



Adverbs of frequency

Adverbs of frequency describe how often we do an activity.



- always
- almost always
- usually
- often
- sometimes
- hardly ever
- almost never
- never

Examples:
I always wake up at 6:00 a.m.
You almost always drink coffee.
He usually goes to work on time.
She often surfs the internet.
I sometimes forget to call my mom.
We hardly ever drink alcohol.
They almost never eat out.
My dog never barks to strangers.