



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.



**Grammar
Snacks**

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



Linnea

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



Sophie

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, 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 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!

