



About me

Adverbs of Frequency

100% always, 90% usually, 80% frequently, 80% normally, 70% often, 50% sometimes, 30% occasionally, 10% rarely, 10% seldom, 0% never

Complete the sentences below with true information about yourself.

Subject + Be + Adverb + Adjective

Subject + Adverb + Main Verb

I am always happy.

I always pass my exams.

Name: _____

1. I am always _____

I always _____

2. I am usually _____

I usually _____

3. I am frequently _____

I frequently _____

4. I am normally _____

I normally _____

5. I am often _____

I often _____

6. I am sometimes _____

I sometimes _____

7. I am occasionally _____

I occasionally _____

8. I am rarely _____

I rarely _____

9. I am seldom _____

I seldom _____

10. I am never _____

I never _____

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This is a great activity to help students master the sentence structures used with adverbs of frequency.

Before class, make one copy of the worksheet for each student.

Procedure

Hand out a copy of the worksheet to each student.

Ask the students to write their name at the top.

Draw the students' attention to the structures and examples. Remind them that when a sentence uses the *verb to be*, the adverb is followed by an adjective.

Then, tell the students to complete the sentences by writing true sentences about themselves based on the adverbs of frequency on their worksheet.

When the students are writing their sentences, it is important that nobody else can see what they are writing. So, ask them to keep their answers secret.

When everyone has finished, collect the papers and read some of the answers from each worksheet to the class.

After reading each worksheet, ask the class to guess who is being described.

You can also do this exercise as a pairwork activity, with students asking each other questions and writing their partner's answers on the worksheet.