Adverbs of Frequency — Worksheet

30 exercises · Level A1–A2 · Answer key on the last page Free for classroom use

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Name _____ Class _____ Date _____

Choose the correct option (a–d) for each gap or question. Check yourself with the answer key on the last page.

1. My grandmother _____ her plants on Sunday mornings.
   a) waters always b) always water c) is always water d) always waters

2. Our teacher _____ in a good mood on Fridays.
   a) is usually b) usually be c) does usually be d) usually

3. My brothers _____ ready on time, so we always wait for them.
   a) is never b) never c) aren't never d) are never

4. I _____ to Japan, but I'd love to go one day.
   a) have been never b) have never been c) has never been d) am never been

5. You _____ a seat belt in the car, even for short trips.
   a) should wear always b) should always to wear c) should always wear d) should always wearing

6. Where _____ buy your fruit and vegetables?
   a) do you usually b) do usually you c) you usually do d) are you usually

7. Why _____ late for our meetings?
   a) you are always b) are always you c) always are you d) are you always

8. We _____ TV in the evening — we prefer to read.
   a) don't watch often b) doesn't often watch c) don't often watch d) not often watch

9. My dad _____ dinner for the whole family.
   a) sometimes cook b) sometimes cooks c) cooks sometimes d) is sometimes cook

10. Our neighbours are very quiet — we _____ them.
    a) hear rarely b) rarely hears c) rarely hear d) are rarely hear

11. I _____ drink coffee — I don't like the taste at all.
    a) always b) usually c) often d) never

12. Mark _____ walks to work — every single day, even in the rain.
    a) sometimes b) rarely c) always d) never

13. We _____ eat out — only once or twice a year.
    a) rarely b) often c) usually d) always

14. I _____ take the bus to work — most days, but not every day.
    a) always b) rarely c) never d) usually

15. It _____ snows here in winter, but not every year.

a) sometime b) always c) sometimes d) never

16. "How often do you go to the gym?" "_____ — on Mondays and Thursdays."

a) Once a week b) Every day c) Twice in week d) Twice a week

17. I call my parents once _____ week, usually on Sunday evening.

a) the b) a c) in d) for

18. "How _____ do you see your cousins?" "Three or four times a year."

a) often b) long c) many d) usually

19. _____ I work from home, but most days I go to the office.

a) Usually b) Always c) Sometimes d) Never

20. "Do you go to concerts?" "Yes, but I _____ go — maybe once a year."

a) ever b) hardly ever c) often d) never

21. My brother _____ his room — it's a mess all the time.

a) never cleans b) doesn't never clean c) never clean d) not never cleans

22. It _____ here in summer, so the grass turns brown.

a) doesn't hardly ever rain b) hardly ever rains c) hardly ever rain d) is hardly ever rain

23. Lena _____ late, and she _____ her homework on time.

a) is never … always does b) is never … does always c) never … always does d) is never … always do

24. "Do you _____ eat fish?" "No, I _____ eat it — I'm allergic."

a) never … ever b) ever … never c) ever … ever d) ever … don't never

25. Paul _____ breakfast, but he has a big lunch _____.

a) has never … every day b) never has … every days c) doesn't never have … every day d) never has … every day

26. Which sentence is correct?

a) I drink often coffee in the morning.
b) I often drink coffee in the morning.
c) I often drinks coffee in the morning.
d) I am often drink coffee in the morning.

27. Which sentence is correct?

a) I twice a week play tennis.
b) I play twice a week tennis.
c) I play tennis twice the week.
d) I play tennis twice a week.

28. Which sentence is correct?

a) The children are usually hungry after school.
b) The children usually hungry after school.
c) The children is usually hungry after school.
d) The children are usual hungry after school.

29. Which sentence is correct?

a) We have seen never snow.
b) We haven't never seen snow.
c) We have never seen snow.
d) We have never saw snow.

30. Which question is correct?

a) Do usually you walk to school?
b) Do you usually walk to school?
c) Are you usually walk to school?
d) Does you usually walk to school?

Answer Key

Adverbs of Frequency · Explanations are shortened — the full interactive version is at gramvoy.com/exercises/adverbs-of-frequency/

1. d) always waters

Always goes before the main verb, and my grandmother takes -s: always waters.

2. a) is usually

With be the adverb comes after the verb: Our teacher is usually in a good mood.

3. d) are never

My brothers is plural, so are, and the adverb follows be: are never ready.

4. b) have never been

With an auxiliary, the adverb goes between it and the main verb: I have never been.

5. c) should always wear

After a modal verb like should, the adverb comes before the main verb: should always wear.

6. a) do you usually

In a question the adverb comes after the subject: Where do you usually buy…?

7. d) are you always

In a question with be, the verb comes before the subject and the adverb follows the subject: Why are you always late?

8. c) don't often watch

In a negative the adverb goes after don't: We don't often watch TV.

9. b) sometimes cooks

Sometimes can go before the main verb, and my dad needs -s: sometimes cooks.

10. c) rarely hear

Rarely goes before the main verb: we rarely hear them.

11. d) never

I don't like the taste at all means the speaker doesn't drink it, so never.

12. c) always

Every single day means every time, without exceptions, so always.

13. a) rarely

Only once or twice a year is not often at all, so rarely.

14. d) usually

Most days, but not every day is exactly what usually means.

15. c) sometimes

But not every year means it snows in some winters, so sometimes, with -s.

16. d) Twice a week

Two days every week is twice a week.

17. b) a

To say how often, English uses a in the sense of per: once a week, twice a month, three times a year.

18. a) often

The answer gives a number of times, so the question is How often…?

19. c) Sometimes

Sometimes can start a sentence, and most days I go to the office shows that working from home happens only now and then.

20. b) hardly ever

Yes says the speaker does go, and maybe once a year is almost never: hardly ever.

21. a) never cleans

Never is already negative, so the verb stays positive and takes -s: he never cleans.

22. b) hardly ever rains

Hardly ever is negative in meaning, so it goes with a positive verb: It hardly ever rains.

23. a) is never … always does

After be the adverb follows the verb: is never late.

24. b) ever … never

In questions the usual word is ever: Do you ever eat fish?

25. d) never has … every day

Here has is the main verb (have breakfast), so never goes before it: never has.

26. b) I often drink coffee in the morning.

Often goes before the main verb: I often drink coffee.

27. d) I play tennis twice a week.

Phrases like twice a week usually go at the end: I play tennis twice a week.

28. a) The children are usually hungry after school.

The children is plural, so are, and the adverb comes after be: are usually hungry.

29. c) We have never seen snow.

Never goes between have and the participle: We have never seen snow.

30. b) Do you usually walk to school?

In a question the order is do + subject + adverb + main verb: Do you usually walk…?