



ADVERBS OF FREQUENCY

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Grammar Box

We use adverbs of frequency to talk about habits and routines.

Sentence Pattern: Subject + Adverb + Main Verb	 Remember!
Examples: • I always eat breakfast. • She usually walks to school. • We often watch TV. • They sometimes play tennis. • He rarely drinks coffee. • I never smoke.	With the verb to be, the adverb comes after the verb. Examples: • I am always happy. • She is usually on time. • They are often tired.



Activity 1 – Unscramble the Sentences

Write the sentences correctly.

1. always / I / breakfast / eat _____
2. school / usually / walks / She / to _____
3. football / often / We / play _____
4. never / drinks / coffee / He _____
5. happy / is / always / She _____



Activity 2 – Choose the Correct Word

Circle the correct answer.

1. I (always / never) brush my teeth.
2. Penguins (always / never) fly.
3. My teacher (usually / rarely) gives homework.
4. We (sometimes / never) eat pizza on Fridays.
5. I (often / rarely) drink water.



Activity 3 – Rewrite the Sentences

Put the adverb in the correct place.

1. I play computer games. (often) _____
2. She is late. (never) _____
3. We go swimming. (sometimes) _____
4. They eat breakfast. (always) _____
5. My father is busy. (usually) _____

Activity 4 – Write About Yourself

Complete the sentences.

I always...

I usually...

I often...

I sometimes...

I rarely...

I never...

Challenge

Write **three true** sentences and **one false** sentence about yourself.

Can your partner guess the false one?

1.

2.

3.

Teacher's Key

Activity 1 – Unscramble the Sentences

1. always / I / breakfast / eat **I always eat breakfast.**
2. school / usually / walks / She / to **She usually walks to school.**
3. football / often / We / play **We often play football.**
4. never / drinks / coffee / He **He never drinks coffee.**
5. happy / is / always / She **She is always happy.**

Activity 3 – Rewrite the Sentences

Put the adverb in the correct place.

1. I play computer games. (often) **I often play computer games.**
2. She is late. (never) **She is never late.**
3. We go swimming. (sometimes) **We sometimes go swimming.**
4. They eat breakfast. (always) **They always eat breakfast.**
5. My father is busy. (usually) **My father is usually busy.**