

ADVERBS of FREQUENCY

- How can you use *adverbs of frequency*? Study the grammar reference chart below.

● always	100%	I <i>always</i> watch TV in the evening.
● almost always	95%	She <i>almost always</i> eats breakfast.
● usually	75%	Michael <i>usually</i> gets up late on weekends.
● often	50%	I <i>often</i> do exercise in the morning.
● sometimes	25%	They <i>sometimes</i> go to a coffee shop in their free time.
● seldom ● rarely ● hardly ever	5%	I <i>seldom</i> see him. I <i>rarely</i> see him. I <i>hardly ever</i> see him.
● never	0%	He <i>never</i> comes to class late.

GRAMMAR QUIZ

ADVERBS of FREQUENCY

- Complete these sixteen sentences to score your knowledge of **ADVERBS OF FREQUENCY**.

- I seldom visit my relatives, so I ... see my uncle John.**
 - usually
 - almost never
 - almost always
 - I'm never late for our English class. I'm ... on time.**
 - often
 - usually
 - always
 - James goes to the beach only once a year. He ... goes to the beach.**
 - almost never
 - never
 - sometimes
 - My sister often ... a book in the evenings.**
 - reads
 - read
 - is reading
 - I ... eat junk food because I know it's not very healthy.**
 - always
 - sometimes
 - seldom
 - ... we go to the gym to exercise, maybe two or three days a week.**
 - Rarely
 - Sometimes
 - Always
 - I ... watch cartoons because I hate them. News shows are much better.**
 - almost always
 - sometimes
 - never
 - They always ... to bed early because they always get up early.**
 - go
 - will go
 - goes
 - I went to a restaurant last week, but I ... eat at home.**
 - usually
 - seldom
 - always
 - She doesn't ... finish work early because she is often busy.**
 - never
 - usually
 - always
 - It ... snows where I live, so I never make a snowman.**
 - sometimes
 - never
 - always
 - We visit our grandparents three or four times**
 - the month
 - month
 - a month
 - He almost never sees a doctor because he is ... sick.**
 - almost always
 - usually
 - seldom
 - Do you ... travel to other countries on your summer holiday?**
 - ever
 - never
 - how often
 - I ... study very hard, so I usually get high grades in school.**
 - always
 - rarely
 - almost never
 - He's never angry. He ... has a smile on his face.**
 - never
 - always
 - seldom
-

QUESTIONS ABOUT YOU

ADVERBS of FREQUENCY

- *Answer the questions about you. Use adverbs of frequency in your answers.*



1. What do you **always** do on the weekend?

2. What do you **almost always** do in the evenings?

3. What time do you **usually** get up in the mornings?

4. Where do you **often** go after class?

5. Where do you **sometimes** eat lunch?

6. What do you **hardly ever** do in your free time?

7. Who do you **seldom** talk to?

8. What do you **never** watch on TV?

INTERVIEW a "read-aloud-and-listen" activity

PRESENT SIMPLE: 'Daily Routine'

- *Your name is Mr. Miller. A TV news reporter just asked you to tell him about your daily routine. Read aloud your answer.*



Mr. Miller



A

Please tell me
about your
daily routine.

I'm an English teacher and I have a big family, so I have a very busy daily routine! First, I get up every day at six o'clock, get washed and dressed, and leave for work by seven-thirty. I get to school at eight o'clock. I prepare my lessons and then teach until noon. The other teachers and I always eat lunch and talk together in the teachers' room. I teach again in the afternoon and then I correct my students' homework and tests. After I get back home, I help my kids with their homework. I have three kids in elementary school. Their names are Mathew, Jon and Suzie. Then, I do some exercise, eat dinner with my family and watch TV before I go to bed at about ten o'clock. We love to watch travel shows. Finally, I read in bed for a few minutes before I fall asleep.

PRESENT SIMPLE: 'Daily Routine'


- Your name is Ms. Lucy. A TV news reporter just asked you to tell him about your daily routine. Read aloud your answer.



Ms. Lucy



B



Please tell me
about your
daily routine.

Well, I almost always get up very early, at about five-thirty. I get up early because I like to go jogging along the beach and watch the sun rise. Later, after breakfast, I go to work. I work in a bank near my home. I don't drive to work, I take a bus. It only takes about twenty minutes to get to work. After work, I like to go to my favorite bakery and buy some fresh bread. I get home between five o'clock and five-thirty. My husband Michael usually makes dinner because he loves to cook. In fact, he is a chef in a restaurant. His hobby is painting, and my hobby is growing flowers in our garden. We also have a pet dog called Wolfie. In the evenings we take Wolfie for a walk, and then get to bed by nine-thirty because we have to get up so early again the next morning.

Listen and answer.
INTERVIEW with Mr. Miller



**1. What job does Mr. Miller have?
Is he a busy person?**

**2. What time does Mr. Miller get up
every morning?**

**3. Who does Mr. Miller have lunch
with?**

**4. What does he do after he helps
his kids with their homework?**

**5. What kinds of TV shows does he
love to watch?**

Listen and answer.
INTERVIEW with Ms. Lucy



**1. Why does Ms. Lucy get up very
early every morning?**

2. Where does Ms. Lucy work?

**3. How long does it take Ms. Lucy
to get to work?**

4. What is Ms. Lucy's hobby?

**5. What does Ms. Lucy do in the
evenings?**
