



DAILY ROUTINES


**ENGLISH
VOCABULARY**

DAILY ROUTINES







I wake up




I get up




I take a shower




I get dressed




I comb my hair




I have breakfast




I go to work




I start work




I answer emails




I have lunch




I finish work



I arrive home




I feed the dog




I cook dinner




I have dinner



I watch TV



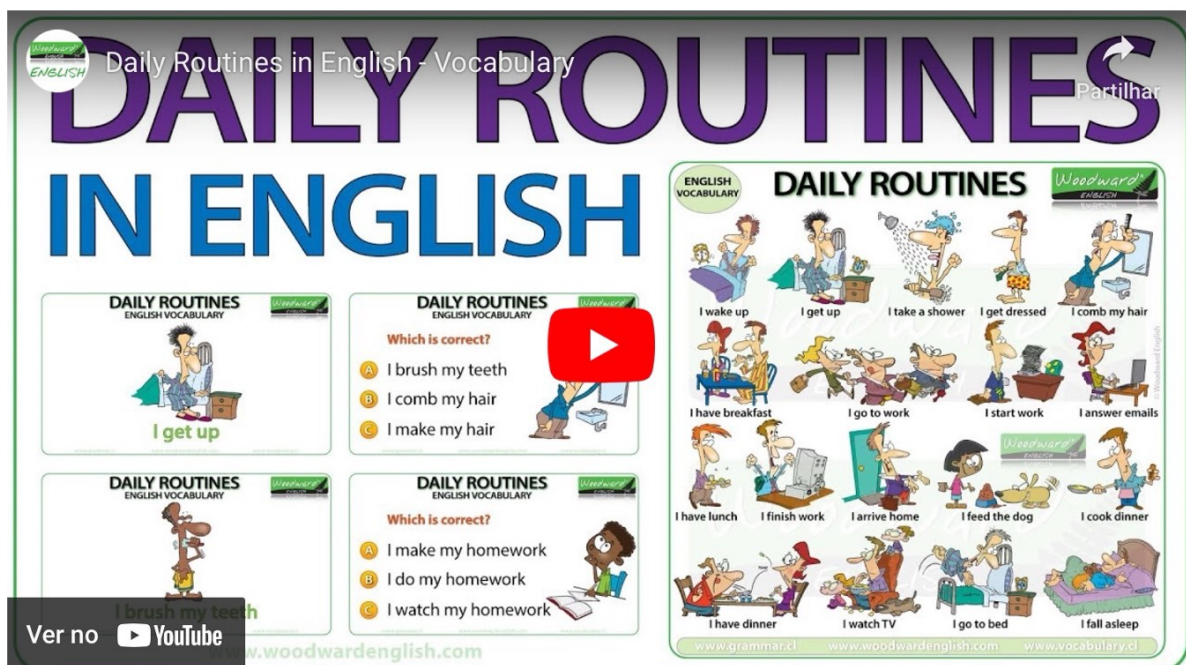
I go to bed



I fall asleep

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<https://youtu.be/zNDlhOxy3IU>

List of Daily Routines in English

(You can hear the pronunciation of each phrase in the video)

- I wake up
- I turn off my alarm
- I get up
- I take a shower / I have a shower
- I get dressed
- I comb my hair
- I make breakfast
- I eat breakfast / I have breakfast
- I brush my teeth
- I go to work
- I start work at 9
- I answer emails
- I eat lunch / I have lunch

- I work on my computer
- I finish work at 5
- I go home
- I arrive home
- I feed the dog
- I cook dinner
- I eat dinner / I have dinner
- I watch TV
- I read a book
- I go to bed
- I fall asleep

Daily routines for School

- I go to school
- I have classes
- I eat lunch / I have lunch
- I finish school at 3
- I go home
- I do my homework

IMPORTANT:

Notice how in this lesson all of these phrases are in the **Simple Present Tense** and have **I (first person singular)** as the subject.

In another lesson we will look at daily routines using third person **(HE and SHE)**.

