



Mini Lesson 036 - Adverbs of Frequency

Explanation:

Adverbs of frequency tell us how often something happens. They are usually placed before the main verb in a sentence or after the verb *to be*.

Common Adverbs of Frequency:

- **Always** (100% of the time)
 - Example: *She always gets up early.*
- **Usually** (around 80% of the time)
 - Example: *I usually go to the gym after work.*
- **Often** (around 60% of the time)
 - Example: *We often watch movies on weekends.*
- **Sometimes** (around 40% of the time)
 - Example: *He sometimes reads before bed.*
- **Rarely** (around 20% of the time)
 - Example: *They rarely eat out.*
- **Never** (0% of the time)
 - Example: *I never drink coffee.*

Rules:

- **Position of Adverbs of Frequency:**
 - Before the main verb:
 - *She often goes to the park.*
 - After the verb *to be*:
 - *They are always on time.*





Exercises:

Section 1: Fill in the Blanks

Complete the sentences using the correct adverb of frequency: *always*, *usually*, *often*, *sometimes*, *rarely*, or *never*.

1. I _____ go to bed before 10 PM.
2. He _____ eats breakfast before going to work.
3. They _____ have meetings on Mondays.
4. She _____ forgets her homework, but not today.
5. We _____ visit our grandparents during the holidays.
6. He _____ watches TV because he prefers reading.
7. My friends and I _____ play basketball after school.
8. The train is _____ late; it's very reliable.

Section 2: Rewrite the Sentences

Rewrite the sentences, placing the adverbs of frequency in the correct position.

1. They go to the cinema. (often)
2. She is early to class. (always)
3. We eat out on the weekends. (sometimes)
4. He forgets his keys. (rarely)
5. I am tired after work. (usually)





Section 3: Choose the Correct Option

Choose the correct adverb of frequency to complete each sentence.

1. She _____ (always/sometimes) finishes her work on time.
2. They _____ (rarely/usually) go to the beach in winter.
3. He _____ (never/often) drinks coffee in the morning.
4. We _____ (sometimes/always) walk to school when the weather is nice.
5. I _____ (rarely/never) go to the gym, but I should.

Section 4: Create Sentences

Write sentences using the following adverbs of frequency:

1. Always:
2. Rarely:
3. Sometimes:
4. Never:
5. Often:





Answers:

Section 1:

1. I **usually** go to bed before 10 PM.
2. He **always** eats breakfast before going to work.
3. They **often** have meetings on Mondays.
4. She **sometimes** forgets her homework, but not today.
5. We **rarely** visit our grandparents during the holidays.
6. He **never** watches TV because he prefers reading.
7. My friends and I **often** play basketball after school.
8. The train is **never** late; it's very reliable.

Section 2:

1. They **often** go to the cinema.
2. She is **always** early to class.
3. We **sometimes** eat out on the weekends.
4. He **rarely** forgets his keys.
5. I am **usually** tired after work.

Section 3:

1. She **always** finishes her work on time.
2. They **rarely** go to the beach in winter.
3. He **often** drinks coffee in the morning.
4. We **sometimes** walk to school when the weather is nice.
5. I **rarely** go to the gym, but I should.

Section 4:

1. **I always wake up early on weekdays.**
2. **She rarely eats fast food.**
3. **They sometimes play soccer in the park.**
4. **He never misses a day of work.**
5. **We often study together after school.**

