

ADVERBS OF FREQUENCY

A1 | Teens / Adults | Grammar Practice | 35-45 minutes

Learn and practise | Say how often you do things.

1. READ: Breakfast before work

Read the conversation. Notice the bold grammar forms.

Eva: Do you have breakfast at home, Sam?

Sam: **Usually**. I **sometimes** eat at the cafe.

Eva: I **always** have breakfast at home.

Sam: Are you **ever** late for work?

Eva: No. I'm **never** late. I live near the office.

Sam: Lucky you! My bus is **often** late.

2. GRAMMAR: How often?

Use always, usually, often, sometimes and never to talk about frequency.

Position	Pattern	Example
Before most verbs	Subject + adverb + verb	I usually walk to work.
After am / is / are	Subject + be + adverb	She is often tired.
Never = not at any time	No extra negative	I never drink coffee.

Most frequent to least: **always - usually - often - sometimes - never**.

Sometimes can also start a sentence: Sometimes I walk to school.

Use **I never eat meat**, not I don't never eat meat.

A. CHOOSE

Circle the sentence with the usual adverb position.

1. I usually walk. / I walk usually to work.
2. She often is late. / She is often late.
3. We always eat at home. / We eat always at home.
4. He never drives. / He doesn't never drive.
5. They are usually tired. / They usually are tired.
6. I sometimes read. / I read sometimes a book.
7. Anna often cooks. / Anna cooks often dinner.
8. We never are late. / We are never late.

Read each answer aloud. Check the subject, the noun or the clue.

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Use it | Complete a context, write sentences and speak with a partner.

B. COMPLETE: A morning routine

Put the adverb in brackets in the usual position. Write the missing words.

I (1) _____ (always / get up) at seven. I (2) _____ (usually / have) breakfast at home.

My sister (3) _____ (often / is) tired in the morning. She (4) _____ (sometimes / goes) to bed late.

We (5) _____ (usually / walk) to school. Our teacher (6) _____ (never / is) late.

After school, I (7) _____ (often / play) football. My sister (8) _____ (always / does) her homework first.

C. CHANGE THE SENTENCES

1-2: Rewrite with the adverb in brackets.

Example: I cook. (often) **I often cook.**

1. She eats breakfast. (always)

2. We drink tea. (never)

3-4: Use the usual position after be. Example: He is tired. (often) **He is often tired.**

3. I am busy. (usually)

4. They are at home. (sometimes)

D. WRITE ABOUT YOU

Write three true sentences about your routines. Use three different frequency adverbs.

Example: **I usually walk to class. I sometimes cook. I'm never late.**

E. SPEAK WITH A PARTNER

1. Ask: **How often do you cook? Do you usually have breakfast?**

Are you sometimes tired in the morning?

2. Report one answer. **She usually has breakfast. She's sometimes tired.**

ADVERBS OF FREQUENCY

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Answer key | Keep this page separate during student practice.

1. READ: Breakfast before work

Sample target language from the conversation:

Sam: Usually. I **sometimes** eat at the cafe.

Eva: I **always** have breakfast at home.

Sam: Are you **ever** late for work?

Eva: No. I'm **never** late. I live near the office.

Sam: Lucky you! My bus is **often** late.

A. CHOOSE

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|----------------------------|-----------------------|
| 1. I usually walk. | 2. She is often late. |
| 3. We always eat at home. | 4. He never drives. |
| 5. They are usually tired. | 6. I sometimes read. |
| 7. Anna often cooks. | 8. We are never late. |

B. COMPLETE: A morning routine

- | | |
|------------------|-------------------|
| 1. always get up | 2. usually have |
| 3. is often | 4. sometimes goes |
| 5. usually walk | 6. is never |
| 7. often play | 8. always does |

C. CHANGE THE SENTENCES

1. She always eats breakfast.
2. We never drink tea.
3. I am usually busy.
4. They are sometimes at home.

D. WRITE ABOUT YOU / E. SPEAK

Personal answers will vary. Check the target grammar.

Sample: I usually walk to class. I sometimes cook. I'm never late.

Teacher note: The activities practise the usual neutral position. Other positions can be grammatical for emphasis; discuss valid alternatives rather than calling all of them errors.