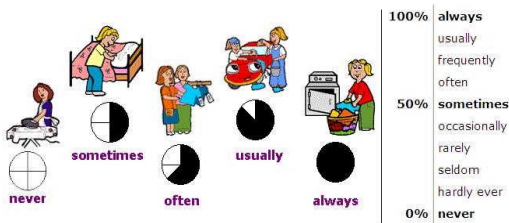


# What are adverbs of frequency?

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English is a globally used language and hence many of us constantly strive to improve our understanding of the language. When it comes to English, we cannot ignore its backbone, grammar. It is an important aspect of the language and learning it will help us understand the basics. For learning any new thing, you start with basics and learn step by step and continue it until you reach the perfection level. Same is with grammar, it is a continuous process and hence you keep learning new things every day. Let's start with the basics – Adverbs.



## Adverb

An adverb transforms a verb by explaining how, where, how many times, at which time and intensity of an action.

There are four types of adverbs:

1. Adverbs of Frequency
2. Adverbs of Time
3. Adverbs of Place
4. Adverbs of Manner

Today, we will learn the adverbs of frequency.

Adverbs of frequency tell us or rather answer the question "How frequently..." or "How often..." does a particular thing happen.

### For example:

1. I go to shopping **rarely**.
2. **Every year**, I visit my native place.
3. Leela goes to temple **twice a week**.
4. **Sometimes**, I bunk my lectures and go out for a movie.

In the above examples, the highlighted words explain us the frequency. The adverbs of frequency are represented by the following words:

- Always
- Usually

- Sometimes
- Never
- Occasionally
- Rarely
- Seldom
- Frequently
- Often
- Regularly
- Hardly ever

The adverbs of frequency are generally present in the middle of the sentence, between the subject and the verb, but after auxiliary verbs:

**Examples:**

1. Pari hardly helps her mom in the kitchen.
2. I have never done anything bad in my school days.

The verbs have, has, and had are auxiliary verbs when used with past participle and otherwise are used as normal verbs.

**Examples:**

1. She has never tried chicken.
2. We often had dinner late at night in the hostel.
3. I always have my lunch at the office canteen.

Sometimes words like occasionally, frequently, usually, often and sometimes are used in the beginning of the sentence to make the sentence stronger.

**Examples:**

1. Occasionally, I go to the shopping malls.
2. Sometimes, he visits his cousins.
3. Usually, we drink green tea in the mornings.

The above examples show the adverb of frequency. Understanding it will not only help you improve your English but also your writing skills. Along with writing skills, it is important to learn speaking English fluently. You can join a [Spoken English course](#) and learn English online as well.

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**- By Shailja Varma**

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