

Adverbs of frequency

**Aprenda a usar os advérbios de frequência
(often, always, sometimes, etc.)**

Adverbs of frequency

Adverbs are words that can modify verbs, adjectives and even other adverbs. The adverbs of frequency, modify verbs and tell the frequency that something occurs.

%	Adverbs of frequency	Example
100%	Always	I Always study after class
90%	Usually	I Usually walk to work
80%	Normally / Generally	I Normally get good marks
70%	Often / Frequently	I Often read in bed at night
50%	Sometimes	I Sometimes sing in the shower
30%	Occasionally	I Occasionally go to bed late
10%	Seldom	I Seldom put salt on my food
5%	Hardly ever / Rarely	I Hardly ever get angry
0%	Never	Vegetarians Never eat meat
Subject + Adverb + Main Verb Daniel always passes his exams		Subject + Adverb + Main Verb He is always happy

Always

sempre (ól-ueis)

Usually

usualmente / geralmente (iu-juali)

Normally

normalmente

Generally

geralmente (djenerali)

Often / Frequently

frequentemente (ofen/ friquentli)

Sometimes

às vezes (sâme-taimes)

Occasionally

ocasionalmente (oqueijonali)

Seldom

raramente

Hardly ever

difícilmente

Rarely

raramente (rrérrrli)

Never

nunca

Sentences

sempre - always (ólueis)

I **always** buy food from ifood
(to buy - comprar)

Usually - geralmente (iu-juali)

I **usually** shave my head
(to shave - raspar)

Normally - normalmente

I **normally** make scrambled eggs
in the morning
(scrambled - iskrenbold)
(scrambled - mexido)

Generally - geralmente (djenerali)

I **generally** take two showers a day
(shower - banho)

Often - frequentemente (ofen)

I **often** work

Frequently - frequentemente (friquentli)

I **frequently** eat junk food
(junk food - besteira)

Sometimes - às vezes (sâme-taimes)

I sometimes go out with my friends
(to go out - sair)

Occasionally - ocasionalmente (oqueijonali)

I occasionally buy clothes
(clothes - roupas)

Seldom - raramente

I seldom don't earn money
(to earn - ganhar)

Hardly ever - dificilmente

I hardly ever forget to feed my dogs
(to feed - alimentar/ to forget - esquecer)

Rarely - raramente (rrrérrli)

I rarely read books

Never - nunca

I never say never

(to say - dizer)

How often? - qual a frequência / quão frequentemente (ráu ofen)

How often do you study English?

I.... study English

(ai jenerali istâri english)

How often do you go to church?

I.... go to church

Reading Practice

Every day, I usually wake up at 7 o'clock in the morning. I often have a cup of coffee and read the news before I start my workday. I sometimes take a break and go for a walk outside if the weather is nice. In the evenings, I usually cook dinner and watch TV with my family. I rarely stay up late because I need to get enough rest for the next day. I always try to maintain a balanced routine in my daily life.

Adverbs of frequency questions

- How often do you read? What types of books do you like to read?
- How often do you go out to eat on weekends?
- How often do you watch TV in the evening? What shows do you like?
- How often do you eat meat for dinner?
- How often do you stay up later than you should?
- How often do you go for walks? Where do you go?

- How often do you eat fast food for lunch?
- How often do you sing? What types of music do you sing?
- How often do you listen to classical music?
- How often do you go to the movies alone?
- How often do you go to the beach in summer?
- How often do you text?
- How often do you check your email?

- How often do you check social media platforms like Facebook?
- How often do you ride a bike to work or school?
- How often do you ask your friends for help?
- How often do you skip breakfast?