

## Adverbs of Frequency - Adverbios de Frecuencia

Se utilizan para indicar con qué frecuencia se realiza la acción indicada por el verbo.

Adverbs of Frequency	
always	siempre
usually	usualmente
often	frecuentemente
frequently	frecuentemente
sometimes	a veces
seldom	rara vez
never	nunca
everyday	todos los días
every + day every Thursday	todos los + <i>día</i> <i>todos los jueves</i>
on + day + "s" on Thursdays	los + <i>día</i> <i>los jueves</i>
once a month	una vez por mes
twice a month	dos veces por mes
three times a month	tres veces por mes
once a week	una vez por semana
twice a week	dos veces por semana
three times a week	tres veces por semana

Ejemplos:

I **always** go to school by bus.  
Siempre voy a la escuela en autobús.

I **usually** get up at 7.  
Usualmente me despierto a las 7.

I **often / frequently** watch TV in the evening.  
Frecuentemente miro TV por la noche.

I **sometimes** have lunch in a restaurant.  
A veces almuerzo en un restaurant.

I **seldom** have breakfast.  
Rara vez tomo el desayuno.

I **never** arrive late.  
Nunca llego tarde.

**Everyday** I have homework.  
Todos los días tengo tareas.

**Every Monday** I have gym.  
Todos los lunes tengo gimnasia.

**On Mondays** I have gym.  
Los lunes tengo gimnasia.

**Once a month** I have a test.  
Una vez por mes tengo examen.

**Twice a month** I have a test.  
Dos veces por mes tengo examen.

**Three times a month** I have a test.  
Tres veces por mes tengo examen.

I play tennis **once a week**.  
Juego al tenis una vez por semana.

I play tennis **twice a week**.  
Juego al tenis dos veces por semana.

I play tennis **three times a week**.  
Juego al tenis tres veces por semana.

👉 Nota la posición de los adverbios: Los siete primeros de la lista se ubican siempre entre la persona y el verbo. Los restantes van al comienzo o al final de la frase.

Para preguntar a alguien con qué frecuencia realiza algo, se usa **How often**.

**How often** do you have gym classes?  
¿Con qué frecuencia tienes clases de gimnasia?

I have gym classes **every Monday**.  
Tengo clases de gimnasia los lunes.

These are called adverbs of frequency and include:

Frequency	Adverb of Frequency	Example Sentence
100%	always	I <b>always</b> go to bed before 11pm.
90%	usually	I <b>usually</b> walk to work.
80%	normally / generally	I <b>normally</b> go to the gym.
70%	often* / frequently	I <b>often</b> surf the internet.
50%	sometimes	I <b>sometimes</b> forget my wife's birthday.
30%	occasionally	I <b>occasionally</b> eat junk food.
10%	seldom / rarely	I <b>seldom</b> read the newspaper.
5%	hardly ever	I <b>hardly ever</b> drink alcohol.
0%	never	I <b>never</b> swim in the sea.

Rewrite the complete sentence using the adverb in brackets in its correct position.

Example: I play tennis on Sundays. (**often**)

Answer: I **often** play tennis on Sundays.

1) He listens to the radio. (**often**)

2) They read a book. (**sometimes**)

3) Pete gets angry. (**never**)

4) Tom is very friendly. (**usually**)

5) I take sugar in my coffee. (**sometimes**)

6) Ramon and Frank are hungry. (**often**)

7) My grandmother goes for a walk in the evening. (**always**)

8) Walter helps his father in the kitchen. (**usually**)

9) They watch TV in the afternoon. (**never**)

10) Christine smokes. (**never**)

## Frequency Adverbs Multiple Choice

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- 1 Carlos is an excellent student. He \_\_\_\_\_ goes to class.

☐ always  
☐ usually  
☐ sometimes  
☐ seldom  
☐ never

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- 2 I hate vegetables. I \_\_\_\_\_ eat carrots.

☐ always  
☐ usually  
☐ sometimes  
☐ seldom  
☐ never

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- 3 Robert goes to the gym only two or three times a year. He \_\_\_\_\_ goes to the gym.

☐ always  
☐ never  
☐ usually  
☐ seldom

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- 4 Harold never leaves the college on Friday. He \_\_\_\_\_ eats at the cafeteria on Fridays.

☐ always  
☐ never  
☐ seldom

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- 5 Ms. Biethan is always in a good mood. She is \_\_\_\_\_ sad.

☐ always  
☐ usually  
☐ never

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6 Teresa is not a pleasant person. She is \_\_\_\_\_ in a bad mood.

- ☐ never
  - ☐ seldom
  - ☐ always
- 

7 My sister usually drives to work with a friend. She \_\_\_\_\_ drives alone.

- ☐ never
  - ☐ always
  - ☐ usually
  - ☐ seldom
- 

8 I never lend money to Curtis. He \_\_\_\_\_ pays me back.

- ☐ sometimes
  - ☐ always
  - ☐ never
  - ☐ usually
- 

9 Susan goes to the beach whenever she can. She \_\_\_\_\_ misses a chance to go to the ocean.

- ☐ never
  - ☐ always
  - ☐ usually
- 

10 It almost always rains in Seattle. The sun \_\_\_\_\_ shines there.

- ☐ always
  - ☐ usually
  - ☐ seldom
-