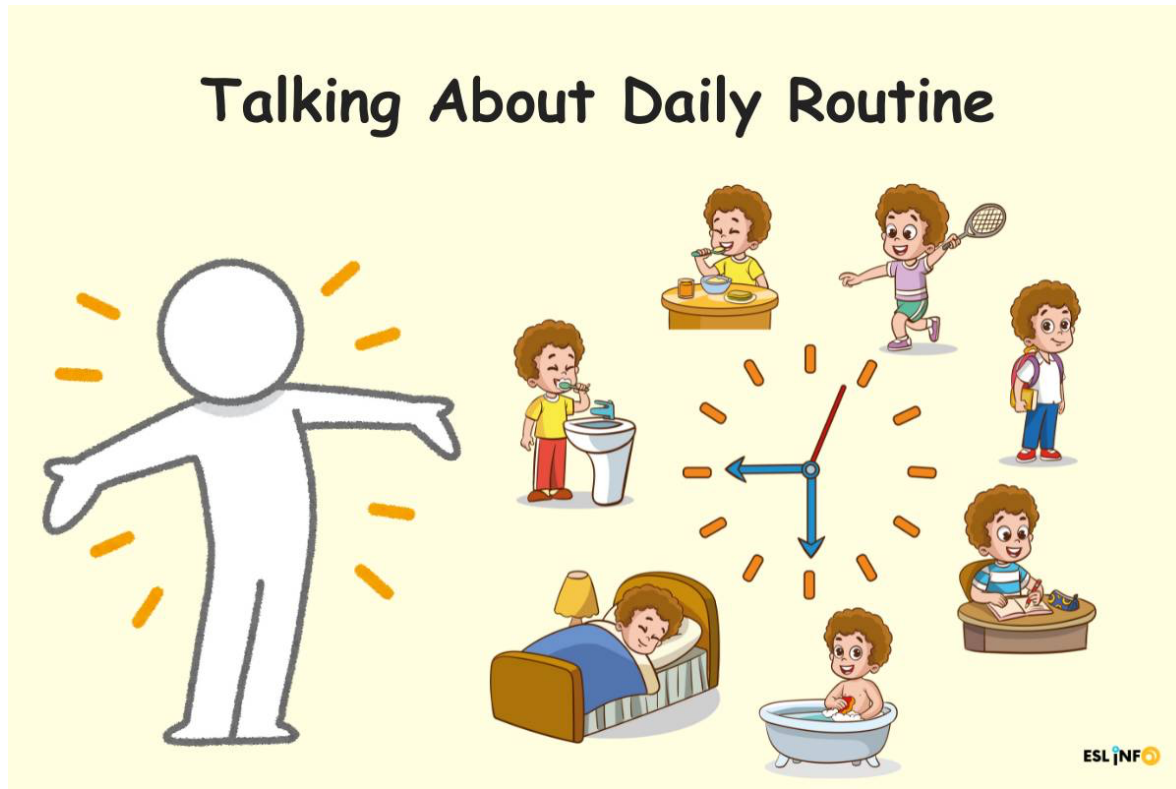


# TALK ABOUT DAILY ROUTINE



Talking about daily routines in English helps students build confidence in using the language and improves their ability to describe everyday activities.

To effectively talk about their routines, students need to learn how to structure their day in English, communicate the actions they perform regularly, and respond to **simple questions about their routines**.

By practicing how to **describe their typical day**, they enhance their vocabulary, sentence structure, and fluency in speaking English.

Many students struggle with discussing their daily routines because they may not know the **appropriate vocabulary** or how to sequence their activities.

# DAILY ROUTINES PAST TENSE



I woke up



I got up



I took a shower



I got dressed



I combed my hair



I had breakfast



I went to work



I started work



I answered emails



I had lunch



I finished work



I arrived home



I fed the dog



I cooked dinner



I had dinner



I watched TV



I went to bed



I fell asleep

### Talking about Morning Routine (Informal)

*Level: Beginner*

*Context: Two friends discussing their morning routines.*

Emma: Hi Sarah, how was your morning?

Sarah: Hey Emma! It was good, how about yours?

Emma: Pretty good. I woke up at 7 AM.

Sarah: Oh, I woke up at 6 AM today.

Emma: Wow, did you have breakfast?

Sarah: Yes, I had cereal and fruit.

Emma: I just had toast and coffee.

Sarah: That sounds nice.

Emma: Did you exercise?

Sarah: Not today, maybe tomorrow!

#### *Key vocabulary:*

1. **Morning:** The early part of the day, usually before noon.
2. **Woke up:** The act of becoming awake after sleeping.
3. **Breakfast:** The first meal of the day.
4. **Cereal:** A breakfast food made from grains.
5. **Exercise:** Physical activity to stay healthy.

