



Watch the video and read the conversation between Sophie and Linnea. Then do these exercises to check your understanding of adverbs of frequency.



Grammar Snacks

1. Check your grammar: grouping – adverbs of frequency

Write the words and phrases in the correct group.

occasionally	hardly ever	seldom	once a month	never
every Wednesday	sometimes	quite often	on Mondays	three times a week

Before the main verb e.g. I _____ go swimming	At the end of the clause e.g. I go swimming _____

2. Check your grammar: reordering – adverbs of frequency

Write a number 1-3 to put these sentences in order of frequency (least frequent = 1 and most frequent = 3).

- He usually goes bowling on Saturdays.
- 1. He occasionally goes bowling.
- He never goes bowling.

- I only see him once a month.
2. We see each other every weekend.
..... We hardly ever see each other.
- Occasionally we watch TV together.
3. We like watching TV together every evening.
..... We watch TV together on Thursdays.

3. Check your grammar: gap fill – adverbs of frequency

Write the word or phrase in the correct place.

1. I _____ think _____ about _____ becoming a pilot. (**sometimes**)
2. The Queen _____ celebrates _____ her birthday _____. (**twice a year**)
3. We _____ play _____ computer games _____. (**in the evening**)
4. You _____ think _____ about _____ your future. (**hardly ever**)
5. I _____ have _____ seen _____ her before. (**never**)
6. I _____ use _____ the school library _____. (**most afternoons**)
7. My parents _____ go _____ to the cinema _____. (**about once a year**)
8. I _____ don't _____ wear _____ black in summer. (**normally**)