



ADVERBS OF FREQUENCY

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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% → _____



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 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**

Activity 4 – My Week

Complete the sentences with an adverb of frequency that is **true for you**.

1. I _____ get up early.
2. I _____ cook dinner.
3. I _____ use my phone before breakfast.
4. I _____ go shopping.
5. I _____ watch TV in the evening.
6. I _____ exercise.

Now ask a partner:

How often do you...?

Choose two sentences above and
compare your answers.

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

Activity 4

Answers will vary.