

Adverbs of Frequency

always • usually • normally • regularly • frequently • often • sometimes • occasionally • seldom • rarely • hardly ever • never

Exercise 1: Choose the best adverb from the word bank:

1. Our school library _____ opens before the first lesson starts.
2. My cousin _____ eats vegetables because he prefers fruit.
3. I _____ remember my umbrella when it rains, but not every time.
4. A penguin _____ forgets to wear its winter coat.
5. We _____ visit the science museum during school trips.

Exercise 2: Choose between two adverbs:

1. The moon (always / never) orbits the Earth.
2. My dog (sometimes / never) dreams and moves its paws while sleeping.
3. I (frequently / never) do my homework after school.
4. A giraffe (rarely / always) fits inside a refrigerator.
5. Our class (often / never) works in groups during projects.

Exercise 3: Place the adverb of frequency in the correct position:

1. (always) Emma is polite to her teachers.
2. (rarely) My brother forgets his football shoes.
3. (often) We go to the park after school.
4. (never) A fish climbs a tree.
5. (usually) Dad cooks dinner on Fridays.

Exercise 4: More than one answer may seem possible, but choose the BEST one:

1. Lions _____ live in the wild in large groups. (always / usually / never)
2. I _____ stay up past midnight on a school night. (often / rarely / always)
3. My teacher _____ checks our homework. (never / usually / hardly ever)
4. An elephant _____ hides in a pencil case. (sometimes / never / frequently)
5. We _____ have a class celebration at the end of the school year. (regularly / once / rarely)

Answer Key

Exercise 1: 1. usually 2. rarely 3. sometimes 4. never 5. occasionally

Exercise 2: 1. always 2. sometimes 3. frequently 4. rarely 5. often

Exercise 3: 1. Emma is always polite to her teachers. 2. My brother rarely forgets his football shoes. 3. We often go to the park after school. 4. A fish never climbs a tree. 5. Dad usually cooks dinner on Fridays.

Exercise 4: 1. usually 2. rarely 3. usually 4. never 5. regularly