**Adverbs of Frequency:**

**Definition:** Adverbs of frequency are words that indicate the frequency with which an action or event takes place. They help us answer the question "How often?" and add precision to our descriptions.

**Common Adverbs of Frequency:**

1. **Always:** This adverb indicates that the action happens 100% of the time.
   * *Example: I always take a break at noon.*
2. **Usually:** This adverb suggests a high frequency, but not constant.
   * *Example: I usually finish my tasks before lunch.*
3. **Often:** Similar to "usually," indicating a frequency that is more than occasional.
   * *Example: I often attend team meetings.*
4. **Sometimes:** This adverb implies occasional frequency.
   * *Example: Sometimes, I work late to meet deadlines.*
5. **Rarely:** This adverb signals infrequent occurrence.
   * *Example: I rarely miss my morning coffee.*
6. **Never:** Indicates that the action doesn't happen at all.
   * *Example: I never skip my morning routine.*

**Placement in Sentences:** Adverbs of frequency are commonly placed:

* Before the main verb in a sentence.
  + *Example: She always arrives early.*
* After the verb "to be."
  + *Example: They are never late.*
* after other auxiliary verbs.
  + *Example: He has rarely visited that place.*

**Modals:**

Modals are a versatile and essential part of English grammar, serving various functions. In this section, we will explore how modals are used to express ability, past ability, and make requests.

**Modals for Ability:**

**1. Can:**

* **Present Ability:** "Can" is used to express present ability.
  + *Example: She can speak three languages fluently.*

**2. Could:**

* **Past Ability:** "Could" is used to talk about past ability.
  + *Example: When I was younger, I could run very fast.*

**Modals for Requests:**

**3. Can and Could:**

* Both "can" and "could" are used to make requests, but "could" is considered more polite.
  + *Example (Can): Can you help me with this report?*
  + *Example (Could): Could you please pass the document?*

**4. Would You Mind:**

* This is a polite way to make requests. It's often used with a verb in the gerund form.
  + *Example: Would you mind closing the door?*

**How to Use Modals:**

1. **Affirmative Sentences:**
   * *Example: She can play the piano.*
2. **Negative Sentences:**
   * *Example: He cannot swim. (or He can't swim.)*
3. **Questions:**
   * *Example: Can you drive?*
4. **Polite Requests:**
   * *Example: Could you please send me the file?*
5. **Offering Help:**
   * *Example: Can I assist you with that?*

**Additional Points:**

* **Note on Politeness:** "Could" is generally considered more polite than "can" when making requests.
* **Past Ability vs. Present Ability:** "Could" is used for past ability, while "can" is used for present ability.
* **Usage of "Would You Mind":** This phrase is especially polite and is often used when you want to make a request that might inconvenience someone.