

Adverbs of frequency

GRAMMAR PRACTICE



1 - Study and practice.

We use **adverbs of frequency** to say **how often an action happens**.

They are commonly used with the Simple Present to talk about routines and habits.



- I **always** brush my teeth.
- I **rarely** eat fast food.
- I **sometimes** watch TV
- I **never** go to bed at midnight.

WITH MOST VERBS

The adverb usually comes **before** the main verb.

SUBJECT + ADVERB + VERB + COMPLEMENT

- I **always** **drink** coffee in the morning.

WITH THE VERB BE

The adverb comes **after** the verb BE.

SUBJECT + BE + ADVERB + COMPLEMENT

- I **am** **always** tired in the morning.

2 - Put the words in the correct order to make sentences.

- always / I / breakfast / eat / at 7:00 _____
- usually / she / school / walks / to _____
- TV / he / often / watches / at night _____
- sometimes / we / dinner / cook / together _____
- never / they / late / are _____
- rarely / my son / plays / computer games _____



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3 - Choose the correct sentence.

1

- a) I always drink coffee in the morning.
b) I drink always coffee in the morning.

2

- a) She gets usually up at 7:00.
b) She usually gets up at 7:00.

3

- a) They are often tired after work.
b) They often are tired after work.

4

- a) He eats never breakfast.
b) He never eats breakfast.

5

- a) We sometimes watch movies at night.
b) We watch sometimes movies at night.

6

- a) My sister always is busy.
b) My sister is always busy.

4 - Complete each sentence with an adverb of frequency.

ALWAYS - USUALLY - OFTEN - SOMETIMES - RARELY - NEVER

*More than one answer may be possible.

- a) I _____ get up early on weekdays.
b) My coworker _____ drinks coffee in the morning.
c) My family _____ meet up after work.
d) I _____ eat breakfast at a restaurant.
e) I _____ go to bed at 10:00 p.m.
f) My family _____ has dinner together.
g) I _____ forget my appointment.

5 - Write 4 sentences about your daily routine.

- Use **adverbs of frequency**.

1- _____

2- _____

3- _____

4- _____



Adverbs of frequency

6 - Read the text and then do the next activity:

Emma's routine

Emma is an office worker. She always gets up at 6:30 on weekdays. She usually has breakfast at home before work. She often takes the bus to work because her office is far from her house.

Emma sometimes has lunch with her coworkers. She usually finishes work at 5:00 p.m. After work, she often goes to the supermarket or takes a short walk.

In the evening, Emma rarely watches TV because she likes reading. She always takes a shower before bed, and she never goes to bed after 11:00 p.m.

7 - Read Emma's Daily Routine again. Then **write 6 questions about her routine and habits.**

Example:

What time does she get up?

1- _____

2- _____

3- _____

4- _____

5- _____

6- _____