

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.
 - Fixample: 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.



A to 2 Monkenia	have be of the question of the months.
Name:	Class:
Instruction: Match each action in Column frequency in Column B.	n A with the correct adverb of
Brush teeth	rarely
Watch TV ●	always
Eat breakfast	sometimes
Go jogging •	• never
Visit egrandparents	usually
Drink coffee ●	• seldom
Read books ●	• often

Play football

every day



Name:		Class:

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

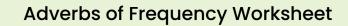
Frequency / Not Adverbs of Frequency.				
Adverbs of Frequency			Not Adverbs of Fre	quency
always	usually	daily	ever	still
blue	often	now	today	rapidly
never	sometimes	quickly	soon	weekly
tree	happily	everywhere	occasionally	nowhere
seldom	rarely	strongly	bright	yearly
book	clever	hardly	frequently	angrily

For answer and help Visit:



Name:		Class:

- 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.

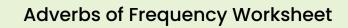




Name: Class:
Instruction: hoose suitable adverbs from the box and fill in the blanks.
always usually often sometimes rarely never seldom daily frequently occasionally hardly ever monthly weekly yearly regularly normally generally commonly constantly
1.I drink milk before going to bed.
2.She visits her 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.

For answer and help Visit:

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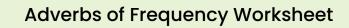




Name: Class:
 Instruction: Tick (✓) the correct adverb of frequency to complete the sentence. I go to bed before ten o'clock. (A) always (B) already (C) still (D) now
 She forgets to bring her notebook. (A) rarely (B) early (C) softly (D) lately
 We eat breakfast together on Sundays. (A) fast (B) often (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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Name: Class:
Instruction: Add a suitable adverb of frequency to make each sentence complete and meaningful. I eat fruits
He plays cricket
We go to the market
She drinks milk
They travel abroad
• I study English
He visits his grandparents
The bus comes on time
My mother cooks breakfast
We clean our classroom
He takes his dog for a walk
They forget their homework

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