



Adverbs of Frequency

Fill in the gaps with the correct adverb of frequency.

1. Sarah _____ (never/always) skips breakfast because she knows it's important to start the day with a healthy meal.
2. Tom _____ (sometimes/rarely) goes jogging in the morning, especially when he has extra time before work.
3. My grandparents _____ (always/never) visit us on Sundays; it's a family tradition.
4. I _____ (often/never) forget my umbrella, so I end up getting wet when it rains.
5. We _____ (usually/seldom) eat dinner together as a family unless someone has a late meeting or event.
6. Jane _____ (hardly ever/always) eats candy because she's very conscious about her diet.
7. The train _____ (often/seldom) arrives late, so I leave a bit earlier just in case.
8. Our boss _____ (always/rarely) compliments us on our work when we do a good job, it's very motivating.
9. They _____ (sometimes/never) go to the cinema, but they prefer watching movies at home.
10. I _____ (frequently/never) check my email during the day to stay updated on any important messages.
11. He _____ (hardly ever/always) drinks coffee late because it keeps him awake.
12. We _____ (occasionally/always) have pizza on Fridays, but it depends on our mood.
13. My cat _____ (always/never) sleeps on my bed, so I have to be careful not to disturb him.
14. Anna _____ (rarely/always) goes out with friends on weekdays because she likes to focus on her studies.
15. They _____ (usually/never) take the bus to work, but they drive when the weather is bad.

Answers

1. never
2. sometimes
3. always
4. often
5. usually
6. hardly ever
7. often
8. always
9. sometimes
10. frequently
11. hardly ever
12. occasionally
13. always
14. rarely
15. usually