

Adverbs of Frequency – Worksheet 1

Name: _____ Class: _____ Date: _____ Score: / 39



Do this worksheet
online and check your
answers instantly

Exercise 1: Match the percentages

Match each percentage with the correct adverb from the box.

Example: 100% → always

WORD BOX

always usually often sometimes rarely never

1. 100% → _____

2. 90% → _____

3. 70% → _____

4. 50% → _____

5. 10% → _____

6. 0% → _____

Exercise 2: Complete the sentences

Use the key to choose an adverb from the box: 7 days = always, 5–6 days = usually, 3–4 days = often, 1–2 days = sometimes, 0 days = never. You can use words more than once, and two words are extra.

Example: Kim reads 2 days a week. Kim ____ reads. → sometimes

WORD BOX

always usually often sometimes never ever how

7. Sam has breakfast 7 days a week. Sam _____ has breakfast.

8. Mia eats fish 0 days a week. Mia _____ eats fish.

9. Leo walks to school 5 days a week. He _____ walks to school.

10. I go swimming 1 day a week. I _____ go swimming.

11. Nora is late 3 days a week. She is _____ late.

12. We watch TV 6 days a week. We _____ watch TV.

13. Paul is happy 7 days a week. Paul is _____ happy.

14. Ella drinks coffee 0 days a week. Ella _____ drinks coffee.

Exercise 3: Put the words in order

Write the words in the correct order to make a sentence or question.

Example: often / we / pizza / eat → We often eat pizza.

15. always / I / breakfast / have

16. late / is / never / she

17. usually / we / to school / walk

18. tired / often / are / they

19. sometimes / plays / Ben / football

20. hungry / always / I / am

21. TV / watch / don't / usually / I

22. you / ever / do / cook

23. how / you / often / swim / do

Exercise 4: Correct the mistakes

Each sentence has one mistake. Write the correct sentence.

Example: He plays usually tennis. → He usually plays tennis.

24. I go always to bed at ten.

25. She never is happy on Mondays.

26. We play often games after school.

27. My brother usually get up at seven.

28. They don't never eat pizza.

29. How often you go to the park?

30. Is he late always?

31. Do you ever plays the guitar?

Exercise 5: Add the adverb

Rewrite the sentence with the adverb in brackets in the correct place.

Example: I walk to work. (often) → I often walk to work.

32. I drink milk. (usually)

33. Lucy is busy. (always)

34. We eat in a restaurant. (sometimes)

35. Are you tired? (often)

36. Does Omar walk to work? (usually)

37. He doesn't watch films. (usually)

38. My parents are at home in the afternoon. (never)

39. Kenji plays computer games. (rarely)

Answer key – Adverbs of Frequency – Worksheet 1

Exercise 1: Match the percentages

- | | |
|---|---|
| 1. always
Always means every time. | 4. sometimes
Sometimes means about half the time. |
| 2. usually
Usually means almost every time. | 5. rarely
Rarely means not many times. |
| 3. often
Often means many times. | 6. never
Never means not at any time. |

Exercise 2: Complete the sentences

- | | |
|---|--|
| 7. always
7 days a week = always. | 11. often
3 days a week = often. The adverb goes after is. |
| 8. never
0 days a week = never. | 12. usually
6 days a week = usually. |
| 9. usually
5 days a week = usually. | 13. always
7 days a week = always. The adverb goes after is. |
| 10. sometimes
1 day a week = sometimes. | 14. never
0 days a week = never. |

Exercise 3: Put the words in order

- | | |
|--|---|
| 15. I always have breakfast.
The adverb goes before the main verb. | 20. I am always hungry.
The adverb goes after am. |
| 16. She is never late.
The adverb goes after the verb be. | 21. I don't usually watch TV.
In negatives, the adverb goes after don't and before the main verb. |
| 17. We usually walk to school.
The adverb goes before the main verb. | 22. Do you ever cook?
In questions, ever goes after the subject and before the main verb. |
| 18. They are often tired.
The adverb goes after are. | 23. How often do you swim?
We use How often do you...? to ask about frequency. |
| 19. Ben sometimes plays football.
Sometimes usually goes before the main verb, but it can also go at the start or the end. | |

Exercise 4: Correct the mistakes

- | | |
|---|--|
| 24. I always go to bed at ten.
The adverb goes before the main verb go. | 28. They never eat pizza.
The reviewer's answer is already accepted, so no change is needed: 'never' is already negative, so we don't use it with 'don't'. |
| 25. She is never happy on Mondays.
The adverb goes after the verb be. | 29. How often do you go to the park?
Present simple questions need do. |
| 26. We often play games after school.
Often goes before the main verb play. | 30. Is he always late?
In questions with be, the adverb goes after the subject. |
| 27. My brother usually gets up at seven.
With he, she or it, the verb takes -s: gets. | 31. Do you ever play the guitar?
After do, we use the base form: play. |

Exercise 5: Add the adverb

32. I usually drink milk.

The adverb goes before the main verb.

33. Lucy is always busy.

The adverb goes after is.

34. We sometimes eat in a restaurant.

Sometimes goes before the main verb, or at the start or end of the sentence.

35. Are you often tired?

In questions with be, the adverb goes after the subject.

36. Does Omar usually walk to work?

In questions, the adverb goes after the subject and before the main verb.

37. He doesn't usually watch films.

In negatives, the adverb goes after doesn't.

38. My parents are never at home in the afternoon.

The adverb goes after are.

39. Kenji rarely plays computer games.

The adverb goes before the main verb plays.

Notes for teachers: Start with the percentage scale in Exercise 1 and draw it on the board for learners to refer to. The most common mistake is word order. Learners often put the adverb after the main verb (I go always) or before be (She never is late), so drill both patterns: adverb + verb, and be + adverb. As a follow-up, learners can interview a partner with How often do you...? and then write five true sentences about them.