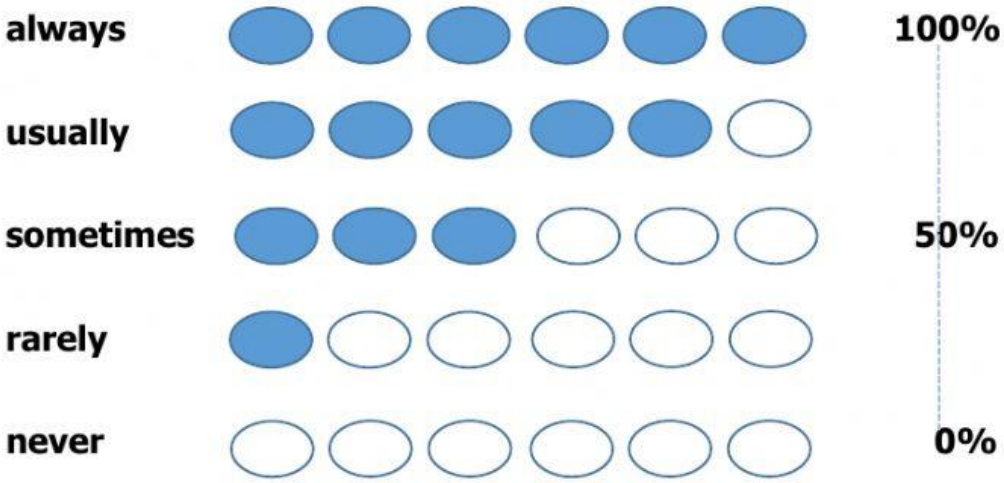
Adverbs of Frequency



	Sun	Mon	Tues	Wed	Thu	Fri	Sat
clean my apartment	√		√		√		√
watch TV	√	√	√	√	√	√	√
cook		√	√	√	√	√	
go to the park	√				√		√
do the laundry						√	
take a shower		√		√		√	

Adverbs of frequency describe *how often* you do an action or *how often* something happens.

A. Look at the schedule above. Complete the sentences with the correct adverb of frequency.

1. I _____ watch TV because I rarely go out.

2. I _____ do the laundry.

3. I _____ cook.

4. I _____ take a shower because I stay inside.

5. I _____ go to the park to exercise.

6. I _____ clean my apartment because I'm worried about COVID-19.

7. I _____ practice English at home now.

Adverbs of frequency *always* come before the main verb.

Examples:

1. *Yasmin **always** comes to class.*
2. *Mohammed **usually** participates in class.*
3. *You **sometimes** do homework.*
4. *Ma Guadalupe **rarely** speaks English.*
5. *Fnu **never** uses her camera in class.*

B. Complete the sentences with your own ideas.

1. Donald Trump _____ *tells* the truth.
2. I _____ *practice* English at home now.
3. We _____ *use* WhatsApp or Skype to talk to family.
4. My family _____ *spends* time together now.
5. I _____ *wake up* late.
6. We _____ *work* now.
7. I _____ *want* to return to English class at Carlos Rosario.
8. My teacher _____ *communicates* with students now.

C. Click listen and choose true or false.

1. Donald is healthy. T / F
2. He always eats salad. T / F
4. He usually drinks soda. T / F
5. He rarely exercises. T / F
6. His doctor says he needs more physical activity. T / F