

ADVERBS of FREQUENCY

Always > Usually > Often > Sometimes > rarely/barely/hardly > Never

Eric	always usually often sometimes Barely/hardly/rarely Never	watch(s)	TV
Susan		sleep(s)	at 10:30
Lisa		swim(s)	In the river.
I		wear(s)	a suit to work.
They		drink(s)	herb tea at night
We		eat(s)	carrots

**Subject + Adverb + Main Verb**  
Daniel always passes his exams.

**Subject + BE + Adverb**  
He is always happy.

WEEKLY SCHEDULE



	MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING	Hair shop	Hair shop	Hair shop	Hair shop	Hair shop		
	Yoga	Breakfast	Breakfast	Yoga	Breakfast	Breakfast	Breakfast
	Breakfast	Baby school	Baby school	Baby school	Baby school		Hair shop
						Hair shop	
AFTERNOON		lunch		Brunch with friends			
	lunch		Meeting friends		Grocery shopping	lunch	lunch
						Meeting friends	Go to church
	Dinner preparation	Dinner preparation	Dinner preparation	Window Shopping	Dinner preparation		Dinner preparation
EVENING							
	Dinner	Dinner	Dinner	Dine out	Dinner	Dinner	Dinner
	Online shopping		Online shopping			Online shopping	Go to The movie



*“sometimes it may seem dark  
but the absence of the light is a necessary part,  
Just know, you're **never** alone,  
You can **always** come back home. “*