

Adverbs of frequency



Name: _____ Date: _____

Exercise 1: Complete the table by placing each adverb of frequency in the correct row according to how often it suggests something happens.

usually – never – rarely – sometimes – often – occasionally – hardly ever

Frequency rate	Adverb of frequency
100%	always
90%	_____
80%	_____
70%	_____
50%	_____
30%	_____
10%	_____
0%	_____

Exercise 2: Put the adverb of frequency in the correct place.

1. I eat cereal in the morning. (always) _____
2. We have lunch in the garden. (usually) _____
3. They go to the cinema. (often) _____
4. He complains about the food. (sometimes) _____
5. We argue with each other. (rarely) _____
6. You call your grandmother. (never) _____
7. The bus is crowded. (frequently) _____

Adverbs of frequency



Name: _____ Date: _____

Exercise 3: Read the list of activities. Rank them from 0 (never) to 10 (always) according to how often you do them, then write a full sentence with an adverb of frequency.

Activity	Frequency (0–10)	Your Sentence
Eat vegetables	_____	I _____
Watch TV after dinner	_____	I _____
Do homework on time	_____	I _____
Play video games	_____	I _____
Go shopping on Saturdays.	_____	I _____

Exercise 4: Walk around the class and ask your classmates questions. Try to find someone who matches each sentence. Use: How often do you...?

Example

Question: How often do you go to the gym? **Answer:** I rarely go to the gym.

Find someone who...	Name
...always eats breakfast	_____
...never watches horror movies	_____
...often forgets their homework	_____
...rarely drinks soda	_____
...usually goes to bed before 10 p.m.	_____