

ADULTS A2 · GRAMMAR · LESSON 02 / 30

How Often Do You...?

Adverbs of Frequency — always, usually, often, sometimes, rarely, never

ADVERBS OF FREQUENCY · HABITS · ROUTINES · LIFESTYLE · 55 MIN

I

THINK ABOUT YOUR HABITS

Warm-Up

How often do you...?

Read each question. Think of your honest answer.

1. How often do you **drink coffee** in the morning?
2. Do you **exercise**? How many times a week?
3. How often do you **cook** dinner at home?
4. Do you *always* arrive at work on time, or are you *sometimes* late?
5. How often do you **check** your phone before breakfast?

II

ADVERBS OF FREQUENCY — ALWAYS TO NEVER

Grammar Focus

In Lesson 01, you learned the Present Simple — for things that happen **again and again**. But how often do they happen? That is where *adverbs of frequency* come in.

There are six main adverbs: **always** (100%), **usually** (~90%), **often** (~70%), **sometimes** (~50%), **rarely** (~10%), **never** (0%). The tricky part? They go in a **specific place** in the sentence — and that place is different for the verb *be* and for all other verbs.

THE FREQUENCY SCALE

always → **usually** → **often** → **sometimes** → **rarely** → **never**

100% ————— 50% ————— 0%

THE GOLDEN RULE — WHERE DOES THE ADVERB GO?

Two positions, one simple rule

RULE 1 · NORMAL VERBS

Before the main verb:

"I **always drink** coffee."

"She **usually starts** at nine."

"We **never work** on Sundays."

Subject + **adverb** + verb

RULE 2 · WITH "BE"

After the verb *be*:

"I **am always** tired."

"She **is usually** on time."

"They **are never** late."

Subject + **be** + adverb

Memory trick: if the verb is *be*, the adverb goes **after** it. For every other verb, the adverb goes **before** it.

COMMON MISTAKES

Watch never — it already means not

WRONG

"I **don't never** eat fast food."

WRONG

"She **always is** happy."

WRONG

"**Always** I drink water."

RIGHT

"I **never** eat fast food."

RIGHT

"She **is always** happy."

RIGHT

"I **always** drink water."



12 WORDS FOR HABITS & LIFESTYLE

Key Vocabulary

WORD	TYPE	MEANING	EXAMPLE
habit	<i>noun</i>	something you do regularly	"I always do it."
routine	<i>noun</i>	the normal order of things	"My routine rarely changes."
skip	<i>verb</i>	to not do something	"I never skip breakfast."
exercise	<i>noun/verb</i>	physical activity	"She usually exercises ."
on time	<i>adverb</i>	not late	"He is always on time ."
mood	<i>noun</i>	how you feel	"My mood is usually good."
snack	<i>noun/verb</i>	a small meal between meals	"I sometimes snack ."
chore	<i>noun</i>	a boring job you must do	"I always do chores."
commute	<i>noun/verb</i>	journey to/from work	"My commute is usually 40 min."

WORD	TYPE	MEANING	EXAMPLE
go out	<i>phrasal v.</i>	leave home for fun	"We rarely go out. "
lie in	<i>phrasal v.</i>	stay in bed late	"I sometimes lie in. "
tidy up	<i>phrasal v.</i>	make clean and organised	"She always tidies up. "



FOUR LIFESTYLES, ONE QUESTION: HOW OFTEN?

Reading

THE HABITS ISSUE · VOLUME 02

How often do *you* do it?

We asked four people: describe your week — but every sentence must have an adverb of frequency.

PROFILE ONE · THE EARLY RISER

Tina, 29 · Berlin · Software Developer

Tina **always** wakes up at five thirty. "Most people think I am crazy," she laughs, "but I **never** feel tired in the morning. I **am usually** the first person awake in my building."

She **always** drinks a glass of water first, then she **usually** goes for a short run. "I **don't always** run — **sometimes** I do yoga instead. But I **never** skip exercise." After her workout, she showers, eats breakfast, and sits at her desk by seven thirty.

Tina works from home three days a week. On those days, she **rarely** leaves her apartment before lunch. "I **sometimes** forget to eat, actually." On the two days she goes to the office, her commute is short — fifteen minutes on the tram. "The tram is **often** crowded, but I **never** complain."

In the evening, Tina **usually** cooks dinner. She **rarely** orders takeaway. "I **always** tidy up the kitchen before bed." She **is usually** in bed by ten. "People **sometimes** ask me: don't you want to go out? I **sometimes** go out on Fridays. But most nights, I **am** happier at home."

