Adverbs of frequency indicate the frequency of actions. They tell how many times things are done. The present simple tense is usually used.

- ALWAYS
- USUALLY
- REGULARLY
- OFTEN
- SOMETIMES
- OCCASIONALLY
- Seldom
- Rarely
- Never

Never, sometimes, often, frequently, seldom, always and usually are adverbs of frequency.

**RULE:** SUBJECT + ADVERB + VERB

Eg: Mary usually gets up at 7 o’clock.

**EXCEPTION:** SUBJECT + VERB TO BE + N ADVERB

E.g.: I am never tired.

- Every weekend, once a month, twice a week, three times a year are also adverbs of frequency. They can be used at the beginning or at the end of the sentence.

E.g.: Every weekend we play tennis.