

Adverbs of frequency

a) Study this chart:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
always	✓	✓	✓	✓	✓	✓	✓
usually / normally	✓	✓	✓	✓		✓	
often / frequently	✓		✓		✓		✓
sometimes		✓		✓		✓	
rarely / seldom							✓
never							

b) Read these examples:

She's a good student, she **always** does her homework.

We love walking in the forest; we **usually** go for a walk in the evenings.

My friends and I are very busy during the week, we **normally** go out at the weekend.

We're good friends, we **often** travel together.

These animals are very common, you can **frequently** see them in this area.

I'm not a football fan, but I **sometimes** watch a match when the national team is playing.

I don't like sports, I **rarely** watch sports on TV.

He likes going to bed early, he **seldom** goes out late at night.

I really hate spinach, I **never** eat it.

c) Study these examples:

I **seldom** use my mobile in bed.

He's **often** at home at this time.

We can **never** stay up late.

Have you **never** visited London?

Where do we usually put frequency adverbs?
Tick **ALL** the correct options.

After a **main verb**.

Before a **main verb**.

After an **auxiliary verb**.

Before an **auxiliary verb**.

After the **subject**.

Before the **subject**.

After the verb BE.

Before the verb BE.

d) Which frequency adverb can we put in several different positions?

They _____ watch films in English on TV.

_____ they watch films in English on TV.

They watch films in English on TV _____.

always usually often sometimes seldom never

e) Which frequency adverb do we use in the present continuous to indicate something that we don't like?

My brother is _____ watching TV.

always usually often sometimes seldom never

f) Complete these sentences with an adverb of frequency:

1. He's so selfish! He _____ thinks about other people's needs.
2. My grandfather's very generous. He _____ gives us some money when we visit him.
3. After his retirement he became a little moody. _____ he gets angry or sad for no apparent reason.
4. I don't like tennis, so I _____ watch a match on TV.
5. My parents _____ cook pasta for dinner because it's our favourite food.
6. She _____ wears trousers because she thinks they don't suit her. She _____ wears a skirt or a dress; her favourite dress has some big red flowers.
7. I _____ walk to work, but today I'm taking the underground because I have a pain in my leg.
8. Some people are _____ complaining, but they _____ do anything practical to solve problems.
9. If you have _____ visited Venice, you will find it wonderful.
10. _____ I feel tired in the morning, but I _____ sleep well and wake up immediately when my alarm clock rings. In contrast, my wife _____ takes a long time to get up.
11. My teacher congratulated me today because I _____ forget to do my homework.
12. People _____ think that carnivores are not nice animals, but they help maintain the natural balance in all ecosystems.