente
- never – nunca
- in the morning – de manhã
- in the afternoon – à tarde
- in the evening – à noite
- at night – à noite

Grammar Point: Adverbs of Frequency

We use adverbs of frequency to say **how often** we do something.

Examples:

- I always wake up early.
- She usually has breakfast at 7:30.
- They sometimes play football.
- He never goes to bed late.

Word order:

- Adverb goes **before the main verb**.
- Example: "I always brush my teeth."

Exercise – Choose the correct option

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1. I ___ (always / never) brush my teeth in the morning.
2. She ___ (sometimes / usually) reads a book before bed.
3. We ___ (never / often) go shopping on Monday.
4. He ___ (always / rarely) takes a shower in the evening.
5. They ___ (usually / never) watch TV after school.
6. My father ___ (rarely / always) uses the computer at night.
7. Maria ___ (often / never) plays video games.
8. I ___ (sometimes / always) help at home.
9. He ___ (never / usually) has breakfast in the morning.
10. We ___ (always / rarely) go to school on weekdays.

Speaking Practice

👉 Create 5 sentences about your daily habits using adverbs of frequency.
Example:

- I always wake up at 7.
- I usually watch TV in the evening.
- I sometimes read a book.
- I rarely play video games.
- I never go shopping on Monday.

Reading & Comprehension

Text:
Carla is very organized. She always wakes up at 6:30 and usually has breakfast with her family. She often plays volleyball after school. She sometimes goes shopping on weekends. She rarely eats fast food, and she never goes to bed late.

Questions:

1. What time does Carla always wake up?
2. Who does she usually have breakfast with?

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3. What sport does she often play?
4. When does she sometimes go shopping?
5. What does she never do?

Links

- 🎥 Adverbs of Frequency – YouTube
- 🃏 Quizlet deck: Adverbs of Frequency Vocabulary

Answer Key

Exercise:

1. always
2. sometimes
3. never
4. always
5. usually
6. rarely
7. often
8. sometimes
9. usually
10. always

Reading:

1. At 6:30
2. With her family
3. Volleyball
4. On weekends
5. She never goes to bed late

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