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Class:

What Are Adverbs of Frequency?

- Adverbs of frequency tell **how often** an action happens – regularly, rarely, or sometimes.
- They answer the question “**How often?**” and show repetition or habit.

Frequency Chart (Most to Least Often)

Adverb of Frequency	Meaning	Example Sentence
Always	100% of the time	She always comes on time.
Usually	90% of the time	We usually walk to school.
Often	70–80% of the time	He often helps his friends.
Sometimes	50% of the time	They sometimes play football.
Rarely / Seldom	10–20% of the time	She rarely eats sweets.
Never	0% of the time	He never tells lies.

Example:

- I **always** brush my teeth.
- She **often** visits her grandmother.
- They **never** eat junk food.

Remember

- Adverbs of frequency show regularity or habit.
- Common examples: always, usually, often, sometimes, seldom, rarely, never.
- They are used before the main verb and after “to be” verbs.
👉 Example: I always eat breakfast. / He is always busy.
- They make sentences about daily life routines more meaningful.

Mini Practice (Underline the adverb of frequency in each sentence.)

- We always start class at 9 a.m.
- He never drinks coffee.
- I usually walk to school.
- They sometimes visit the park.
- She is often late for meetings.

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Instruction: Match each action in Column A with the correct adverb of frequency in Column B.

Brush
teeth ●

● rarely

Watch TV ●

● always

Eat
breakfast ●

● sometimes

Go jogging ●

● never

Visit
grandparents ●

● usually

Drink coffee ●

● seldom

Read books ●

● often

Play football ●

● every day

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 **Instruction:** Write these words under the correct heading – Adverbs of Frequency / Not Adverbs of Frequency.

Adverbs of Frequency

Not Adverbs of Frequency

always

usually

daily

ever

still

blue

often

now

today

rapidly

never

sometimes

quickly

soon

weekly

tree

happily

everywhere

occasionally

nowhere

seldom

rarely

strongly

bright

yearly

book

clever

hardly

frequently

angrily

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Instruction: Underline the adverb of frequency and write what it tells (how often).

1. We always start our lessons at nine in the morning.
2. He never eats vegetables even though he likes fruits.
3. My parents usually walk the dog after dinner.
4. We often visit the library on weekends.
5. She sometimes forgets her homework at home.
6. They rarely watch television during weekdays.
7. The baby always smiles when she sees her mother.
8. He seldom goes to the gym because he is busy.
9. We frequently clean our classroom together.
10. She hardly talks to strangers.
11. Our teacher occasionally gives us surprise quizzes.
12. The bus always arrives at the same time every day.
13. He never plays video games at night.
14. I sometimes help my mom cook dinner.
15. They usually go shopping on Saturdays.
16. She rarely eats sweets because she is health-conscious.
17. We often meet at the park after school.
18. The students always bring their notebooks to class.
19. He seldom forgets to water the plants.
20. They usually take the train instead of the bus.

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**Instruction:** choose suitable adverbs from the box and fill in the blanks.

always usually often sometimes rarely never seldom daily
frequently occasionally hardly ever monthly weekly yearly
regularly normally generally commonly constantly

1. I _____ drink milk before going to bed.
2. She _____ visits her grandmother on weekends.
3. We _____ watch movies on Fridays.
4. He _____ forgets to bring his lunch box.
5. My brother _____ helps me with my homework.
6. The teacher _____ checks our notebooks on Mondays.
7. They _____ play football after school.
8. We _____ travel during summer vacation.
9. The baby _____ cries at night.
10. She _____ forgets to call her best friend.
11. Our family _____ eats dinner together.
12. The shop is _____ open on Sundays.
13. He _____ finishes his work early.
14. I _____ take the bus to school.
15. They _____ go swimming in winter.
16. She _____ takes a walk after dinner.
17. He _____ gets late for class.
18. My father _____ goes to the gym.
19. We _____ visit the park near our house.
20. The gardener _____ waters the plants in the morning.

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Instruction: Tick (✓) the correct adverb of frequency to complete the sentence.

- I _____ go to bed before ten o'clock.
(A) always (B) already (C) still (D) now
- She _____ forgets to bring her notebook.
(A) rarely (B) early (C) softly (D) lately
- We _____ eat breakfast together on Sundays.
(A) fast (B) often (C) loudly (D) kindly
- He _____ arrives late for meetings.
(A) sometimes (B) quietly (C) quickly (D) slowly
- They _____ travel abroad during winter holidays.
(A) soon (B) usually (C) bright (D) quietly
- My parents _____ watch TV after dinner.
(A) happily (B) never (C) politely (D) strong
- The train _____ leaves on time.
(A) always (B) slow (C) soft (D) early
- She _____ goes shopping on weekdays.
(A) seldom (B) fast (C) loud (D) careful
- We _____ have tests on Fridays.
(A) occasionally (B) tall (C) smartly (D) softly
- He _____ eats vegetables; he doesn't like them.
(A) never (B) daily (C) neatly (D) quietly
- Our teacher _____ checks homework before lunch.
(A) usually (B) softly (C) happy (D) late
- They _____ visit their cousins in the city.
(A) often (B) bright (C) cold (D) kindly

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Instruction: Add a suitable adverb of frequency to make each sentence complete and meaningful.

- I eat fruits

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- He plays cricket

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- We go to the market

.....

- She drinks milk

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- They travel abroad

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- I study English

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- He visits his grandparents

.....

- The bus comes on time

.....

- My mother cooks breakfast

.....

- We clean our classroom

.....

- He takes his dog for a walk

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- They forget their homework

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