

Adverbs of Frequency

Introduction

1) An adverb is a word or set of words that modifies verbs, adjectives, or other adverbs. Usually adverbs modify verbs, telling us how, how often, when, or where something was done.

*We walked **really slowly**.*

2) There are many kinds of adverbs. Among them there are adverbs of frequency. These adverbs tell us how often something happens. They are also used to indicate routine or repeated activities.

*I **always** do my homework.*

These adverbs are usually placed before the main verb but after auxiliary verbs (such as *to have, may, must*).

*Our company **frequently** has brunches with potential clients.*

*You should **always** wait for the green light to cross the road.*

The only exception is when the main verb is *to be*, in which case the adverb goes after the main verb.

*We are **usually** optimistic.*

Here are the most common adverbs of frequency:

Frequency	Adverb of Frequency	Example
100 %	<i>always</i>	<i>Sarah always helps her mom with dinner.</i>
90 %	<i>usually</i>	<i>We usually go out on Fridays.</i>
80 %	<i>normally/generally</i>	<i>Shaun normally eats breakfast at 8 a.m.</i>
70 %	<i>often/frequently</i>	<i>They often go to their parents at weekends.</i>
50 %	<i>sometimes</i>	<i>Peter sometimes forgets his kids' birthdays.</i>

30 %	<i>occasionally</i>	<i>I occasionally eat vegetarian food.</i>
10 %	<i>seldom</i>	<i>We seldom go on vacation together.</i>
5 %	<i>hardly ever/rarely</i>	<i>Meredith hardly ever drinks coffee.</i>
0 %	<i>never</i>	<i>They never eat junk food.</i>

We can also use the following expressions when we want to be more specific about the frequency: *every day, once a month, twice a year, three times a day, every other week, daily, monthly, annually etc.*

*I usually eat pizza **once a month**.*

If you need to use more than one adverb of time in a sentence, use them in the following order: (1) *how long*, (2) *how often*, (3) *when*.

*Peter worked at the mall **for 4 days (1) every week (2) last year (3)**.*

III. Short Story Dialogue

- *Maggie, you look fantastic!*
- *Thank you, Liz!*
- *Have you been working out?*
- *Yeah! Actually, I **usually** work out **every other day**. I think it helps me to always stay in shape. Plus I've noticed that my mood has got better too.*
- *And do you have a special diet?*
- *Honestly, no. But I try to eat healthy **every day**. Of course I can have pizza **once in a while** but it doesn't happen that **often**.*

Independent Practice - Adverbs of Frequency

1) Fill in the gaps with the adverbs from the box.

<i>twice a year</i>	<i>annually</i>	<i>occasionally</i>	<i>every other day</i>	<i>seldom</i>
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- a. Pam orders food online.
- b. Nina drinks alcohol. She doesn't like the taste of it.
- c. I have exams at uni
- d. Birthdays are celebrated
- e. Sam goes to the gym He is too lazy to do it daily.

2) Restore the word order in the following sentences.

- a. (I/late/to get up/often/on Saturdays).
- b. (how often/to travel/you)?
- c. (when/usually/to go on vacation/you)?
- d. (Samantha/for work/never/to be late).
- e. (he/three times a day/not to take a shower).

Independent Practice: Answers - Adverbs of Frequency

1) Fill in the gaps with the adverbs from the box.

- a. Pam **occasionally** orders food online.
- b. Nina **seldom** drinks alcohol. She doesn't like the taste of it.
- c. I have exams at uni **twice a year**.
- d. Birthdays are celebrated **annually**.
- e. Sam goes to the gym **every other day**. He is too lazy to do it daily.

2) Restore the word order in the following sentences.

- a. I often get up late on Saturdays.
- b. How often do you travel?
- c. When do you usually go on vacation?
- d. Samantha is never late for work.
- e. He doesn't take a shower three times a day.