#1 Do you ever exercise? - - - - - - Yes, I do. / No, I don’t.
#2 How often do you exercise? - - - I ______ exercise.
#3 How often is ______? - - - - - - I exercise ____________.

## Ask your partners:

### Questions:

<table>
<thead>
<tr>
<th>#1</th>
<th>Do you ever ______?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>dream in color?</td>
</tr>
<tr>
<td></td>
<td>talk to animals?</td>
</tr>
<tr>
<td></td>
<td>oversleep?</td>
</tr>
<tr>
<td></td>
<td>tell a lie?</td>
</tr>
<tr>
<td></td>
<td>sleep in front of the TV?</td>
</tr>
<tr>
<td></td>
<td>sing in the shower?</td>
</tr>
<tr>
<td></td>
<td>send e-mail?</td>
</tr>
<tr>
<td></td>
<td>bite your fingernails?</td>
</tr>
<tr>
<td></td>
<td>speak English?</td>
</tr>
<tr>
<td></td>
<td>go to bed after midnight?</td>
</tr>
</tbody>
</table>

## Partner #1:

<table>
<thead>
<tr>
<th>#1</th>
<th>#2</th>
<th>#3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Partner #2:

<table>
<thead>
<tr>
<th>#1</th>
<th>#2</th>
<th>#3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#2 How often do you ______?  
I ______ exercise.

<table>
<thead>
<tr>
<th>always</th>
<th>usually</th>
<th>often</th>
<th>occasionally</th>
<th>seldom</th>
<th>hardly ever</th>
<th>never</th>
</tr>
</thead>
<tbody>
<tr>
<td>100%</td>
<td>70~90%</td>
<td>40~60%</td>
<td>20~30%</td>
<td>10~15%</td>
<td>5%</td>
<td>0%</td>
</tr>
</tbody>
</table>

#3 How often is often?  
I exercise ____________.

<table>
<thead>
<tr>
<th>Once</th>
<th>Twice</th>
<th>Three times</th>
<th>Four times, etc.</th>
<th>Two or three times.</th>
<th>Every other</th>
<th>Every two</th>
</tr>
</thead>
<tbody>
<tr>
<td>a day</td>
<td>a week</td>
<td>a month</td>
<td>a year</td>
<td>day, week, month, year</td>
<td>days, weeks, months, years</td>
<td></td>
</tr>
</tbody>
</table>
How often is often?

Ask your partners:

Questions:

1. Do you ever exercise?
2. How often do you exercise?
3. How often is ______? 

Partner #1: Name:

<table>
<thead>
<tr>
<th>#1</th>
<th>#2</th>
<th>#3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you ever...?</td>
<td>How often do you...?</td>
<td>How often is ...?</td>
</tr>
</tbody>
</table>

Partner #2: Name:

<table>
<thead>
<tr>
<th>#1</th>
<th>#2</th>
<th>#3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does he/she ever...?</td>
<td>How often does he/she...?</td>
<td>How often is ...?</td>
</tr>
</tbody>
</table>

#1: Do you ever...?  
#2: How often do you...?  
#3: How often is ...? 

I ______ exercise.

How often do you ______?

- always: 100%
- usually: 70–90%
- often: 40–60%
- occasionally: 20–30%
- seldom: 10–15%
- hardly ever: 5%
- never: 0%

I exercise _______.

How often is often?

- Once: a day
- Twice: a week
- Three times: a month
- Four times, etc.: a year
- Two or three times: day, week, month, year
- Every other: days, weeks, months, years
- Every two:
How Often Is Often?

Language Target: A great pair work activity to practice adverbs and adverbial phrases of frequency. Students will need to use both first person and third person.

Setting Up: On the board, write two columns – one with these words: always, usually, often, occasionally, seldom, hardly ever and never. The other column has these phrases: once a day, twice a week, three times a month, four times a year, two or three times a week, every other day, every two months.

Then ask the class a simple “Do you ever…” question such as:
“Do you ever sleep in the bathtub?”
When a student says: “Yes, I do,” ask the following question:
“How often do you…?”
He/She answers with one of the words from the first column, for example:
“I occasionally sleep in the bath.”
Then, ask the next question:
“How often is occasionally?” OR
The student can now ask for the meaning of ‘occasionally’ by saying:
“I sleep in the bath once a month.”

Getting Started: (Part 1): Pair students and hand out a copy of Worksheet A to one student and Worksheet B to the other. All students look at the example at the top. Practice the conversation as written and students supply their own adverbs and adverbial phrases choosing from the lists at the bottom of the worksheet.

Students write their partner’s name next to Partner #1 on the worksheet.

Student A asks his partner the first question: “Do you ever dream in color?”
Student B responds with “Yes, I do.” Or “No, I don’t.” This response is noted with either a “Yes” or “No” in column #1 under Partner #1. If Student B said “Yes,” then Student A continues to the next question: “How often do you dream in color?”
Student B responds with something like: “I usually dream in color.” Student A writes the word “usually” in the second column. Student A proceeds on to the third question: “How often is usually?”
Student B responds with something like “I dream in color four times a week.”
Student A writes the words: “Four times a week,” in the third column.

Now Student B asks a question from his/her worksheet. Students alternate between asking and answering the questions and keeping notes of their partner’s responses.

Getting Started (Part 2): When the pairs of students have finished, re-pair students by putting two Student A’s together and two Student B’s together. (This is very important; an A and B student together will not work for Part 2.)

Students ask their new partners for their previous partner’s name which is
written next to Partner #2. Now, both students ask for information concerning the previous partners.

In other words, Student A #1 asks Student A #2:
“Does Nancy ever dream in color?”
Student A #2 checks the answer for Partner #1 and responds with:
“Yes, she does.”
Student A #1 continues with the question:
“How often does she dream in color?”
Student A #2 again checks the information written for Partner #1 and responds with:
“She hardly ever dreams in color.”
Student A #1 asks the last question:
“How often is hardly ever?” Student A #2 responds appropriately with:
“She dreams in color twice a year.”

**Variation 1:** When all pairs have finished, randomly pick any one of the sentences and ask a question such as the following to the whole class:

“Who occasionally sends e-mail?” Students look at the information for Partner #1 and #2 and respond with:

“Greg occasionally sends e-mail. Then ask: “How often is occasionally?” “He sends e-mail three times a month.”

**Variation 2:** Additional adverbs of frequency could be added including: almost always, frequently, rarely, not usually, not often, almost never, etc.