Daily Routines

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I take a shower



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I have breakfast



I go to work



I start work at 9



I have lunch



I finish work



I arrive home



I have dinner



I watch TV



I go to bed

Describe
YOUR
typical day

Daily Activities at Home

What are some of the daily activities that you do at home?

I **wake up** at 7am every morning.

I **press the snooze button** five times every morning before I **turn off the alarm** and **get up**.

I **have a cup of coffee** and **make breakfast**. I usually **read the newspaper** while I **have breakfast**. My children like to **have a shower** after they have breakfast but I like to have a shower before I **get dressed**.

My wife **brushes her long hair**, and I have short hair so I **comb my hair**. How do you **do your hair** in the morning?

It is important to **brush your teeth**, and some women like to **put make-up on**.

After I have finished work, I **go home** to **cook dinner**. In my house I usually **make dinner**. The family eat dinner together at 7:30pm.

After dinner I make sure that my children **do their homework**, and then I **chill out on the sofa** and **watch television**.

On television I usually **watch the News**. My wife usually comes to tell me to **take the rubbish out**, or **wash the dishes**.

Our children **feed the dog and the cat** before they **go to bed** and I tell them to **go to the bathroom** too.

If I am sick I have to **take my medication**, but then I **get into my pyjamas** and **set the alarm** so I wake up in the morning.

The last things I do is **lock the door**, **turn off the lights**, and **go to bed**.

It doesn't take me long to **fall asleep**.

Daily Activities at Work

What are some daily activities that you do at work?

I **go to work** at 8.45am every morning.

I usually **drive to work**.

I always **check my emails** when I get to work, but I don't always **reply** to them immediately.

I **take a taxi** or **a train** if I have a **lunch meeting**. I never **take the bus** because it is too slow.

When I am at my desk I usually **work on the computer**, even during **morning tea**.

At 1pm most days I **have lunch**.

At 3pm we have **afternoon tea**, and that is when we usually talk and eat cake.

When you are in the office you probably have a lot of papers. It is important for you to **file your papers**, and so that you can find them again you need to **organise your files**.

When I work I have to **make telephone calls**. If an important issue happens I ask my secretary to **organise a meeting**.

Once a month I **report to my boss**, but maybe you have to report to your boss more often. I usually **write a document** that my boss can read.

Other Daily Activities

What are some other daily activities that you do?

I **exercise** at least three times a week.

I usually **go to the gym** before work, but sometimes I go after work.

I **meditate** every morning so that I feel less stressed during the day.

Weekly Activities

What are some weekly activities that you do?

I **go grocery shopping** once a week at the local supermarket.

My family **does the housework** together every Saturday morning.

I usually **do the washing** on Sunday morning and when the machine is finished I **hang the clothes out** to dry.

On Sunday morning we **go to church**, and if there is lots of noise coming from **next door**, sometimes we **fight with the neighbour**.

On Saturday night my parents **stay at home** and I **go out with friends**.

Even my friends that live at home **call their parents** each week.

Every evening, I **water the garden**.

I usually pay someone to **wash the car**, but my partner says I should do it, so sometimes I **argue with my partner** about that.

If we are angry at the neighbour, we **seek vengeance** by annoying his dogs.

I work in an important office, so I have to **shine my shoes** each day.

Sometimes we **hire a movie**, because we don't like to **illegally download music and films**. I make sure that I **synchronise my iPod** so I always have new music on it.

To get our shopping, we **go to the mall** in the car.

Last week I forgot to **recharge my travel card**, and I had to **argue with a bus driver**. I couldn't call the office because I forgot to **recharge my cellphone**!

<https://youtu.be/hzzc1VSwulg?t=15>

Practice Exercises

1. interactive quiz about [Daily Routines](#).
2. correct verb: [Daily Routines Vocabulary Game](#)

Video practice:

In the final section of the video there is a practice exercise where a cartoon of a daily routine appears on the screen. There are also three phrases next to the cartoon and you must choose which phrase best describes that activity.

The answer appears after 5 seconds (approximately).