

# Adverbs of Frequency

**Always**

**Usually**

**Often**

**Sometimes**

**Occasionally**

**Seldom**

**Rarely**

**Frequently**

**Regularly**

**Almost  
Always**

**Almost  
Never**

**Never**



Frequency Adverbs come **BEFORE** other verbs.

I usually arrive at school before my classmates.



Frequency Adverbs come **AFTER** a BE verb.

I am occasionally late for English classes.



'Sometimes' has four different positions.

I get good grades in English, sometimes.

Sometimes I study for hours.

English is sometimes difficult to understand.

I sometimes practice my speaking skills.



Rewrite the following sentences using adverbs of frequency.

Example: I eat dinner at Mom's.  I rarely eat dinner at Mom's house.

1. Paul watches horror movies.
2. Paula and Paulo walk to school.
3. I make homemade spaghetti for my kids.
4. We volunteer at the hospital on weekends.
5. I drive to the local supermarket.
6. Mr. Browns sends his wife flowers.
7. Our parents travel to Orlando by plane.
8. Mike is sick with a toothache.
9. This driver fills up his gas with unleaded fuel.
10. Sara reads romance novels.
11. Dad is late for work.
12. Their car needs servicing.
13. Our internet service is off.
14. Boys are smarter than girls.

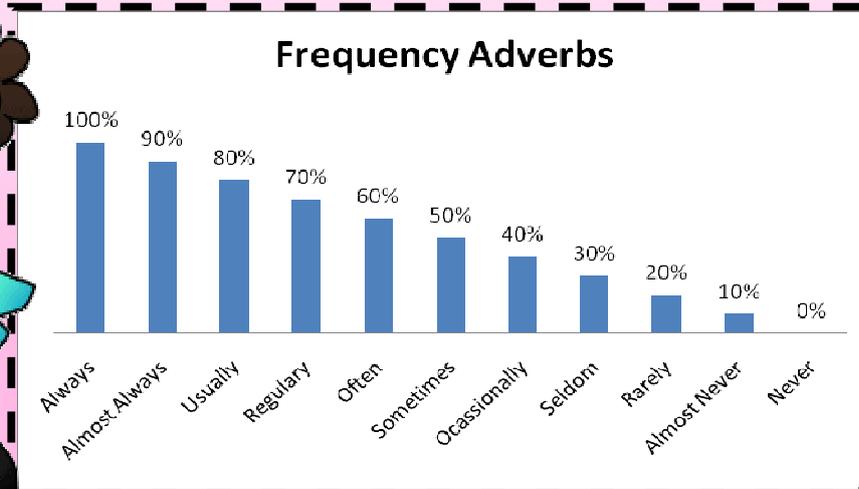


Use frequency adverbs to answer these questions:

1. How often do you baby sit?
2. How often do you play the piano?
3. How often do you go to the movies?
4. How often do you eat fast food?
5. How often do you go to the beach?
6. How often do you break the speed limit?
7. How often are you sleepy at work?
8. How often are you early for church?
9. How often do you call in sick?
10. How often do you listen to hip hop music?

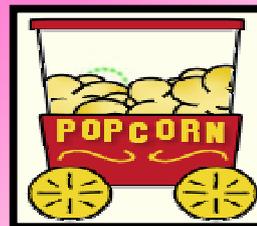
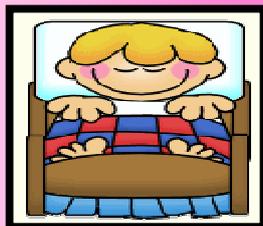
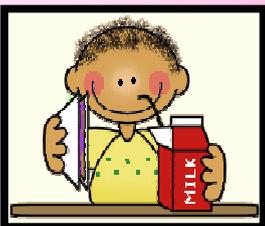


# More Practice



Complete the sentences below. Use the chart to decide which frequency adverb to use.

- Mother \_\_\_\_\_ bakes cookies for the elderly. (100%)
- She put chocolate chips in them \_\_\_\_\_. (50%)
- I have to \_\_\_\_\_ buy flour from the supermarket. (70%)
- She \_\_\_\_\_ forgets to add sugar to her mixture. (20%)
- Dad \_\_\_\_\_ delivers the cookies if mom is busy. (40%)
- I \_\_\_\_\_ eat any of the cookies because I am on a diet. (30%)
- Tom and Mike \_\_\_\_\_ take a few cookies to the office. (80%)
- Mother \_\_\_\_\_ minds that! (0%)
- Mom's cookies are \_\_\_\_\_ perfect! (90%)



Look at the pictures and write sentences that use frequency adverbs.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_