

# Adverbs of Frequency

Always / Usually / Often / Sometimes / Never. 4 exercises + answer key

NAME \_\_\_\_\_

DATE \_\_\_\_\_

**KEY RULE:**  
always !' usually !' often !' sometimes !' hardly ever !' never (before main verb, after auxiliary verb)

1

**Exercise 1**

EASY

Choose always or never to complete each sentence.  
Word bank: always / never

1. I \_\_\_\_ drink coffee late at night because I want to sleep well. She \_\_\_\_ walks to school with her friend every single morning.
3. My dad \_\_\_\_ watches TV in the morning. He goes to work early. We \_\_\_\_ have English on Tuesday. It is our fixed schedule.
5. Tom is not late every day, but he is \_\_\_\_ late for class.
6. My little sister \_\_\_\_ eats vegetables, so my mum is very happy.
7. I \_\_\_\_ go to bed at 3 a.m. because I am tired by 10 p.m.
8. We \_\_\_\_ watch a movie on Friday. It is our family tradition.
9. She \_\_\_\_ watches TV after dinner, but sometimes she reads instead.
10. I \_\_\_\_ forget my keys because I keep them in the same place.

2

**Exercise 2**

MEDIUM

Choose the best adverb from three options.  
Word bank: often / usually / never / sometimes / hardly ever

1. I am tired on Mondays because I \_\_\_\_ go to bed late on Sunday. My grandparents \_\_\_\_ use the internet, but prefer newspapers.
3. We \_\_\_\_ eat breakfast before school. Lessons start very early. My sister is sporty, so she \_\_\_\_ goes running after work.
5. I \_\_\_\_ drink cola, maybe once or twice a year.
6. He is careful, so he \_\_\_\_ checks his homework before class.
7. We \_\_\_\_ go to the cinema in winter, but not every weekend. My mum \_\_\_\_ cooks on Friday because we usually order pizza.
9. I \_\_\_\_ forget names when I meet many new people.
10. Our teacher \_\_\_\_ gives us a warm-up. It is part of her routine.

3

**Exercise 3**

HARD

Put the adverb in the correct position in the sentence.

1. She is late for class. (always)
2. I get up at 7 a.m. (usually)
3. They are on time. (never)
4. He plays football after school. (often)
5. My dad is tired in the evening. (sometimes)
6. We eat in restaurants. (hardly ever)
7. She is happy in the morning. (always)
8. I read books before bed. (never)
9. My brother is hungry after school. (usually)
10. They go to the park on weekends. (sometimes)

4

## Exercise 4

HARDER

Write the correct adverb: always / usually / often / sometimes / hardly ever / never.

- |                                                                       |                                                                          |
|-----------------------------------------------------------------------|--------------------------------------------------------------------------|
| 1. I _____ get up at 7 a.m. on school days, every single day.         | 2. We _____ go to the beach in winter because it is too cold.            |
| 3. My dad _____ cooks dinner on Friday, but not every week.           | 4. She _____ drinks tea in the morning. It is her normal routine.        |
| 5. I _____ eat burgers, maybe once or twice a year.                   | 6. My friends _____ play computer games after school, almost every day.  |
| 7. He _____ says thank you when someone helps him, without exception. | 8. We _____ travel by plane because train tickets are much cheaper.      |
| 9. I _____ forget my homework, maybe once a year.                     | 10. Our teacher _____ starts the lesson with a warm-up. It is her habit. |

# Answer Key

Check your answers below

## 1 Exercise 1 Easy: always or never

1 never

2 always

3 never

4 always

5 sometimes

6 always

7 never

8 always

9 often

10 never

## 2 Exercise 2 Medium: choose the best adverb

1 often

2 sometimes

3 always

4 often

5 hardly ever

6 always

7 often

8 never

9 sometimes

10 usually

## 3 Exercise 3 Hard: correct word order

1 She is always late.

2 I usually get up.

3 They are never on time.

4 He often plays.

5 My dad is sometimes tired.

6 We hardly ever eat.

7 She is always happy.

8 I never read.

9 My brother is usually hungry.

10 They sometimes go.

## 4 Exercise 4 Harder: type the adverb

1 always

2 never

3 sometimes

4 usually

5 hardly ever

6 often

7 always

8 hardly ever

9 hardly ever

10 usually