

# St. Francis ESOL post-lesson handout

*What do you do in your free time?- adverbs of frequency.*

## **Activity 1: What do you do in your free time?**

**Share your opinion with a full sentence!**

Ex) I like to cook in my free time. Because when I cook a nice food, my friends enjoy it.



## **Activity 2: What is your daily routine? (What do you do **everyday**?)** ( روتين يومي )

Ex) I always drink water with a lemon when I wake up.



## **Activity 3: What activity do you **sometimes** do?**

Ex) I sometimes trim my beard once a month.



**Activity 4: What activity do you *never* do?**

Ex) I never drink a glass of wine in the morning.



**-When you want to talk about how often you do (something) we use '*adverbs of frequency*'.**

**For example...**

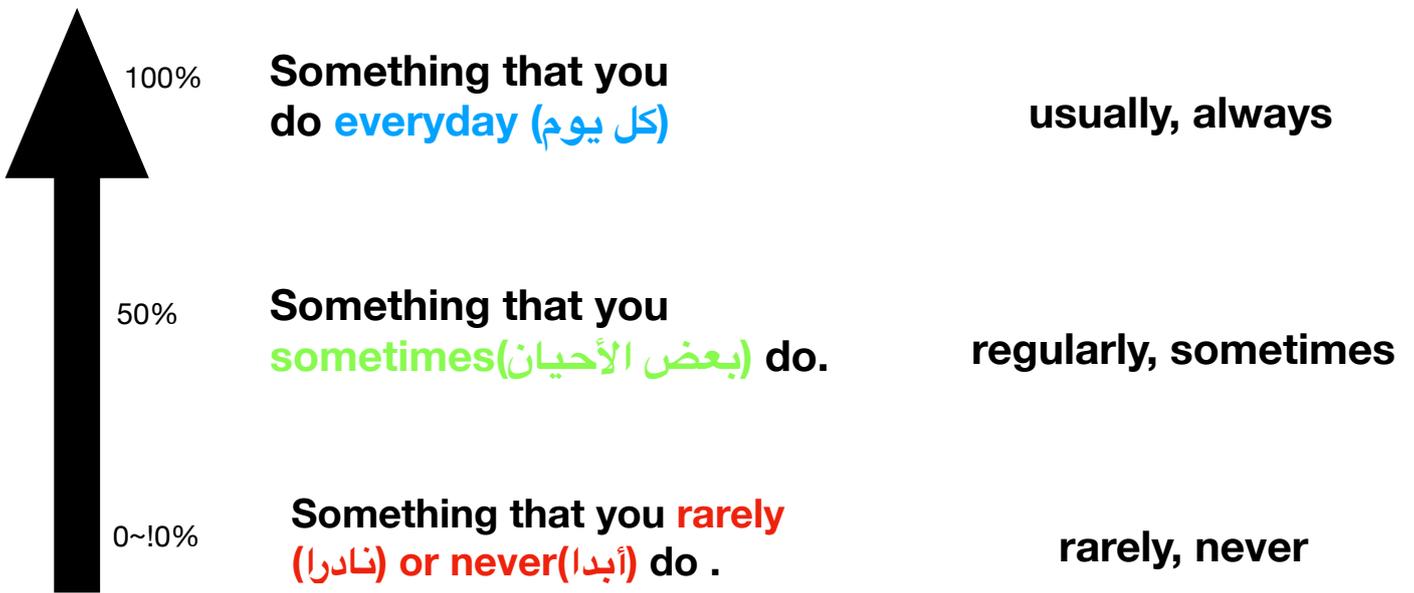


**James:** What do you do in your free time?

**Simon:** I listen to my favourite music and I run to the park.

**James:** How often do you do that?

**Simon:** I [regularly] do that twice a week.



***How can we make a sentence with those ‘adverbs of frequency’?***

- ‘**adverbs of frequency**’ usually stay between the **subject** of the sentence and the **main verb**.

For example,

**I** (subject) [**usually**] (adverbs of frequency) **eat** (main verb)  
**porridge** (عصيدة) (أتناول العصيدة)



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-To **precisely describe** (وصف بدقة) the frequency, we usually put many expressions.

