A range of adverbials can be used to express how often an event occurs or something is done.

- ***Always***, ***seldom***, ***rarely***, ***hardly ever***, ***almost never*** and ***nev er*** are used in mid-position in a sentence:
  – before the main verb in a sentence, and after the auxiliary or modal verb.

  – between two auxiliary verbs (e.g. *has* and *been*).

  – after the verb *be*.

- ***Normally*** and ***usually*** come in mid-position or at the beginning of a sentence.

  Note: When ***normally*** is used at the beginning of a sentence, it is followed by a comma.

- ***Frequently***, ***occasionally***, ***often*** and ***sometimes*** come in mid-position or at the beginning or end of a sentence.

  Note: When ***frequently*** is used at the beginning of a sentence, it is followed by a comma.

- ***From time to time*** and ***now and then*** come at the beginning or end of a sentence.

LIVEWORKSHEETS

She has **hardly ever** been given a sensible answer when she asked how to manage her workload.

Our manager **normally** plans the assignments for the month.
Usually we look over the timetable when we get to work in the morning.

They **always** plan the events of the month in advance.
We have **seldom** spent the weekend in the office.
His line manager can **rarely** keep a meeting short.

From time to time they attend extra courses.
I manage to leave the office early **now and then**.

They **frequently** reassign jobs.
Occasionally upper management suggests time-management seminars to our boss.
We don't **often** work from home.
I see him in the breakroom **sometimes**.

Employees at our company are **almost never** trained in time management.

LIVEWORKSHEETS