GRAMMAR WORKSHEET
ADVERBS of FREQUENCY

• always	100%	• *I **always** watch TV at night.*
• almost always	95%	• *She **almost always** eats breakfast.*
• usually	75%	• *Mike **usually** gets up late.*
• often	50%	• *I **often** exercise in the morning.*
• sometimes	25%	• *They **sometimes** go to Starbucks.*
• seldom	5%	• *I **seldom** see him.*
• rarely	5%	• *I **rarely** see him.*
• hardly ever	5%	• *I **hardly ever** see him.*
• never	0%	• *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	**7.**	always
2.	hardly ever / rarely / seldom	**8.**	never
3.	almost always	**9.**	sometimes
4.	never	**10.**	almost always
5.	rarely / hardly ever	**11.**	usually
6.	seldom / rarely / hardly ever	**12.**	seldom / rarely / hardly ever

Grades as percentages

My Notes


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12 / 12 = 100%
11 / 12 =  92
10 / 12 =  83
 9 / 12 =  75
 8 / 12 =  67
 7 / 12 =  58
 6 / 12 =  50
 5 / 12 =  42
 4 / 12 =  33
 3 / 12 =  25
 2 / 12 =  17
 1 / 12 =   8
 0 / 12 =   0%
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