GRAMMAR WORKSHEET
ADVERBS of FREQUENCY

- always 100%
- almost always 95%
- usually 75%
- often 50%
- sometimes 25%
- seldom 5%
- rarely 5%
- hardly ever 5%
- never 0%

- I always watch TV at night.
- She almost always eats breakfast.
- Mike usually gets up late.
- I often exercise in the morning.
- They sometimes go to Starbucks.
- I seldom see him.
- I rarely see him.
- I hardly ever see him.
- We never come to class late.

Fill in the blanks below with the best adverbs of frequency (some sentences may have more than one answer).

1. My brother is never sad. He’s _____ always _____ happy.
2. I was late for work only one time last year. I’m _____________ late.
3. Mary failed only one test in high school. She _____________ passed her tests.
4. I always remember to do my homework. I _____________ forget to do it.
5. Steven seldom goes to a cinema. He _____________ sees movies.
6. Judy saw a doctor for the first time in three years. She _____________ gets sick.
7. I get up at five o’clock seven days a week. I _____________ get up early.
8. It’s always hot and sunny where I live. That’s why I _____________ see snow.
9. A: Do you ever drink coffee?  B: Yes, but only _____________, not often. Just a few times a week.
10. My sister almost never eats burgers and fries. She _____________ eats healthy foods.
11. I _____________ take a bus to class, maybe three or four days a week.
12. A: Do you ever watch action movies?  B: No, never. Well, I watched an action movie a few years ago, so I guess should say _____________.
Grammar Focus: Adverbs of Frequency
Level: Beginning to Elementary (CEFR A1)

ANSWER KEY

1. always
2. hardly ever / rarely / seldom
3. almost always
4. never
5. rarely / hardly ever
6. seldom / rarely / hardly ever
7. always
8. never
9. sometimes
10. almost always
11. usually
12. seldom / rarely / hardly ever

Grades as percentages

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