

Adverbs of Frequency:

Adverbs of frequency are words that describe how often an action or event occurs. They give information about the regularity or frequency of an action.

Examples:

1. *Always* - This adverb indicates that something happens all the time.
2. *Often* - This adverb suggests that something happens many times.
3. *Sometimes* - This adverb means that something happens on occasion.
4. *Rarely* - This adverb implies that something happens infrequently.
5. *Never* - This adverb means that something doesn't happen at any time.

Use in Sentences:

- I **always** brush my teeth before bed.
- She **often** goes for a run in the morning.
- **Sometimes** I like to cook a big breakfast on weekends.
- He **rarely** eats fast food.
- They **never** miss their morning coffee.

Summary Chart:

Adverb	Example
Always	I always go to the gym.
Often	She often reads novels.
Sometimes	Sometimes I take the bus.
Rarely	He rarely watches TV.
Never	She never eats meat.