



Adverbs of frequency

We use some adverbs to describe how frequently we do an activity.

These are called adverbs of frequency and include:

Frequency	Adverb of Frequency	Example Sentence
100%	always	I always do my homework.
90%	usually	I usually watch TV in the afternoon.
80%	normally / generally	I generally walk my dog.
70%	often / frequently	I often eat healthy.
50%	sometimes	I sometimes phone my grandmother.
30%	occasionally	I occasionally eat candies.
10%	seldom	I seldom sweep the house.
5%	hardly ever / rarely	I hardly ever get up early.
0%	never	I never sleep late.

An adverb of frequency goes before a main verb (except with To Be).

I always get up at 8:00
Subject Adverb of frequency Verb Complement.

An adverb of frequency goes after the verb To Be.

I am never late.
Subject Verb To Be Adverb of frequency Complement.

When we use an auxiliary verb (have, will, must, might, could, would, can, etc.), the adverb is placed between the auxiliary and the main verb. This is also true for to be.



We can also use the following adverbs at the start of a sentence for emphasis.

Usually, normally, often, frequently, sometimes, occasionally

°Sometimes, I sleep late.

BUT we cannot use the following at the beginning of a sentence: *Always, seldom, rarely, hardly, ever, never.*

We use hardly ever and never with positive, not negative verbs:

°She hardly ever comes to my parties. / °They never say "thank you".

Other expressions of frequency

How often...?

We use **how often** to ask about the frequency of an action.
We place it at the beginning of the question.

How often do you wash your car?
Wh-word Auxiliary verb Subject Verb Complement?

once
twice
three times
times

day
week
month
year

I wash my
car **once a month**

every

evening/morning/night
day/weekend
week/month/year/hour, etc

I wash
my car
every morning.

