



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.