

Adverbs of frequency

GRAMMAR

LEVEL
Intermediate

NUMBER
EN_BE_2523G

LANGUAGE
English





Goals

- Can identify when and how adverbs of frequency are used.
- Can talk about my routines and habits using adverbs of frequency.







Preview and warm-up

In this lesson, you will learn how to use **adverbs of frequency** and where to **place** them in a sentence.



I read the news **daily**.
I walk to work **from time to time**.



Adverbs of frequency

- We use **adverbs of frequency** to talk about **how regularly we do something**.
- Here are some you may have seen before:

always	usually
never	sometimes
often	every day
every month	every year



I **always** buy e-books to save paper.
I **usually** take public transport, but today I walked to work.



Adverbs of frequency

Here are some examples using **adverbs of frequency**:



I **always** ride my bicycle.

He **often** goes to the park to relax.



We **sometimes** take public transport.



Adverbs of frequency

Here are some more examples using **adverbs of frequency**:



We **never** buy plastic bags.



He **usually** drives to work.



She uses a reusable bottle **every day**.



They run a marathon **every year**.



Place in the correct order

Can you suggest an order for these adverbs of frequency from the most frequent to the least frequent?





About yourself



What about you?

What are some habits you have and don't have?

Here are some sentence starts you can use.

I sometimes...

I usually...

I never...

I ... every day.



More adverbs of frequency

- Let's look at some **more adverbs of frequency** you can use:

seldom	rarely
occasionally	from time to time
most of the time	daily, weekly
monthly, yearly times a day, week



I read the news **daily**. I watch TV **weekly**.
I go running **from time to time**.

most of the time

If you do something ***most of the time***, you do it very frequently, but not always.



He drives his car to work **most of the time**.



Adverbs of frequency

occasionally

I **occasionally** volunteer at the local animal shelter.



from time to time

We have to travel for work **from time to time**.



rarely

seldom

Both *rarely* and *seldom* mean you **almost never** do something.



I **rarely** go to school on foot.
I **seldom** go to school by bike.



Adverbs of frequency

daily

They eat a healthy breakfast **daily**.

weekly

We watch documentaries **weekly**.

monthly

I have meetings with my boss **monthly**.

yearly

We go on vacation **yearly**.

... times a day/week/year

You can also **be specific** about **the exact number of times** you do something.



I eat **3 times a day**.
They go to the gym **5 times a week**.



Look at the pictures

What are some things each of these people do *daily*? What do they do *occasionally*? Or, *rarely*?



Victoria



Todd



Jenny



Mike



Speaking

And you? How often do you do these activities?
Daily? From time to time? Occasionally? Seldom? Never?



cook at home

walk to work

drive to the
supermarket

take public
transport

recycle

eat fruits and
vegetables

donate old
clothes

buy
secondhand

watch
documentaries



Discuss

Create three questions using *How often?*
Ask your classmates the questions.



1. How often do you _____?

2. How often do you _____?

3. How often do you _____?



Position of adverbs of frequency

- Adverbs of frequency usually come **before the main verb** in a sentence.
- Many adverbs of frequency can also come either **at the beginning** or **at the end** of a sentence.

- Sometimes I walk to the mall.

- Usually he goes to London for meetings.

- Occasionally it rains in Berlin.

- I sometimes walk to the mall.

- He usually goes to London for meetings.

- It occasionally rains in Berlin.

- I walk to the mall sometimes.

- He goes to London for meetings usually.

- It rains in Berlin occasionally.



- An adverb of frequency cannot be used between a verb and its object: I ~~drink~~ occasionally wine.



Always, never, rarely and seldom



- The adverbs ***always, never, rarely*** and ***seldom*** are normally only placed **before** the main verb.

- He **always** comes to the meeting.

- She **never** comes to the meeting.

- I **rarely** recycle our bottles.

- We **seldom** recycle paper at the office.





Every day, every week, daily, weekly etc.



