

# Week 6: March 18<sup>th</sup>, 2026

## Topic: Adverbs of Frequency

### Adverbs:

- Always (siempre)
- Usually (usualmente)
- Often (a menudo)
- Sometimes (a veces)
- Hardly ever (casi nunca)
- Never (nunca)

## Warm-up Video

<https://www.youtube.com/watch?v=o7qHfTljpJs>

- What do you do every day?
- Do you watch TV every day?

## Explanation

Adverbs of frequency tell us **how often** we do things.

Structure:

**Subject + adverb + verb**

Example:

- I **always** wake up at 6:00 a.m.
- She **sometimes** plays soccer.

Important:

- The adverb goes **before the main verb**

Example

I sometimes watch TV.

- With verb *to be*, it goes after:

Example

I am always happy

# Speaking Activity

## Dialogue Practice

Teacher Katherin: What do you do in the morning?

Rousse: I always wake up at 6:00 a.m.

Teacher Katherin: Do you watch TV every day?

Rousse: No, I sometimes watch TV.

Teacher Katherin: Do you do your homework?

Rousse: Yes, I usually do my homework.

Teacher Katherin: Do you play sports?

Rousse: I often play sports.

Teacher Katherin: Do you eat vegetables?

Rousse: I hardly ever eat vegetables.

Teacher Katherin: Do you go to bed late?

Rousse: No, I never go to bed late.

## Practice Activities

### Activity 1: Complete the sentences

1. I \_\_\_\_\_ wake up early. (always)
2. She \_\_\_\_\_ plays video games. (sometimes)
3. We \_\_\_\_\_ eat fast food. (never)
4. They \_\_\_\_\_ study English. (often)
5. He \_\_\_\_\_ goes to bed late. (hardly ever)

### Activity 2: Order the sentence

1. always / I / breakfast / eat
2. TV / sometimes / watch / I
3. never / late / am / I
4. often / she / reads / books
5. play / we / usually / soccer

### Activity 3: Choose the correct option

1. I (always / never) brush my teeth every day.
2. She (sometimes / never) eats pizza, but not always.
3. They (often / never) go to school.
4. I (hardly ever / always) do exercise (almost never).
5. He (usually / never) studies after school.

#### **Activity 4: Write sentences**

Write 5 sentences about your routine using:  
(always, usually, often, sometimes, never)

#### **Activity 5: Personal questions**

Answer the questions:

1. How often do you watch TV?
2. How often do you do homework?
3. How often do you play?
4. How often do you eat vegetables?
5. How often do you read books?

## **Homework**

### **Short Presentation**

#### **My Routine**

Create a short presentation about your daily routine using **adverbs of frequency**.

Write **at least 10 sentences**.

#### **Example:**

1. I always wake up at 6:00 a.m.
2. I usually brush my teeth in the morning.
3. I often go to school at 7:00 a.m.
4. I sometimes watch TV in the afternoon.
5. I hardly ever eat junk food.
6. I never go to bed late.
7. I always do my homework.
8. I usually eat dinner with my family.
9. I often play with my friends.
10. I sometimes read a book.