



ADVERBS OF FREQUENCY

© talkmor.com

Adverbs of Frequency (A1–A2) - Lesson time: 45–60 min

Lesson Objectives

By the end of this lesson, students will be able to:

- understand the meaning of common adverbs of frequency.
- describe daily routines using adverbs of frequency.
- place adverbs of frequency correctly in a sentence.
- ask and answer questions about habits.
- speak confidently about everyday life.

Target Grammar	Target Vocabulary	With the verb to be
Subject + Adverb of Frequency + Main Verb Examples • I always eat breakfast. • She usually walks to school. • We often play football. • They sometimes watch TV. • He rarely drinks coffee. • I never smoke.	• always • usually • often • sometimes • rarely • never	The adverb comes after the verb. Examples • I am always happy. • She is usually early. • They are often busy.

Warm-up (5–8 minutes)

Write these six words on the board.

- always
- usually
- often
- sometimes
- rarely
- never

Ask students:

Which word means...

- 100%?
- almost every day?
- about half the time?
- almost never?
- 0%?

Don't explain yet.

Let students guess first.

Lead-in

Ask students:

Complete the sentences.

- I _____ eat breakfast.
- I _____ drink coffee.
- I _____ watch YouTube.
- I _____ play sport.

Compare answers with a partner.

Common Mistakes

- ✗ I go always to school.
- ✓ I always go to school.
- ✗ She always is happy.
- ✓ She is always happy.

Teaching Tips

- ✓ Use your own routine first.

Example:

"I always drink coffee."

"I never sing in the shower."

Students usually laugh—and they remember.

- ✓ Encourage students to personalise every answer.