



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



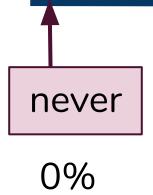
# Let's learn the main adverbs of frequency!



0% 100%

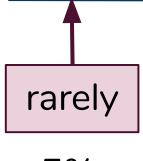
We will use this frequency timeline to learn the new words.





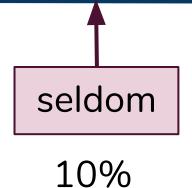


0% 100%



5%







0% 100%

occasionally

30%

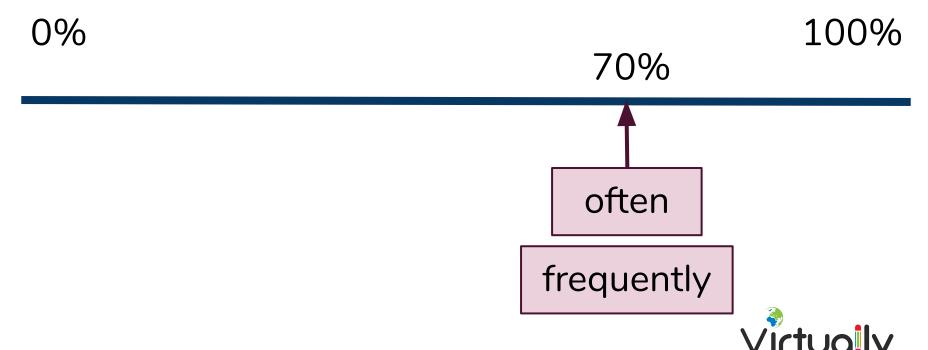


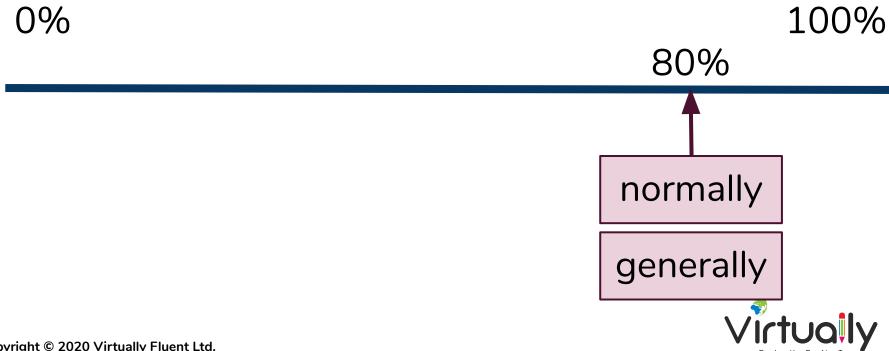
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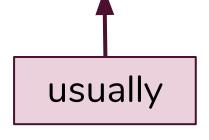
sometimes

50%

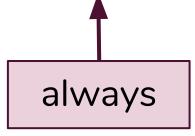














# **Examples**

- 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

