

Learn**English** Teens

Grammar videos: Adverbs of frequency



Remember to watch the video first! Then read the conversation between Sophie and Linnea, a student Sophie met in Norway. Sophie's helping Linnea understand the different adverbs of frequency.





We use adverbs of frequency – like *sometimes* or *usually* – to say *how often* we do things, or *how often* things happen.



I never have any problems with adverbs of frequency.

Linnea

OK, let's see what you know. We use adverbs of frequency in this order, according to their meaning.

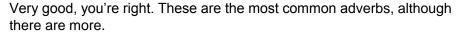
100%						0%
always	usually /	often	sometimes	occasionally	hardly ever	never

Are there any missing?



I think that's most of them. You could include *frequently*, with *usually*. We use *not very often* too.

normally



They **always** hang out together. The Northern Lights are **usually** green. You **normally** see them best in September or March. It's **often** cloudy.

What do you notice about the position of the adverbs?





They are *usually* before the *main verb*, or between the auxiliary and the main verb. But they come *after* the verb *to be*.

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Excellent! Can they also be at the beginning or the end of the sentence?



Yes, I think so. 'Sometimes I'm alone.' That sounds OK.



Yes, we can use some adverbs of frequency at the beginning or end of a sentence for emphasis.

Occasionally I meet her for a coffee.

We can use *usually*, *often*, *sometimes* and *occasionally* at the beginning of a sentence, and *sometimes* and *often* at the end. We use adverb expressions like *a lot* or *not* + (*very*) *much after* the main verb too.

She travels **a lot**. He does**n't** study **very much**.

Be careful with never. It is already negative, so we can't use it with not.

I never go to the supermarket with my mother.





I've just remembered some more expressions! What about *once a week*, *twice a year*, etc.?

Oh yes, I'd forgotten about those.

Take the medicine **three times a day**.

We **usually** go swimming **twice a month**.

You see them **once in a lifetime**, if you travel.



You see, I'm not always annoying.

OK, sorry. I'm not always right either. Usually, but not always!

Watch the video on our website!



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