



Frequency Adverbs

1. Adverbs of frequency tell how often something happens.
2. Adverbs of frequency come before the main verb if the main verb is not “to be.”

Examples: We **usually** eat breakfast at 7:00 a.m.

Our dad **never** gets off work before 6:00.

I **sometimes** wear a tie to work.

3. Adverbs of frequency come after the verb “to be.” (am, is, are, was, were)

Examples: I am **always** happy to see you.

You are **never** ready for school on time!

The students are **sometimes** discouraged by poor grades.

Here is a chart of frequency adverbs. The percentages show approximately how often something happens.

Always	100%
Almost always	95–99%
Usually	90–99%
Frequently	80–90%
Often	60–80%
Sometimes	50%
Occasionally	30–40%
Seldom	5–10%
Rarely	1–10%
Almost never	1–5%
Never	0%

Practice using Frequency Adverbs

Directions: Rewrite each sentence on the line. Use the percentages to decide which adverb to use. Then, decide whether the adverb comes before or after the verb.

Example: Selma catches the 9:15 bus to town. (80–90%)
Selma frequently catches the 9:15 bus to town.

Example: She is late for work. (1–5%)
She is rarely late for work.

1. We watch the news at 6:00. (100%)

2. My wife drives me to work. (50%)

3. Our neighbor's son goes to football practice after school. (95–99%)

4. My mom leaves her keys on the kitchen table. (80-90%)

5. The baby is hungry when he wakes up. (100%)

6. The planes take off on time. (90–99%)

7. The school bus is here by 7:30 a.m. (5–10%)

8. I go shopping after work. (30–40%)

9. The kids are ready when the school bus arrives. (1–10%)

10. I am happy when it rains. (0%)
