Adverbs of frequency

1. True or False.
Read and circle True or False.

I always go to the cinema on Sunday mornings because it’s cheaper. I usually go with my friends but sometimes I go with my parents. I always take sweets with me but I buy a drink there. I never get popcorn because I hate it! How often do you go to the cinema?

a. I go to the cinema on Sundays. True False
b. I sometimes go with my friends. True False
c. I go with my parents every time. True False
d. I don’t buy sweets at the cinema. True False
e. I take a drink from home. True False
f. I get popcorn every time I go. True False

We can use adverbs of frequency to talk about how often we do something.
Remember to put the adverb of frequency before the main verb.

2. Match them up!
Match the adverbs of frequency with the examples.

always I go swimming only if I have nothing else to do.
usually I don’t go swimming – I can’t swim!
sometimes I go swimming every chance I can – I love it!
never I go swimming a lot, but not when I have extra homework.
3. What’s the order?
Put the words in the correct order.

a. school do homework always my I after
   I always do my homework after school.

b. have dinner sometimes pizza for We
   ________________________________________________________________

c. never I to talk strangers
   ________________________________________________________________

d. TV always English They watch in
   ________________________________________________________________

e. usually friends She in plays with park her the
   ________________________________________________________________

4. Interview!
Interview a friend and write their answers.

a. How often do you do your homework before school?
   My friend __________________________________________________________

b. How often do you have cereal for breakfast?
   ________________________________________________________________

c. How often do you go to the park when it’s raining?
   ________________________________________________________________

d. How often do you use the computer in English?
   ________________________________________________________________

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