

GRAMMAR WORKSHEET

ADVERBS of FREQUENCY



• always	100%	• I always watch TV at night.
• almost always	95%	• She almost always eats breakfast.
• usually	75%	• Mike usually gets up late.
• often	50%	• I often exercise in the morning.
• sometimes	25%	• They sometimes go to Starbucks.
• seldom	5%	• I seldom see him.
• rarely	5%	• I rarely see him.
• hardly ever	5%	• I hardly ever see him.
• never	0%	• We never come to class late.

- Fill in the blanks below with the best adverbs of frequency (some sentences may have more than one answer).

1. My brother is never sad. He's always happy.
2. I was late for work only one time last year. I'm _____ late.
3. Mary failed only one test in high school. She _____ passed her tests.
4. I always remember to do my homework. I _____ forget to do it.
5. Steven seldom goes to a cinema. He _____ sees movies.
6. Judy saw a doctor for the first time in three years. She _____ gets sick.
7. I get up at five o'clock seven days a week. I _____ get up early.
8. It's always hot and sunny where I live. That's why I _____ see snow.
9. A: Do you ever drink coffee? B: Yes, but only _____, not often. Just a few times a week.
10. My sister almost never eats burgers and fries. She _____ eats healthy foods.
11. I _____ take a bus to class, maybe three or four days a week.
12. A: Do you ever watch action movies? B: No, never. Well, I watched an action movie a few years ago, so I guess should say _____.