



ADVERBS OF FREQUENCY

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Activity 1 – Find Someone Who...

Walk around the classroom and find someone who...

- ☐ always eats breakfast.
- ☐ usually gets up before 7:00.
- ☐ often drinks coffee.
- ☐ sometimes cooks dinner.
- ☐ rarely watches TV.
- ☐ never drinks cola.

Write your classmates' names.

Name

Name

Name

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Activity 2 – Interview Your Partner

Ask your partner these questions.

1. How often do you exercise?
2. How often do you watch YouTube?
3. How often do you read books?
4. How often do you cook?
5. How often do you eat fast food?
6. How often do you go shopping?



Activity 3 – Spin & Speak

Write the six adverbs on the board:

- Always
- Usually
- Often
- Sometimes
- Rarely
- Never

Students take turns choosing one word (or the teacher calls one out) and make a sentence about themselves.

Example:

Teacher: *Often*.

Student: "I often visit my grandmother."

Keep the game moving quickly for lots of speaking practice.

Activity 4 – Guess Who?

One student secretly chooses a classmate.

Give **three clues** using adverbs of frequency.

Example:

- He always wears black.
- He usually sits at the back.
- He never brings a jacket.

The class guesses who it is.

Activity 5 – Class Survey

Ask five classmates:

"How often do you...?"

- exercise
- watch TV
- eat pizza
- study English
- play sport

Report your results.

Example:

Three students often play football.

One student never drinks coffee.

Speaking Challenge

Work with a partner.

Talk for **one minute** about your daily routine.

Try to use **all six** adverbs of frequency.

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