



## Adverbs of Frequency

An adverb of frequency is a word that expresses the number of times you do something.

Let's learn the main adverbs of frequency!

# Adverbs of Frequency

0%

100%

We will use this frequency timeline to learn the new words.

# Adverbs of Frequency

0%

100%



never

0%

# Adverbs of Frequency

0%

100%



rarely

5%

# Adverbs of Frequency

0%

100%



A horizontal dark blue line represents a frequency scale from 0% to 100%. A purple box containing the word 'seldom' is positioned below the line. A purple arrow points upwards from the box to the line, indicating its position on the scale.

seldom

10%

# Adverbs of Frequency

0%

100%



A horizontal dark blue line represents a frequency scale from 0% to 100%. A purple box containing the word 'occasionally' is positioned below the line. A purple arrow points upwards from the box to the line, indicating its position at 30%.

occasionally

30%



# Adverbs of Frequency

0%

100%



A horizontal dark blue line represents a frequency scale from 0% to 100%. A purple arrow points upwards from a light purple box containing the word 'sometimes' to the center of the line. Below the box is the label '50%'.

sometimes

50%

# Adverbs of Frequency

0%

100%

70%

often

frequently

# Adverbs of Frequency

0%

100%

80%

normally

generally

# Adverbs of Frequency

0%

100%

usually

90%

# Adverbs of Frequency

0%

100%



A horizontal dark blue line represents a frequency scale from 0% to 100%. A purple arrow points upwards from a pink box containing the word 'always' to the 100% mark on the line.

always

# Examples

1. I always have a shower in the morning
2. Sometimes, I read a book
3. I never go to school at 8pm
4. He seldom visits me

Sometimes we want to express a very specific frequency.

We can use the word “every” to talk about a regular event at the same time.

## EVERY + TIME PERIOD

Every day  
Every week  
Every year



Or we can express a specific number of times that we do something.

QUANTITY + A + TIME PERIOD

# QUANTITY + A + TIME PERIOD

Once a week

Twice a day

Three times a year