



ADVERBS OF FREQUENCY

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Adverbs of Frequency – A1-A2 English Worksheet

How often?

always	usually	often	sometimes	rarely	never
100%	75%	50%	25%	10%	0%
😊	😊	😊	😐	😞	😡

Remember!

- Adverbs of frequency tell us how often we do things.
- They usually go before the main verb.

I always eat breakfast.

Examples:

- always**: I always brush my teeth.
- usually**: I usually go to school by bus.
- often**: I often play football.
- sometimes**: I sometimes read books.
- rarely**: I rarely eat fast food.
- never**: I never skip breakfast.

How about you?
Write 3 sentences about your daily routine.



Match the Words

Match the words with their meanings.

Words

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

Meanings

- Almost never
- Many times
- 0% of the time
- 100% of the time
- Almost every time
- Sometimes, but not often



Pronunciation Focus

Word	Sounds Like
always	AWL-wayz
usually	YOO-zhoo-uh-lee
often	OFF-en (or OF-ten)
sometimes	SUM-tymz
rarely	RAIR-lee
never	NEV-er

Activity 3 – Put Them in Order

Write the words from **MOST** to **LEAST**.

always _____
rarely _____
never _____
often _____
usually _____
sometimes _____



Activity 4 – Complete the Sentences

Choose a word from the box.

usually rarely often always sometimes never

1. I _____ brush my teeth before bed.
2. My teacher _____ gives homework.
3. We _____ go to the beach in summer.
4. My grandfather _____ eats fast food.
5. I _____ forget my homework.
6. Penguins _____ fly.



Activity 5 – About You

Complete the sentences with your own ideas.

I always _____
I usually _____
I often _____
I sometimes _____
I rarely _____
I never _____

Compare your answers with a partner.

Teacher's Key

Match the Words

Words

1. always
2. usually
3. often
4. sometimes
5. rarely
6. never

Meanings

- 100% of the time
- Almost every time
- Many times
- Sometimes, but not often
- Almost never
- 0% of the time

Activity 3 – Put Them in Order

Write the words from **MOST** to **LEAST**.

always
usually
often
sometimes
rarely
never

Activity 4 – Complete the Sentences

Answers may vary slightly.

1. I **always** brush my teeth before bed.
2. My teacher **usually** gives homework.
3. We **often** go to the beach in summer.
4. My grandfather **rarely** eats fast food.
5. I **sometimes** forget my homework.
6. Penguins **never** fly.