

Small Steps
Big Progress!

Adverbs of Frequency

for Simple Present Tense

Good Habits
Brighter Future!

How often do you do it?

Name: _____
Class: _____
Date: _____

1 How Often?

Adverbs of frequency tell us how often something happens.

Adverb	Meaning	Example
always	100%	I always brush my teeth.
usually	about 80%	I usually walk to school.
often	about 60%	I often read books.
sometimes	about 40%	I sometimes play chess.
rarely	about 20%	I rarely watch TV.
never	0%	I never drink coffee.



Remember!

With most verbs:

Subject + adverb + verb

I **always** eat breakfast.

She **usually** reads before bed.

With to be (am / is / are):

Subject + am / is / are + adverb

I **am** always happy.

She **is** usually tired after school.



2 Put It in the Right Place!

Rewrite each sentence. Put the adverb of frequency in the correct position.

Example: I go to school. (usually)
→ I **usually** go to school.

Think about the position!

- I brush my teeth before bed. (always)
- Sansa reads English books. (often)
- I play computer games after school. (sometimes)
- She helps her mother at home. (usually)
- I drink coffee. (never)
- Sansa watches cartoons. (rarely)

3 Choose the Correct Sentence!

Circle A or B.

- A. I always eat breakfast.
B. I eat always breakfast.
- A. She usually walks to school.
B. She walks usually to school.
- A. They sometimes play badminton.
B. They play sometimes badminton.
- A. He never drinks milk.
B. He drinks never milk.
- A. I am always happy.
B. I always am happy.
- A. She is usually tired after school.
B. She usually is tired after school.



4 How Often Do You...?

Choose an adverb that is true for you.

always sometimes usually rarely often never

- I _____ wake up before 7 a.m.
- I _____ eat breakfast before school.
- I _____ read books in my free time.
- I _____ play games after school.
- I _____ help my parents at home.
- I _____ watch YouTube.
- I _____ exercise.
- I _____ go to bed before 9 p.m.

Be honest!
There is no right or wrong answer.

5 Find the Mistakes!

Each sentence has one mistake. Rewrite it correctly.

- I eat always breakfast at home. _____
- She plays sometimes badminton. _____
- He never is late for school. _____
- I usually am tired after school. _____
- My brother watches often TV at night. _____
- We go rarely to the cinema. _____

7 My Habits

Write 5 sentences about your habits.
Use a different adverb of frequency in each sentence.

- _____
- _____
- _____
- _____
- _____

Use what you know and be creative!

6 Ask Me!

Ask someone these questions and write their answers.

Question	Your Friend's Answer
1. How often do you read books?	_____
2. How often do you play games?	_____
3. How often do you watch TV?	_____
4. How often do you exercise?	_____
5. How often do you help at home?	_____

Challenge!

Write one more question.

How often do you _____?
Answer: _____

Bonus Challenge

Write 2 sentences using "am / is / are".

- _____
- _____

My Learning Check

- ☐ I can understand adverbs of frequency.
- ☐ I can put adverbs in the correct position.
- ☐ I can use adverbs with the Simple Present.
- ☐ I can talk about my habits.
- ☐ I can write sentences about how often I do things.

Today I feel:

I understand it! ☐ I need more practice. ☐ I need help. ☐

KEEP LEARNING
KEEP GROWING

Good Habits Make a Brighter You!