- Adverbs that describe **definite frequency**, such as **every day, daily, two times a week** etc. normally go at the **end of the sentence**.

- He goes to the gym every day.

- She goes to the pool every week.

- I eat breakfast daily.

- We have meetings monthly.

- You go to London twice a year.

- They have conference calls three times a month.



Is the position of the adverb correct or incorrect?

	CORRECT	INCORRECT
1. You always take your own lunch to work.	<input type="checkbox"/>	<input type="checkbox"/>
2. I drive to work never.	<input type="checkbox"/>	<input type="checkbox"/>
3. They often read the news about the environment.	<input type="checkbox"/>	<input type="checkbox"/>
4. Sometimes she volunteers at the local park.	<input type="checkbox"/>	<input type="checkbox"/>
5. I cook most of the time vegetarian meals.	<input type="checkbox"/>	<input type="checkbox"/>
6. Always I see my manager at the office.	<input type="checkbox"/>	<input type="checkbox"/>



Is the position of the adverb correct or incorrect?

	CORRECT	INCORRECT
7. He tells from time to time his colleagues to recycle.	<input type="checkbox"/>	<input type="checkbox"/>
8. I often ask my manager questions.	<input type="checkbox"/>	<input type="checkbox"/>
9. We go to the gym occasionally.	<input type="checkbox"/>	<input type="checkbox"/>
10. I study English three times a week.	<input type="checkbox"/>	<input type="checkbox"/>
11. They every week have a meeting.	<input type="checkbox"/>	<input type="checkbox"/>
12. You always drive your car.	<input type="checkbox"/>	<input type="checkbox"/>



Build sentences using the adverbs

1. I eat breakfast. (never)

→ I *never* eat breakfast.

2. I watch the news. (sometimes)

→ _____

3. We walk to work together.
(occasionally)

→ _____

4. We use reusable bags. (always)

→ _____

5. She meets him for coffee. (daily)

→ _____

6. I drink water. (five times a day)

→ _____

7. He volunteers. (seldom)

→ _____

8. We talk on the phone. (from time to time)

→ _____



Dictation

**Your teacher is describing a person and their habits.
Write down what you hear! Then, show your teacher the result.**

A spiral-bound notebook with lined pages, shown from a slightly elevated angle. The pages are white with light blue horizontal ruling. The spiral binding is on the left side.



a
c b

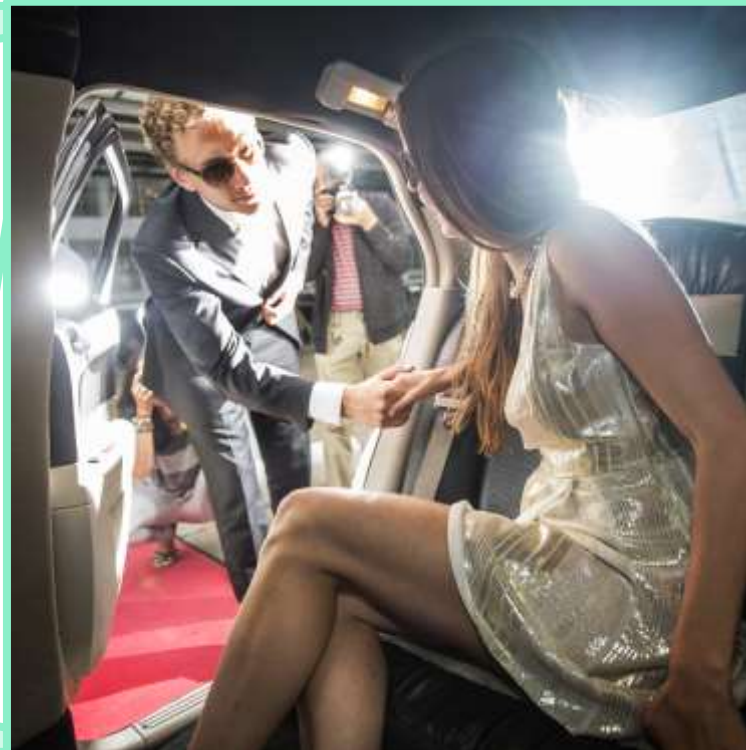




Game

Choose a celebrity and imagine their habits.

