



ADVERBS OF FREQUENCY

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Activity 1 – Put the Adverb in the Correct Place - Rewrite each sentence correctly.

- I go usually to bed at 11:00. → _____
- She is often tired after work. → _____
- They play sometimes tennis on Sundays. → _____
- He never is late for meetings. → _____
- We usually eat lunch at home. → _____
- My brother watches often football. → _____

Activity 2 – Choose the Best Answer

Choose the best adverb.

- | | |
|--|---------------------------|
| 1. I _____ check my email in the morning. | usually / never |
| 2. She _____ arrives late. She's always on time. | rarely / often |
| 3. We _____ go out on Friday nights. About once a month. | rarely / always |
| 4. He _____ drinks coffee. He has three cups every day. | often / never |
| 5. They _____ eat breakfast. They do it every morning. | always / sometimes |
| 6. I _____ work at weekends. It depends on my schedule. | sometimes / never |

Activity 3 – Make It Natural - Rewrite each sentence using the adverb in brackets.

- I eat breakfast. (**always**) → _____
- She is late. (**never**) → _____
- We go to the cinema. (**often**) → _____
- He checks his phone before bed. (**usually**) → _____
- They are tired after work. (**sometimes**) → _____

Activity 4 – My Habits

Complete the sentences with information that is true for you.

- I _____ exercise.
- I _____ cook at home.
- I _____ use social media.
- I _____ eat out.
- I am _____ late.
- I _____ watch TV in the evening.

Now compare your answers with a partner.

Which habits are similar?

REMEMBER

Adverbs of frequency
usually come:

before the main verb:

I usually walk to work

after be:

She is always late.

ANSWER KEY

Activity 1

1. I usually go to bed at 11:00.
2. She is often tired after work.
3. They sometimes play tennis on Sundays.
4. He is never late for meetings.
5. We usually eat lunch at home.
6. My brother often watches football.

Activity 2

1. usually
2. rarely
3. rarely
4. often
5. always
6. sometimes

Activity 3

1. I always eat breakfast.
2. She is never late.
3. We often go to the cinema.
4. He usually checks his phone before bed.
5. They are sometimes tired after work.

Activity 4

Answers will vary.