# Adverbs of frequency

Adverbs of frequency are used to express **how often an action occurs**. They provide information about the frequency or regularity of an action or event. In English, adverbs of frequency are placed before the main verb in a sentence.

Here are some commonly used adverbs of frequency and their placement in a sentence:

- **Always**: It means something happens every time or on all occasions. Example: He always brushes his teeth before going to bed.

- **Usually**: It indicates that something happens most of the time or generally. Example: They usually eat dinner at 7 p.m.

- **Often**: It suggests that something happens frequently or many times. Example: She often goes for a walk in the park.

- **Sometimes**: It indicates that something happens occasionally or at certain times. Example: We sometimes have pizza for dinner.

- **Rarely**: It means that something happens infrequently or hardly ever. Example: He rarely watches television.

- **Hardly ever**: It suggests something almost never happens. Example: They hardly ever go to the beach.

- **Never**: It means that something doesn't happen at all. Example: She never eats meat.

Adverbs of frequency can also be used in **questions** and **negative** sentences. In questions, the adverb of frequency is placed before the auxiliary verb or the main verb if there is no auxiliary verb. In negative sentences, the adverb is placed before the auxiliary verb "**do**" or "**does**" in the present simple tense.

**Example questions**:

- Do you always go to the park on Sundays?
- Does she often eat pizza for dinner?

**Example negative sentences**:

- They don't usually drink coffee in the evenings.
- He doesn't always remember to bring his umbrella.



# Adverbs of frequency exercise 1:

## Choose the correct answer to complete the sentence.

**1**. Adverbs of frequency describe:
**a)** Verbs
**b)** Nouns
**c)** Adjectives
**d)** Adverbs

**2**. Adverbs of frequency answer the question:
**a)** How?
**b)** When?
**c)** Where?
**d)** How often?

**3**. Adverbs of frequency are commonly placed:
**a)** At the beginning of a sentence
**b)** At the end of a sentence
**c)** After the verb "to be"
**d)** Before the main verb

**4**. Which adverb of frequency means "every time"?
**a)** Sometimes
**b)** Always
**c)** Usually
**d)** Never

**5**. The adverb "rarely" means:
**a)** Often
**b)** Occasionally
**c)** Almost never
**d)** Never

**6**. The adverb "usually" means:
**a)** Always
**b)** Sometimes
**c)** Frequently
**d)** Normally

**7**. Adverbs of frequency can be used in:
**a)** Affirmative sentences
**b)** Negative sentences
**c)** Both affirmative and negative sentences
**d)** Questions

**8**. Adverbs of frequency can be used to talk about:
**a)** Past events
**b)** Present events
**c)** Future events
**d)** All of the above

**9**. Adverbs of frequency provide information about:
**a)** Quantity
**b)** Quality
**c)** How often something happens
**d)** Size

**10**. The adverb "occasionally" means:
**a)** Always
**b)** Sometimes
**c)** Rarely
**d)** Never

# Adverbs of frequency exercise 2:

## Match the numbers (1-6) with the letters (a-g).

| | |
|---|---|
| 1. **Always** | **A. Rarely** |
| **2. Usually** | **B. Does not happen at all** |
| **3. Often** | **C. Every time** |
| **4. Occasionally** | **D. From time to time** |
| **5. Never** | **E. Most of the time** |
| **6. Hardly ever** | **G. frequently** |

**Remember to practice using adverbs of frequency in different sentences to become comfortable with their usage and meaning.**



# Adverbs of frequency: answer key

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Where two or more answers are given, any of them is correct.

## Exercise 1

1. a) Verbs
2. d) How often?
3. c) After the verb "to be" or d) Before the main verb
4. b) Always
5. c) Almost never
6. d) Normally
7. c) Both affirmative and negative sentences
8. d) All of the above
9. c) How often something happens
10. b) Sometimes

## Exercise 2

1. C
2. E
3. G
4. D
5. B
6. A

**Corrections to the printed pages**

Explanation: in questions the adverb goes after the subject (Do you always go...?), and in negatives after don't or doesn't (They don't usually drink...).

Exercise 2: there is no letter F. The six letters are A–E and G.