- What do they do daily?
- Occasionally?
- Three times a week?
- What do they never do?





Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

no





Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?



If you have time, go over
the most difficult slides again



Transcription

“Today I want to tell you about my eco-friendly habits.
I walk to work every day. I never drive a car. I also take public
transport from time to time.
I never buy new plastic bags. I always use reusable bags.
Occasionally, I volunteer at the local beach to collect rubbish and
plastic. And what about you? What is your eco-friendly routine?”



Answer key

Exercise 1, p.22-23

1. Correct

2. Incorrect

3. Correct

4. Correct

5. Incorrect

6. Incorrect

7. Incorrect

8. Correct

9. Correct

10. Correct

11. Incorrect

12. Correct

Exercise 2, p.24

1. I never eat breakfast

2. Sometimes I watch the

news, I sometimes watch

the news, I watch the news

sometimes

3. Occasionally we walk to

work together, We

occasionally walk to work

together, We walk to work

together occasionally

4. We always use reusable

bags

5. She meets him for coffee

daily.

6. I drink water five times a

day.

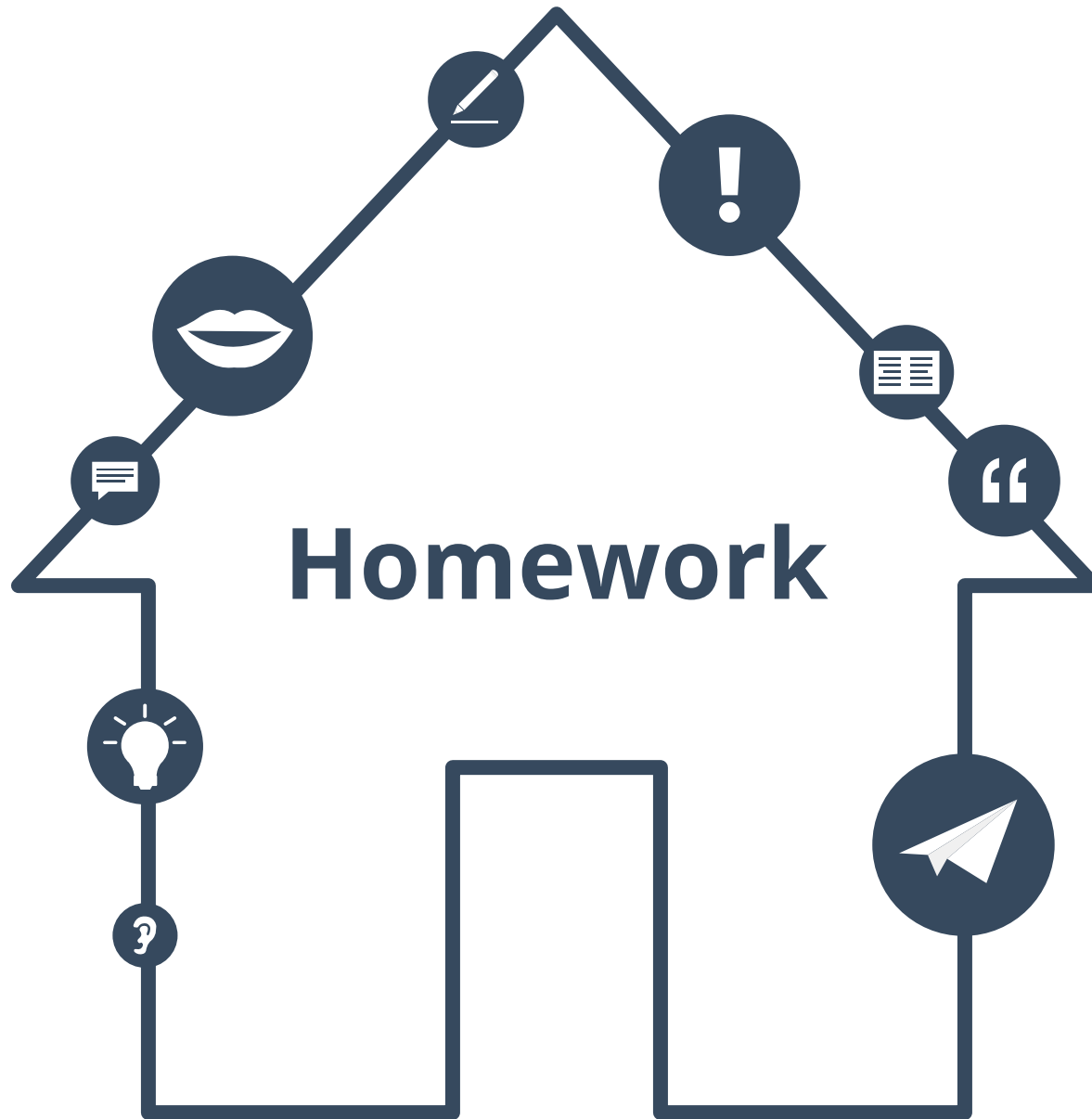
7. He seldom volunteers

