

### Frequency adverbs

Complete the sentences with these frequency adverbs and answer the questions.

never rarely sometimes (2) usually rarely

sometimes occasionally frequently often always (2)

- 1. \_\_\_\_\_ brush your teeth before bed.
- 2. I \_\_\_\_\_ miss a day of work.
- 3. She \_\_\_\_\_ forgets to take her medication.
- 4. He \_\_\_\_\_ arrives late to class.
- 5. You should \_\_\_\_\_ treat yourself to a nice dinner.
- 6. I \_\_\_\_\_ miss my daily workout.
- 7. I \_\_\_\_\_ forget to return my library books on time.
- 8. She \_\_\_\_\_ has a smile on her face.
- 9. He \_\_\_\_\_ eats breakfast.
- 10. You should \_\_\_\_\_ floss your teeth.
- 11. I \_\_\_\_\_ feel like giving up.
- 12. She \_\_\_\_\_ goes to bed before midnight.

1. Do you always brush your teeth before bed?

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2. Do you frequently check your phone when you're out with friends?

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3. Do you occasionally skip lunch?

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4. Do you often go for runs?

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5. Do you sometimes feel like you're not good enough?

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6. Do you always try to be the best at whatever you do?

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**Possible answers**

1. Always
2. Rarely
3. Sometimes
4. Frequently
5. Occasionally
6. Never
7. Often
8. Always
9. Rarely
10. Always
11. Sometimes
12. Usually

1. Yes, I always brush my teeth before bed because it's a good way to clean my teeth and I don't want to have bad breath.
2. No, I don't frequently check my phone when I'm out with friends because I want to be present and enjoy their company.
3. Yes, I occasionally skip lunch because I'm not always hungry or I don't have time.
4. No, I don't often go for runs because I don't like running that much.
5. Yes, I sometimes feel like I'm not good enough because I often compare myself to others.
6. No, I don't always try to be the best at whatever I do because I know that it's not possible and it's not healthy to always strive for perfection.