

Adverbs of Frequency: Describing Habits

INTERMEDIATE

Focus: Adverbs of frequency (usually, often), Time phrases (every morning, twice a year), How often questions

We use **Adverbs of Frequency** and **Time Phrases** with the Present Simple tense to say how often we do things.

1. Adverbs of Frequency (always, usually, often, sometimes, hardly ever, never)

- **Position:** They usually go **before** the main verb, but **after** the verb "to be" (am/is/are).
- **Example:** I **often** play tennis. / She is **always** happy.

2. Time Phrases (every day, once a week, twice a month, three times a year)

- **Position:** These usually go at the **end** of the sentence.
- **Example:** I go to the gym **three times a week**.

3. Questions with "How often"

- **Structure:** How often + do/does + subject + verb?
- **Example:** **How often** do you visit your parents?

Examples:

- She **rarely** eats fast food because she wants to be healthy.
- We have a team meeting **every Monday morning**.
- **How often** does he travel for business?

Practice Exercises

Instructions: Complete the sentences using the words in parentheses. Put the **adverbs of frequency** in the correct position (before the main verb or after "to be") and place **time phrases** at the end of the sentence. For questions, complete the "How often" structure.

1. (usually / drink) She _____ coffee with breakfast.
2. (go / twice a week) They _____ to the cinema _____.
3. (always / be) He _____ polite to customers.
4. (How often / check) _____ you _____ your email?
5. (visit / once a year) We _____ our relatives in Canada _____.
6. (hardly ever / rain) It _____ in this part of the desert.
7. (often / cook) My brother _____ dinner for the family.
8. (be / never) The train _____ late on this line.
9. (play / every Saturday) The children _____ football _____.
10. (sometimes / walk) I _____ to work when the weather is nice.
11. (How often / study) _____ she _____ English?
12. (travel / three times a year) He _____ abroad _____.
13. (rarely / watch) We _____ TV in the evenings.
14. (clean / every morning) The staff _____ the hotel rooms _____.
15. (occasionally / eat) I _____ sushi for lunch.

| Answer Key

- 1.** usually drinks
- 2.** go ... twice a week
- 3.** is always
- 4.** How often do ... check
- 5.** visit ... once a year
- 6.** hardly ever rains
- 7.** often cooks
- 8.** is never
- 9.** play ... every Saturday
- 10.** sometimes walk
- 11.** How often does ... study
- 12.** travels ... three times a year
- 13.** rarely watch
- 14.** clean ... every morning
- 15.** occasionally eat