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.

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

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

Are there any missing?

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

Very good, you’re right. These are the most common adverbs, although there are more.

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

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 doesn’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!