



English Talkies

Daily Routine Guide

Language: English | Level: A1

Learn to describe your daily activities with confidence. Master common routine verbs and time expressions.

■ Essential Vocabulary

Word	Definition	Example
wake up	stop sleeping and become awake	I wake up at 7 AM
brush	clean with a brush	I brush my teeth
breakfast	first meal of the day	I eat breakfast at 8 AM
shower	wash your body with water	I take a shower
get dressed	put on clothes	I get dressed quickly
leave	go away from a place	I leave home at 9 AM
work	do your job	I work from 9 to 5
lunch	meal in the middle of the day	I have lunch at noon
finish	complete something	I finish work at 5 PM
dinner	evening meal	We eat dinner together
watch	look at TV or videos	I watch TV after dinner
go to bed	go to sleep	I go to bed at 10 PM
usually	most of the time	I usually wake up early
always	every time	I always brush my teeth
sometimes	not always, but often	I sometimes read books

■ Key Phrases

What time do you...? → What time do you...? | I usually... → I usually... | after that → after that | in the morning → in the morning | before work → before work | at the end of the day → at the end of the day

■ Grammar Rules

1. Present Simple for Daily Routines: Use present simple to describe regular activities. Add -s for third person.
2. Time Prepositions: at, in, on: Use 'at' for specific times, 'in' for parts of day, 'on' for days.
3. Frequency Adverbs Position: Place frequency words before main verbs but after 'be'.
4. Routine Verb Combinations: Many daily activities use fixed verb + noun combinations.
5. Sequencing with 'then', 'after': Use connecting words to show the order of activities.
6. Question Formation for Routines: Use 'do/does' for questions about habits and routines.

■ Study Tips

1. Practice with your real schedule | 2. Record yourself speaking about routines | 3. Learn verb combinations as units