

# Adverbs

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ADVERBS OF FREQUENCY

# Adverbs of Frequency

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Adverbs of frequency answer the question “How often?”

They tell us how often or how frequently something happened.

Do not confuse adverbs of frequency with adverbs of time.

The frequency can be definite – weekly, daily, ...

The frequency can be indefinite – rarely, sometimes, ...

The adverb position in a sentence varies.

Because adverbs of frequency often describe habits, the present simple tense is commonly used.

# Adverbs of Frequency – Examples #1

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The frequency can be definite.

- I eat breakfast *every day*.
- We go to the cinema *once a month*.
- They go on holiday *twice a year*.
- I drink tea *four times a day*.
- We go to a restaurant *every other week*.
- Anne never deviates from her *daily* routine.
- His salary is paid *monthly*.

# Adverbs of Frequency – Examples #2

Adverbs of frequency can be ordered.

Adverb of frequency	Percentage	Example
always	100%	I <b>always</b> go to bed before 11 p.m.
usually		I <b>usually</b> have toast for breakfast.
frequently		I <b>frequently</b> go cycling.
often		I <b>often</b> go to the gym.
normally		I <b>normally</b> ride to work on a motorbike.
sometimes		I <b>sometimes</b> go for a long walk in the woods.
occasionally		I <b>occasionally</b> eat junk food.
seldom		I <b>seldom</b> watch TV.
rarely		I <b>rarely</b> go swimming.
hardly ever		I <b>hardly ever</b> drink alcohol.
never	0%	I <b>never</b> eat meat.



subjective values

# Adverbs of Frequency – Examples #3

The adverb position in a sentence varies.

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The adverb of frequency usually goes before the main verb.

- She *normally* does well in exams.
- I *usually* take the bus to work.
- We *occasionally* eat Chinese food.

With modal/helper verbs and 'to be', the adverb is placed between these and the main verb.

- We are *always* happy to see you.
- Bob would *never* laugh at work.
- Bill doesn't *usually* drink on a weekday.

# Adverbs of Frequency – Examples #4

Some adverbs of frequency go at the beginning of the sentence.

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- *Always* wash your hands before the meal!
- *Sometimes*, I cycle to work.
- *Occasionally*, we like to eat a really hot curry.
- *Once a month* we go to our favourite restaurant.

Some adverbs of frequency go at the end of the sentence.

- I drink coffee *every day*.
- Judy goes on holiday *twice a year*.
- We go to our favourite restaurant *once a month*.

# Adverbs of Frequency – Examples #5

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Some adverbs of frequency are very flexible in their positioning.

- *Sometimes*, I cycle to work.
- I *sometimes* cycle to work.
- I cycle to work *sometimes*.

But never (!)

- ~~I cycle *sometimes* to work.~~