

Adverbs of Frequency

We use **adverbs of frequency** for repeated actions in the **Present Simple** tense.

ADVERBS

ALWAYS

OFTEN

USUALLY/NORMALLY

SOMETIMES

OCCASIONALLY

RARELY

NEVER

ADVERBIAL PHRASES

EVERY DAY

ALL THE TIME

MOST OF THE TIME

FROM TIME TO TIME

ONCE A WEEK

TWICE A MONTH

THREE TIMES A YEAR

Single word adverbs generally go **before** the verb:

*I **always** wake up early.*

*He **usually** goes to work by car.*

*They **never** arrive late.*

Adverbial phrases (with more than one word) go at the end of the sentence:

*We all meet at the café **twice a month**.*

*They only visit us **once a year**.*

*She practices the piano **every day**.*

*They go out to the restaurant **from time to time**.*

*You talk to your friends **all the time**.*

BUT with the verb **'to be'** the adverb comes **after** the verb:

*She is **never** on time.*

*He is **often** out at meetings.*

*We are **normally** with our family at Christmas.*