






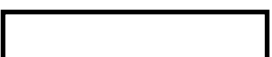

Adverbs of Frequency



An adverb of frequency describes how often an action happens. There are six main adverbs of frequency that we use in English: *always, usually (or normally), often, sometimes, rarely, and never*. E.g. I **always** visit you.



Adverbs of Frequency are often mixed in a table of degrees and they indicate from less to more how often we do something.

	ALWAYS		HARDLY EVER
	USUALLY		
	SOMETIMES		NEVER
	OFTEN		



We usually use Present Simple and Verb To Be with adverbs of frequency. To put them in that sentences we must follow this structure:

SUBJECT + ADVERB + VERB
SUBJECT + BE + ADVERB

(Present Simple)
(To Be)



1. Rewrite the sentences using adverbs of frequency.

- HE/ VISIT / OFTEN/ YOU.

- WE/ BE/ SOMETIMES/ ANGRY.

- THEY/ BE/ ALWAYS/ LATE.

- PAUL/ BE/ NEVER/ SAD.

- MY SON/ BE/ STUDYING/ NEVER

- WEATHER/ ALWAYS/ BE BAD

- YOU/ BE NOT/ SAD/ ALWAYS.

2. Look for the Adverbs in this text.

Hello! My name is Isa and I'm Brazilian. I'm fourteen years old and my birthday is on October 12th, on Children's Day! I live in Rio, and now I'm at the beach, in Copacabana. The beach here is perfect! I often go to beaches on weekends. Sometimes, I stay home and study for my tests at school. On weekdays I'm always busy: On Mondays and Wednesdays I have English classes at 8 a.m. and computer lessons at 5 p.m. On Tuesdays and Thursdays I play volleyball at the club in the morning and do yoga in the afternoon and on Fridays I help my mom with the housework and do volunteer work at school. I just relax at night, but I love my routine!!

3. Answer the questions.

- How often do you go to school?
- How often do you listen to music?
- How often do you go to the beach?
- How often do you have exams?
- How often you play basketball?
- How often do you study English?
- How often do you relax at night?
- How often do you buy clothes?

