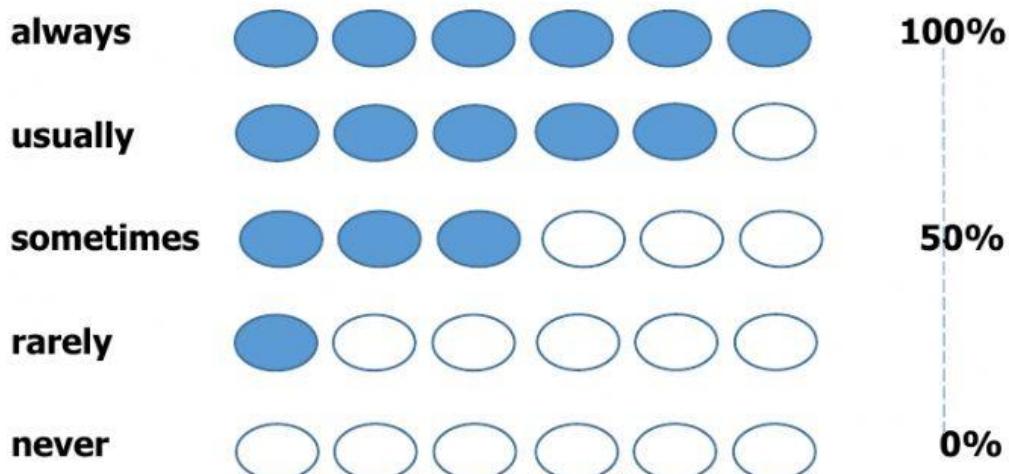


Adverbs of Frequency



	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. Kevin **always** **talks** in class. 
2. The students **usually** **come** to school. 
3. You **sometimes** **do** homework. 
4. Victor **rarely** **participates** in school. 
5. Monica **never** **speaks** Spanish 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
3. He usually drinks soda. T / F
4. He rarely exercises. T / F
5. His doctor says he needs more physical activity. T / F