

ADVERBS OF FREQUENCY

A1 | Teens / Adults | Grammar Question Practice | 20-30 minutes

Say how often you do everyday activities.

1. GET STARTED

Work with a partner. Take turns asking and answering. Use full sentences when you can.

A: Do you **usually** eat breakfast at home?

B: Yes, but I **sometimes** get a sandwich at the station.

A: I **always** eat at home. It's cheaper.

2. YOUR EVERYDAY HABITS

1. How often do you cook at home?
2. How often do you walk to work or school?
3. Do you **usually** eat breakfast?
4. How often do you watch films?
5. Are you **sometimes** late for class?
6. What do you **never** do on weekdays?

Keep talking: Every day? / And at weekends?

3. WEEKENDS AND FREE TIME

Use always, usually, often, sometimes or never in your answers.

7. Do you **usually** get up early on Sundays?
8. How often do you visit friends?
9. How often do you eat in a restaurant?
10. Are you **usually** busy on Saturdays?

4. COMPARE YOUR HABITS

Ask about three activities: shopping, exercise and studying English.

Find one similar habit and one different habit. Tell another pair.

Example: We **usually** study in the evening. I **often** go shopping on Saturdays, but Leo **never** does.

Answer help: I often cook. / I never drive. / I'm usually on time.

Remember: usually before a main verb, but after be: I'm usually tired.