

Adverbs of Frequency

Mastery Stage

(listen, pause, say)



Download the MP3 and read this text as you listen. Repeat the sentences after me.

Cindy **always** starts her day with yoga.

(**always** = 100% of the time)

We **usually** have pizza on Friday nights.

(**usually** = 80-90% of the time)

I **often** visit my grandparents on Sundays.

(**often** = 70-80% of the time)

I **sometimes** skip breakfast if I'm in a rush.

(**sometimes** = 40-50% of the time)

I **occasionally** treat myself to dessert after dinner.

(**occasionally** = 20-30% of the time)

I **rarely** eat fast food because I prefer cooking at home.

(**rarely** = 10-20% of the time)

She **hardly ever** gets sick, even in winter.

(**hardly ever** = 1-5% of the time)

I **never** drink coffee after midday.

(**never** = 0% of the time)

My brother **always** forgets his keys when he leaves the house.

(**always** = 100% of the time)

Samantha **usually** wears bright colours to work.

(**usually** = 80-90% of the time)

He **often** forgets where he parked his car.

(**often** = 70-80% of the time)

I **sometimes** take a nap after lunch so that I have more energy.

(**sometimes** = 40-50% of the time)

They **occasionally** go hiking on the weekends.

(**occasionally** = 20-30% of the time)

She **rarely** gets angry, but when she does, it's serious.

(**rarely** = 10-20% of the time)

Zoe and I **hardly ever** eat out because we enjoy cooking.

(**hardly ever** = 1-5% of the time)

Neil **never** lies. He **always** tells the truth, no matter the situation.

(**never** = 0% of the time)

(**always** = 100% of the time)

I **always** read before going to bed so that I feel calm and relaxed.

(**always** = 100% of the time)

The train is **usually** on time, but today it was late.

(**usually** = 80-90% of the time)

My friends and I **often** have long conversations about politics.

(**often** = 70-80% of the time)

You **sometimes** need to take risks to succeed.

(**sometimes** = 40-50% of the time)

You should **occasionally** take a break and stretch while working at a computer.

(**occasionally** = 20-30% of the time)

Ben: How often do you go to the cinema?

Faye: **Rarely**. I prefer to watch movies at home.

(**rarely** = 10-20% of the time)

We **hardly ever** see snow in this part of the country.

(**hardly ever** = 1-5% of the time)

We **never** skip our morning walk, even if it is raining.

(**never** = 0% of the time)

You should **always** check your work for mistakes.

(**always** = 100% of the time)

The team **usually** wins their home games.

(**usually** = 80-90% of the time)

I **often** daydream during the long boring meetings at work.

(**often** = 70-80% of the time)

The train **sometimes** gets delayed due to bad weather.

(**sometimes** = 40-50% of the time)

I **occasionally** buy books, but I prefer to borrow them from the library.

(**occasionally** = 20-30% of the time)

Chris **rarely** checks his phone when he's with friends.

(**rarely** = 10-20% of the time)

Tom: How often do you drink alcohol?

Ella: I **hardly ever** drink because it makes me feel terrible the next day.

(**hardly ever** = 1-5% of the time)

Our cat is very well behaved because it **never** scratches the furniture.

(**never** = 0% of the time)

Our professor **always** arrives ten minutes early for lectures.

(**always** = 100% of the time)

We **usually** sit in the same seats at our favourite coffee shop.

(**usually** = 80-90% of the time)

Macy **often** travels abroad for work, so I **rarely** see her.

(**often** = 70-80% of the time)

(**rarely** = 10-20% of the time)

My girlfriend and I **sometimes** walk along the beach at night.

(**sometimes** = 40-50% of the time)

Howard: How often do you go to the gym?

Andrew: I go **occasionally**. I **usually** work out at home.

(**occasionally** = 20-30% of the time)

(**usually** = 80-90% of the time)

My car **rarely** needs repairs because it's so reliable.

(**rarely** = 10-20% of the time)

They **hardly ever** fight or argue, which is unusual for brothers.

(**hardly ever** = 1-5% of the time)

Brenda has **never** eaten sushi, but she wants to try it.

(**never** = 0% of the time)

I **always** keep a bottle of water on my desk to make sure I stay hydrated.

(**always** = 100% of the time)

Matt **usually** spends his weekends reading novels and cooking for friends.

(**usually** = 80-90% of the time)

You can **often** see deer in the forest behind our house.

(**often** = 70-80% of the time)

We **sometimes** stay up all night watching movies and eating snacks.

(**sometimes** = 40-50% of the time)

My girlfriend and I **occasionally** hire a motorhome and drive around the country.

(**occasionally** = 20-30% of the time)

This species of bird is **rarely** seen in this country.

(**rarely** = 10-20% of the time)

She **hardly ever** goes to any lectures, but she **always** scores highly on all her tests.

(**hardly ever** = 1-5% of the time)

(**always** = 100% of the time)

I **never** eat nuts because I have a severe allergy.

(**never** = 0% of the time)

Vicky: How often do you come to this park?

Pete: **Always**. I **usually** come here for a jog, but today I will take a relaxing walk.

(**always** = 100% of the time)

(**usually** = 80-90% of the time)

My best friends and I **usually** meet on Saturdays to chat and eat together.

(**usually** = 80-90% of the time)