For example,

**I** (subject) **[usually]** (adverbs of frequency) **eat** (main verb)  
**porridge [everyday/ six days a week].**

(expressions for describing 'usually')

(عادة ما أتناول العصيدة كل يوم).

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-If the main verb in the sentence is '**be**' verb (**am are is**), adverbs of frequency stay **after the verb**.

For example,

**London Underground** (subject) **is** (main verb)  
**[always]** (adverbs of frequency) **busy.** (مترو)

(أنفاق لندن مشغول دائماً)



**He is [often]** late for meetings. (غالباً ما يتأخر عن الاجتماع).



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**Activity 5: select the correct adverbs for each expressions**

***always***

***once in two years.***

***rarely***

***twice a week.***

***regularly***

***6 days a week***

***usually***

***everyday***

***sometimes***

***not at all***

***never***

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**Activity 6: cross out the incorrect adverbs and make a pair with the sentence with similar meaning.**

**-I go swimming every morning.**

**=**

**I [never/ always] go to the swimming pool.**

**-James goes to the cafe twice a week. =**

**James [sometimes/rarely] goes to the cafe.**

**- Lisa travels to London once a week. =**

**Lisa [regularly/usually] travels to London once a week.**

**-Thomas stays at work until 1 AM once a month. =**

**Thomas [rarely/regularly] stays at work until 1AM.**

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**Activity 7: This is a self introduction of Ms. Bree during the lockdown.  
Fill in the blanks below.**

*Hello everyone!- my name is Bree.*



*Hello*, my name is Bree. I would like to talk about my daily routine and hobbies. In the morning, I (1) [            ] drink a cup of water with a lemon juice **everyday**. It keeps me awake!

I (2) [            ] eat spicy food as a breakfast because it gives me a stomachache. I (3) [            ] exercise **3 times a week**. If you are not healthy and fit, you cannot work for a long time!

Also, I (4) [            ] have a video call with my friend in Korea. Her name is Kate. I miss her so much.

In the evening, I (5) [            ] cook for my family with fresh ingredients. They always love it! We (6) [            ] order food. But once we order, we order a nice pizza.

Thank you very much!

**List of adverbs:** usually, always, regularly, sometimes, rarely, never

**Activity answers**

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**Activity 5: select the correct adverbs for each expressions**

***always (100%) --->***

***everyday.***

***rarely(10%)--->***

***once in two years.***

***regularly (50%)--->***

***twice a week.***

***usually (90%)--->***

***6 days a week***

***sometimes (30%)--->***

***twice a week.***

***never (0%)--->***

***not at all.***

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**Activity 6: cross out the incorrect adverbs and make a pair with the sentence with similar meaning.**

-I go swimming every morning. = I ~~never~~/ always] go to the swimming pool.

-James goes to cafe twice a week. = James [sometimes/~~rarely~~] goes to cafe.

- Lisa travels to London once a week. = Lisa [regularly/~~usually~~] goes to cafe.

-Thomas stays at work until 1 AM once in 5 months. = Thomas [~~rarely~~/~~regularly~~] stays at work until 1 AM.

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**Activity 7: This is a self introduction of Ms.Bree. Fill in the blanks below.**

*Hello everyone!- my name is  
Bree.*



*Hello*, my name is Bree. I would like to talk about my daily routine and hobbies. In the morning, I (1) [ **always** (100%) ] drink a cup of water with a lemon juice **everyday**. It keeps me awake!

I (2) [ **never** (0%) ] eat spicy food as a breakfast because it gives me a stomachache. I (3) [ **regularly** (50%) ] exercise **3 times a week**. If you are not healthy and fit, you cannot work for a long time!

Also, I (4) [ **sometimes** (30%) ] have a video call with my friend in Korea **once a week**. Her name is Kate. I miss her so much.

**Every evening**, I (5) [ **usually** (90%) ] cook for my family with fresh ingredients.

They always love it!

We (6) [ **rarely** (10%) ] order food. But once we order, we order a nice pizza.

Thank you very much!

