

## ESL Lesson – How Often?

- A: How often do you work out\*?
- B: Every day.

\*work out = physical exercise, especially in a gym or fitness club, but also can include any exercise. "I had a great workout at the swimming pool this morning."

How often = questions can be answered in many ways.

- Every day (second, minute, hour, day, week, month, year, decade, etc.)
  - Every second day
  - Every week
  - Every month
  - Every six months
  - Every year
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- Once a day (a second, a minute, an hours, a week/a month/a year, etc.)
  - Twice a day
  - Three times a day
  - Four times a day

In descending order of frequency

- Always/Constantly
  - Usually/Often
  - Frequently
  - Normally
  - Sometimes
  - Occasionally
  - From time to time
  - Never
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- Most of the time
  - Most weekdays

- Most evenings
- Most Mondays

About or around is used if you don't want to be exact, or can't give an exact number.

- How often do you go skiing?
- About 6 times a year
  
- How often do you go shopping?
- Around twice a week

Answer the following questions:

- How often do you work out?
- How often do you surf the net\*.

surf the net = surf the internet

- How often do you play computer games\*?

Note: the plural is used because this is a generality. It is almost always used when speaking about computer games NOT computer game. So, don't say, I like computer game-say, I like computer games. If you use the name of the computer game, just put the name.

Now ask your keypal these questions!

- How often do you play Guitar Hero?
- How often do you get angry? Why do you usually get angry?
- How often do you lie? What do you usually lie about?
- How often do you worry?
- How often do you meditate?
- How often do you scream?
- How often do you \_\_\_\_\_ ?