8. We talk on the phone from

time to time.

11. Incorrect

12. Correct





Unscramble

A



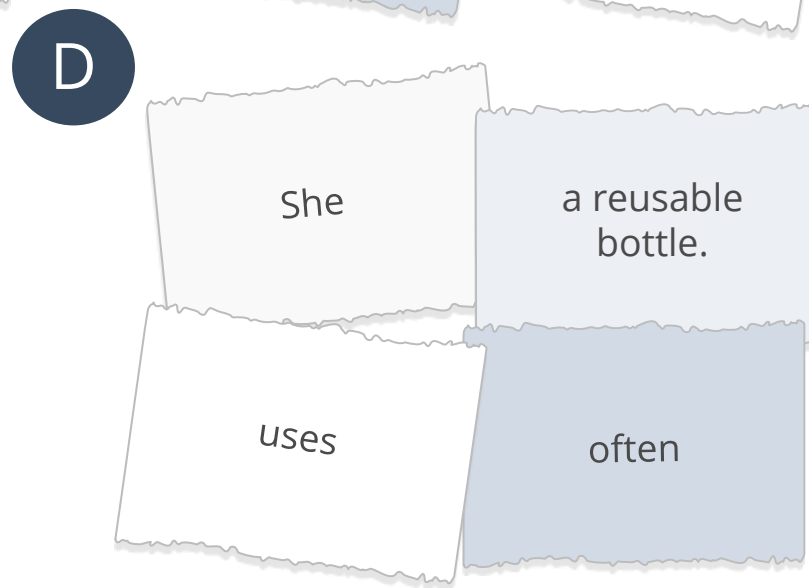
B



C



D





Build sentences using the clues

1. I eat vegetables. (every day)

→ I eat vegetables *every day*.

2. You recycle. (never)

→ _____

3. We volunteer. (from time to time)

→ _____

4. We donate old clothes. (often)

→ _____

5. I drive to the supermarket. (rarely)

→ _____

6. They read the news. (seldom)

→ _____

7. They separate waste. (weekly)

→ _____

8. She walks to work. (most of the time)

→ _____



Writing

Write about your own habits and routines using some of the suggested adverbs!

usually

from time to
time

... times a week

daily

never

rarely



I usually ride my bicycle to work.





Answer key

Exercise 1, p.42

1. We never separate our waste.
2. How often do they recycle?
3. I donate old clothes most of the time.
4. She often uses a reusable bottle.

Exercise 2, p.43

1. (example)
2. You never recycle.
3. We volunteer from time to time.
4. We often donate old clothes.
5. I rarely drive to the supermarket.
6. They seldom read the news.
7. They separate waste weekly.
8. She walks to work most of the time



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