



ADVERBS OF FREQUENCY

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REMEMBER

always → usually → often → sometimes → rarely → never

Adverbs of frequency tell us **how often** something happens.

I usually walk to work.

She is always on time.

Activity 1 – How Often?

Put the words in order from **most often** to **least often**.

never – usually – always – sometimes – often

1. _____
2. _____
3. _____
4. _____
5. _____

Now complete:

100% → _____

0% → _____

Activity 2 – Put the Words in the Correct Order

Rewrite each sentence correctly.

1. always / I / breakfast / eat → _____
2. usually / She / walks / to work → _____
3. never / They / are / late → _____
4. often / We / play / tennis → _____
5. sometimes / He / watches / TV / at night → _____
6. is / My brother / usually / tired / after work → _____

Activity 3 – Choose the Best Answer

Choose the best adverb.

1. I _____ brush my teeth in the morning. **always / never**
2. She _____ goes to the gym. She goes about four times a week. **often / never**
3. We _____ eat at restaurants. Maybe once a month. **rarely / always**
4. He _____ drinks coffee. He doesn't like it. **never / usually**
5. They _____ have lunch at home. Most days, yes. **usually / never**
6. I _____ watch TV in the evening. Sometimes, but not every day. **sometimes / always**

ANSWER KEY

Activity 1

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

100% → **always**

0% → **never**

Activity 2

1. I always eat breakfast.
2. She usually walks to work.
3. They are never late.
4. We often play tennis.
5. He sometimes watches TV at night.
6. My brother is usually tired after work.

Activity 3

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