

ADVERBS OF FREQUENCY

Adverbs of Frequency are words that describe how often an action occurs. They provide information about the frequency or regularity of an action. Here are some common adverbs of frequency:

1. **Always:** This adverb indicates that the action happens all the time without exception.
 - Example: He **always** arrives on time.
2. **Usually:** It suggests that the action happens most of the time, but not necessarily every time.
 - Example: I **usually** eat breakfast at 7 AM.
3. **Often:** This adverb denotes a high frequency, but not as consistently as "always" or "usually."
 - Example: They **often** go to the movies on weekends.
4. **Sometimes:** It means the action occurs occasionally, but not regularly.
 - Example: **Sometimes** I take a walk in the park.
5. **Rarely:** This adverb indicates that the action hardly happens, only on rare occasions.
 - Example: She **rarely** misses her yoga class.
6. **Seldom:** Similar to "rarely," it implies infrequent occurrence.
 - Example: He **seldom** visits his relatives.
7. **Never:** This adverb indicates that the action does not happen at all.
 - Example: They **never** travel during the winter.

Here's a summary chart:

Adverb of Frequency	Meaning	Example Sentence
Always	Happens all the time	He always arrives on time.
Usually	Happens most of the time	I usually eat breakfast at 7 AM.
Often	Happens frequently	They often go to the movies.
Sometimes	Happens occasionally	Sometimes I take a walk.
Rarely	Happens infrequently	She rarely misses her yoga class.
Seldom	Happens rarely	He seldom visits his relatives.

Adverb of Frequency	Meaning	Example Sentence
Never	Does not happen at all	They never travel in winter.