Name:	Date:

Adverbs of Frequency - Multiple Choice & Gap Fill 8



Multiple Choice	(c) seldom	(b) rarely
1. My phone battery dies	(d) often	(c) often
quickly. I need to		(d) usually
charge it twice a day.	6. I enjoy quiet walks in the park.	
(a) never	I listen to music	
(b) rarely	while walking.	
(c) seldom	(a) rarely	
(d) often	(b) never	
	(c) usually	
2. She lives in a very small	(d) sometimes	
apartment. She		
hosts big parties at her place.	7. Our cat is very scared of	
(a) never	thunder. She hides	
(b) always	under the bed during storms.	
(c) usually	(a) never	
(d) sometimes	(b) sometimes	
,	(c) always	
3. The post office opens at 9 AM	(d) rarely	
every weekday. It		
opens before that time.	8. He forgets his keys at home.	
(a) always	He leaves without	
(b) never	them.	
(c) usually	(a) never	
(d) sometimes	(b) occasionally	
	(c) always	
4. He loves playing sports	(d) rarely	
outside. He plays		
soccer with friends.	9. The sun rises in the east. It	
(a) frequently	rises in the west.	
(b) never	(a) never	
(c) rarely	(b) always	
(d) seldom	(c) usually	
	(d) often	
5. My little brother is very		
clumsy. He trips and	10. People living in warm	
falls.	countries wear	
(a) never	heavy winter coats.	
(b) rarely	(a) always	

Fill in the Gaps 1. He is an excellent swimmer. He
(never/rarely/always) wins races.
2. The restaurant is famous for its seafood. People (often/sometimes/never) complain about the food.
3. I prefer quiet places. I
(always/frequently/rarely) go to crowded concerts.
4. My dog dislikes baths. He
(always/seldom/never) jumps into the tub willingly.
5. Sarah loves to travel. She
(sometimes/always/frequently) plans new trips.
6. A square has four sides. It
(never/sometimes/always) has four angles.
7. He's very punctual. He
(frequently/always/rarely) arrives late.
8. The internet connection is usually stable. It(sometimes/never/always) cuts out.
9. My little brother is scared of spiders. He(always/frequently/never) touches them.

10. The earth rotates. It

Name: _____

(never/sometimes/always) spins on its axis.

Date: _____