



Adverbs of Frequency

Επιρρήματα Συχνότητας

✚ Τα επιρρήματα συχνότητας δηλώνουν κάθε πότε γίνεται μία πράξη ή πόσο συχνά συμβαίνει κάτι.

- ✓ **Always** Πάντα
- ✓ **Usually** Συνήθως
- ✓ **Often** Συχνά
- ✓ **Sometimes** Μερικές φορές
- ✓ **Occasionally** Περιστασιακά
- ✓ **Rarely / Seldom** Σπάνια
- ✓ **Never** Ποτέ 0%

✚ **Use:**

- **Πριν από το κύριο ρήμα:**
She always drinks coffee in the morning.
They often go to the beach.
- **Με το ρήμα "to be" → μετά το ρήμα**
He is usually late.
We are always happy to help.

✚ **Examples:**

- I **always** wake up at 7 a.m.
- She **usually** walks to school.
- We **sometimes** eat out on Fridays.
- He **never** smokes.
- They **rarely** watch TV.
- Are you **often** tired after work?
- She is **always** friendly.
- I don't **usually** eat breakfast.



Fill in the sentences using **frequency adverbs**.

1. I _____ drink tea in the morning.

2. She _____ eats vegetables. She doesn't like them.

3. We _____ go to the cinema on weekends.

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4. He _____ forgets his keys. He's very careful.

5. They _____ play football after school.

6. My parents _____ watch the news at night.



Rewrite the sentences putting the adverb into the correct place.

1. She is kind to everyone. ALWAYS

2. We go to the gym on Mondays. USUALLY

3. He eats meat. NEVER

4. I am late for class. SOMETIMES

5. They don't travel abroad. OFTEN
