

- Adverbs of Frequency are used to say how many times we do something (uncountable).
- An adverb of frequency shows a repeated activity.
- Here are some examples:

daily	weekly	yearly	always
often	sometimes	rarely	hourly
usually	normally	generally	frequently
regularly	constantly	seldom	tonight

→ We usually put these adverbs in the middle of the sentence, between the subject and the verb.

Examples:

- I **often** go to the cinema.
- She **sometimes** visits me at home.
- → We can also put them at the very beginning or end of the sentence. This makes them stronger:

Examples:

- Often I go to the cinema.
- I go to the cinema often.