FREQUENCY · ROUTINE Every habit gets its own frequency level. Tina's life is a full lesson in adverbs: *always wakes, usually drinks, never skip, sometimes forget, rarely leaves, often crowded, usually cooks, rarely orders, always tidy up, usually in bed, sometimes go out.*

PROFILE TWO · THE SOCIAL BUTTERFLY

Ravi, 33 · Mumbai · Marketing Manager

Ravi **is never** home before eight. "I **usually** leave the office at seven, and then I **often** meet friends for dinner. I **rarely** eat alone."

His mornings are slower. He **usually** wakes up at eight and **always** checks his phone first. He **sometimes** has breakfast at home, but he **more often** grabs coffee on the way to work.

Ravi **always** takes the train. "It is **always** packed. I **usually** stand — I **rarely** get a seat." At the office, he **is usually** cheerful. "My colleagues say I **am always** in a good mood. That is not true — I **am sometimes** stressed. But I **never** show it."

On weekends, Ravi **rarely** stays home. "I **always** have plans. I **often** go to restaurants, I **sometimes** play cricket, and I **usually** visit my parents on Sundays." Does he **ever** lie in? "Almost **never**," he laughs.

FREQUENCY · WITH "BE" Look at how adverbs work with **be**: *is never home, is usually cheerful, am always in a good mood, am sometimes stressed*. Adverb sits **after** *be*. Compare with normal verbs: *usually leaves, often meets* — adverb **before** the verb.

PROFILE THREE · THE WEEKEND PARENT

Laura, 40 · Toronto · Architect

Laura's weekdays and weekends are completely different. "On weekdays, I **am always** busy. On weekends, I **am rarely** in a hurry."

From Monday to Friday, Laura **always** gets up at six thirty. She **never** has time for a slow breakfast — she **usually** eats toast while she packs her children's lunches. "I **sometimes** forget things." She **always** drops the children at school by eight.

At work, she **is usually** very focused. She **often** skips her lunch break. She **usually** finishes at five thirty and picks up the children.

Evenings are family time. Laura **always** helps with homework, she **usually** cooks dinner, and she **sometimes** watches a film with the kids. "I **rarely** have time for myself on weekdays. But I **never** complain — I love this life."

On Saturdays, Laura **usually** lies in until eight. She **often** takes the children to the park. She **sometimes** meets a friend for coffee. And on Sundays, she **always** cooks a big lunch.

FREQUENCY · "SOMETIMES" FLEXIBILITY Laura uses *sometimes* three ways: middle ("*I sometimes forget*"), beginning ("*Sometimes I go*" — implied), and end. **Sometimes** is the only frequency adverb that can move freely to the start or end.

PROFILE FOUR · THE NIGHT OWL

Kenji, 26 · Osaka · Graphic Designer

Kenji **is rarely** awake before eleven. "I **usually** go to bed at three or four a.m., so I **never** wake up early. My alarm **is always** set for eleven, but I **sometimes** ignore it."

He works freelance, so he **doesn't always** have a fixed schedule. "I **usually** start work at noon. I **often** work in a café — I **rarely** work at home. I **always** wear headphones. I **always** listen to music while I design."

Kenji **never** cooks. "I **always** eat out or order food." He **usually** eats lunch at two and dinner at ten. "My eating schedule is **never** normal," he admits.

On weekends, Kenji **often** works. But he **always** takes Sunday evening off. "I **usually** go to a cinema or play video games. I **sometimes** meet friends at a bar. But I **am rarely** in bed before two, even on Sundays."

FREQUENCY · NEGATIVES + ADVERBS Notice "*I don't always have a fixed schedule*": when we use **don't / doesn't**, we can add *always* between **don't** and the verb. But we **never** say "*I don't never*" — because *never* already means "not ever".

ANSWER KEY

PART VI · PRACTICE

1. **B** — I always drink coffee.
2. **C** — She is usually late.
3. **A** — I never eat fast food.
4. **B** — often goes
5. **C** — are always
6. **A** — She doesn't never complain.
7. **B** — Do
8. **C** — Start, middle, or end
9. **A** — rarely arrives
10. **B** — don't always run

PART IX · MINI QUIZ

- Q1: B** — She usually drinks tea.
- Q2: C** — is rarely
- Q3: A** — He never eats meat.
- Q4: D** — rarely
- Q5: B** — sometimes
- Q6: C** — always
- Q7: A** — don't always
- Q8: B** — usually cooks
- Q9: D** — I walk most days, but not always.
- Q10: C** — He never doesn't work on Sundays.

Well done! You have completed Lesson 02 of 30 in the Fleydo Adults A2 Grammar series.
In the next lesson: **Present Continuous** — *Live from the Coffee Shop*.