



Watch the video and read the conversation between Sophie and Linnea. Then do these exercises to check your understanding of adverbs of frequency.



**Grammar  
Snacks**

### 1. Check your grammar: grouping – adverbs of frequency

Write the words and phrases in the correct group.

occasionally	hardly ever	seldom	once a month	never
every Wednesday	sometimes	quite often	on Mondays	three times a week

Before the main verb e.g. I _____ go swimming	At the end of the clause e.g. I go swimming _____

### 2. Check your grammar: reordering – adverbs of frequency

Write a number 1-3 to put these sentences in order of frequency (least frequent = 1 and most frequent = 3).

- ..... He usually goes bowling on Saturdays.
1. .... He occasionally goes bowling.
- ..... He never goes bowling.

- ..... I only see him once a month.
2. .... We see each other every weekend.  
..... We hardly ever see each other.
- ..... Occasionally we watch TV together.
3. .... We like watching TV together every evening.  
..... We watch TV together on Thursdays.

### 3. Check your grammar: gap fill – adverbs of frequency

Write the word or phrase in the correct place.

1. I \_\_\_\_\_ think \_\_\_\_\_ about \_\_\_\_\_ becoming a pilot. (**sometimes**)
2. The Queen \_\_\_\_\_ celebrates \_\_\_\_\_ her birthday \_\_\_\_\_. (**twice a year**)
3. We \_\_\_\_\_ play \_\_\_\_\_ computer games \_\_\_\_\_. (**in the evening**)
4. You \_\_\_\_\_ think \_\_\_\_\_ about \_\_\_\_\_ your future. (**hardly ever**)
5. I \_\_\_\_\_ have \_\_\_\_\_ seen \_\_\_\_\_ her before. (**never**)
6. I \_\_\_\_\_ use \_\_\_\_\_ the school library \_\_\_\_\_. (**most afternoons**)
7. My parents \_\_\_\_\_ go \_\_\_\_\_ to the cinema \_\_\_\_\_. (**about once a year**)
8. I \_\_\_\_\_ don't \_\_\_\_\_ wear \_\_\_\_\_ black in summer. (**normally**)