

# Adverbs of Frequency

Adverbs of frequency tell us how often an action happens.

Used with "to be"

subject + am/is/are + adverb + information

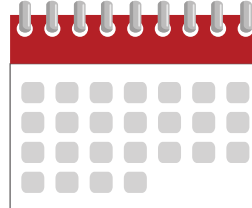
- Sandra is always late to work.
- My co-workers are usually busy.
- My office is rarely closed.

Used with other verbs

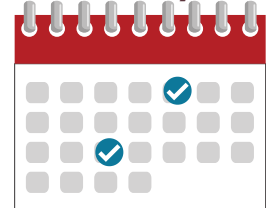
subject + adverb + verb + information

- Tim usually works from home.
- My boss never has meetings on Fridays.
- I sometimes meet a friend for lunch.

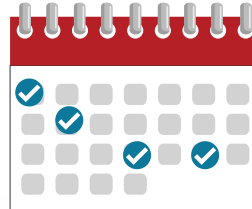
Never



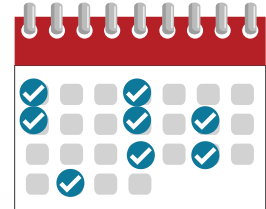
Rarely



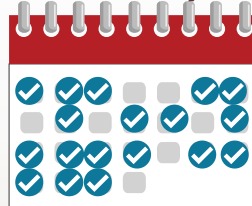
Sometimes



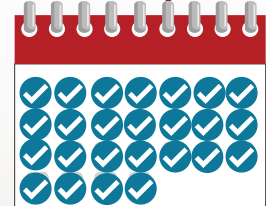
Often



Usually



Always



Additional Placement Options:

Some adverbs of frequency can be placed at the beginning or end of a sentence, too.

Sometimes I go to Moon Pie Cafe for lunch.

I go to Moon Pie Cafe for lunch sometimes.

Other options:

**Usually, Most days,  
Typically, Often**

Practice assignment:

- Describe what you do at work in a typical month. Use the adverbs above.
- Make a list of the technology you use at work. Then, write about how often you use that technology.

the  
**TEFL lab.**

Find the full lesson & other resources at  
[www.TheTEFLLab.com](http://www.TheTEFLLab.com)