

Adverbs of Frequency

always - 100%
usually - 80%
often - 60%



sometimes - 40%
hardly ever - 20%
never - 0%

Read the following sentences:

1. Josh **ALWAYS** gets up at 7 o'clock.
2. He is **NEVER** late for school.
3. My parents don't **USUALLY** work on Saturdays.
4. Do you **SOMETIMES** take a nap on Sundays?
5. I **NEVER** go to school by bus.
6. Does he **ALWAYS** wear a suit?
7. He **HARDLY EVERY** goes to the cinema.



Adverbs of frequency are used:

- before the main verb BUT after the verb "to be"
- between the auxiliary verb and main verb in negative sentences
- after the subject in interrogative sentences

SOMETIMES can be used in the beginning of a sentence!

Indicate in the sentences and insert the adverb of frequency in the correct place.

EX They ** play football on Sundays after lunch. (sometimes)

They **sometimes** play football on Sundays after lunch.

2. She is at home in the evening. (never)

3. Do you go to the theatre? (often)

4. We don't travel during the summer holidays. (usually)

5. Henry goes to bed late. (hardly ever)

6. Does the dog sleep in the afternoon? (sometimes)

7. The children watch TV after school. (always)

8. Billy and his brother have dinner with their family. (always)



Answer these questions about yourself. Use frequency adverbs

1. How often do you go swimming? I sometimes go swimming
2. How often do you watch TV? _____
3. How often do you go running? _____
4. How often do you read a book? _____
5. How often do you unplug your Tv? _____
6. How often do you listen to music? _____
7. How often do you sort the garbage? _____
8. How often do you eat packaged products? _____
9. How often do you brush your teeth? _____
10. How often do you use recycled water for plants? _____

Put the words in the correct order:

1. go / you / restaurant / often / a / do / how / to / ?

2. late / is / she / sometimes

3. you / out / how / in / do / evenings / often / go / the / ?

4. get / I / early / on / never / Saturdays / up.

5. at / o'clock / usually / breakfast / have / I / nine

6. in / often / go / pool / I / the / morning / to / the

7. listen / afternoon / I / music / to / the / in / sometimes

8. in / television / I / evening / always / the / watch.

9. do / ? / how / go / school / often / you / to.

10. your / does / mother / to / gym / ? / usually / go / the.

