

Adverbs of Frequency

0%

Never

I never go to bed without brushing my teeth.



5%

Hardly ever/Rarely

She rarely woke up before sunrise.

10%

Seldom

Our dad seldom finishes work before six o'clock.

30%

Occasionally

We occasionally go out for breakfast at the weekend.

50%

Sometimes

Sometimes, he would use pastels rather than paints for his portraits.

70%

Often/Frequently

They frequently visit their grandparents during school holidays.

80%

Normally/Generally

You normally don't like to eat too much in the evening.

90%

Usually

Their mum is usually the first one up in the morning.

100%

Always

We always try to say, "Please," and "Thank you."