

Adverbs of Frequency

Adverbs of frequency are used with the **present simple** to say *how often* you do something.



Never > Seldom / Rarely > Occasionally > Sometimes > Often > Usually / Normally > Always

Before main verb	After main verb
<u>With all verbs except "to be" and "can":</u> <ul style="list-style-type: none">I normally <u>brush</u> my teeth at 8 o'clock. (<i>brush</i> is the main verb) <u>With negatives:</u> <ul style="list-style-type: none">I don't usually <u>go</u> to the park on Mondays. (<i>go</i> is the main verb)	<u>Only with "to be" and "can":</u> <ul style="list-style-type: none">I <u>am</u> usually on time for class.Katherine <u>can</u> sometimes watch TV before doing her homework.

1. Rewrite the sentences putting the adverb of frequency in the correct place:

example:

Dennis drinks water after playing basketball. (always)



Dennis always drinks water after playing basketball.

- a. Otis reads an adventure book before going to sleep. (often)

- b. Samantha can sit next to her friends on the bus to school. (normally)

- c. We don't have a coffee at 11am. (usually)

- d. My hairdresser cuts my hair badly. (seldom)

- e. We are happy to go on trips to the lakes. (always)

2. Answer these questions with full sentences:

example:

- How often do you watch TV?

- I never watch TV.

a. How often do you listen to pop music?

b. How often do you eat fruit and vegetables?

c. How often do you watch videos on YouTube?

d. How often do you tidy up?

e. How often do you write a letter to your friends?

3. Write questions and answers. Look at the example:




example:



Teresa / run / never

Question: How often does Teresa run?

Answer: Teresa **never** runs.

<p>a.</p> <p>Q: _____</p> <p>_____</p> <p>A: _____</p> <p>_____</p>	<p>b.</p> <p>Q: _____</p> <p>_____</p> <p>A: _____</p> <p>_____</p>	<p>c.</p> <p>Q: _____</p> <p>_____</p> <p>A: _____</p> <p>_____</p>
 <p>Tom eat ice-cream sometimes</p>	 <p>ENGLISH The students speak English often</p>	 <p>You can jump high rarely</p>

ANSWER KEY

Exercise 1

- a. Otis often reads an adventure book...
- b. Samantha can normally sit next to her friends...
- c. We don't usually have a coffee...
- d. My hairdresser seldom cuts...
- e. We are always happy to go...

Exercise 2 (Suggestions)

- a. I occasionally listen to pop music.
- b. I rarely eat fruit and vegetables.
- c. I often watch videos on YouTube.
- d. I sometimes tidy up.
- e. I never write a letter to my friends

Exercise 3

- a. **Question:** How often does Tom eat ice-cream?

Answer: Tom sometimes eats ice-cream.

- b. **Question:** How often do the students speak English?

Answer: The students often speak English.

- c. **Question:** How often can you jump high?

Answer: I can rarely jump high.