### Talking about Evening Plans (Formal)

*Level: Beginner*

*Context: A student calls a teacher to discuss their evening plans.*

John: Hello, Mr. Clark. How are you?

Mr. Clark: Hello, John. I'm fine. How can I help?

John: I wanted to ask about tonight's study session.

Mr. Clark: The session starts at 6 PM.

John: Should I bring my workbook?

Mr. Clark: Yes and bring your notes too.

John: I will. Thank you!

Mr. Clark: You're welcome. See you soon.

John: Goodbye, Mr. Clark.

#### *Key vocabulary:*

1. **Study session:** A scheduled time for studying.
2. **Workbook:** A book containing practice exercises.
3. **Notes:** Written information taken during classes or readings.

## Talking about Weekend Chores (Informal)

*Level: Beginner*

*Context: Two roommates discussing their weekend chores.*

**Kelly:** Hey Mike, what chores are you doing this weekend?

**Mike:** I have to clean the bathroom.

**Kelly:** I need to vacuum the living room.

**Mike:** I'll do the dishes after cleaning.

**Kelly:** I'll wash clothes tomorrow.

**Mike:** Need help with anything?

**Kelly:** Can you take out the trash?

**Mike:** Sure, I'll do it.

**Kelly:** Thanks! Let's finish by Sunday.

**Mike:** Sounds good!

### Key vocabulary:

1. **Chores:** Regular household tasks or duties.
2. **Vacuum:** Cleaning with a vacuum cleaner.
3. **Dishes:** Plates, bowls, and utensils used for eating.
4. **Trash:** Waste or garbage.
5. **Laundry:** Washing clothes.

## Talking about Morning Exercise Routine (Informal)

*Level: Intermediate*

*Context: Two friends discussing their morning exercise routines at a coffee shop.*

**Lisa:** Hey, Jake! How's your morning exercise going lately?

**Jake:** Hi, Lisa! It's been great. I've been running every morning.

**Lisa:** That's impressive! How far do you run each day?

**Jake:** Around 5 kilometers. It helps me clear my mind.

**Lisa:** Wow! I've been trying yoga instead. It's really calming.

**Jake:** I've heard yoga is great for flexibility. Do you do it daily?

**Lisa:** Not every day, but three times a week. It's really relaxing.

**Jake:** That's awesome. I've been thinking about adding yoga to my routine.

**Lisa:** You should try it! It's perfect after a long run.

**Jake:** Sounds good. I'll give it a shot this weekend!

### Key Vocabulary:

1. **Running:** Moving quickly on foot as exercise.
2. **Yoga:** A practice that helps you stretch and relax.
3. **Flexibility:** Being able to bend and move easily.
4. **Calming:** Making you feel relaxed and peaceful.
5. **Routine:** A regular habit or activity.

## Talking about Work Schedule (Formal)

*Level: Intermediate*

*Context: A manager and employee discuss the employee's upcoming work schedule.*

**Mr. Taylor:** Good morning, Julie. Do you have a moment to discuss your schedule?

**Julie:** Good morning, Mr. Taylor. Yes, I'm available. What do you need?

**Mr. Taylor:** We have a new project starting next week. Are you available Monday morning?

**Julie:** I should be available but let me double-check my calendar.

**Mr. Taylor:** No problem. We need someone to handle the client presentation.

**Julie:** I can do that. Will I need to prepare any materials in advance?

**Mr. Taylor:** Yes, I'll send you the details later today.

**Julie:** Great! I'll start reviewing them as soon as I get them.

**Mr. Taylor:** Excellent. Let's meet Friday to go over everything.

**Julie:** Sounds good, Mr. Taylor. I'll be ready for the meeting.

### **Key Vocabulary:**

1. **Schedule:** A plan for when things will happen.
2. **Available:** Free to do something.
3. **Client presentation:** A talk or demo to show something to a customer.
4. **Materials:** Papers or tools you need for a job.
5. **Meeting:** A time set to talk about work.

## Talking about Weekend Routine (Informal)

*Level: Intermediate*

*Context: Two neighbors chat about their typical weekend routines while gardening.*

**Mark:** Hi, Sophie! How's your weekend going so far?

**Sophie:** Hey, Mark! It's going well. I've been busy cleaning the house.

**Mark:** Same here! I usually spend Saturday mornings cleaning too.

**Sophie:** Yeah, and after cleaning, I like to relax with a good book.

**Mark:** That sounds nice. I usually go for a hike in the afternoon.

**Sophie:** Hiking is great! Where do you usually go?

**Mark:** There's a nice trail about 10 minutes from here.

**Sophie:** I'll have to check it out sometime! I love spending time outdoors.

**Mark:** You should! It's peaceful and a good workout.

**Sophie:** I'll definitely try it next weekend. Thanks for the recommendation!

### **Key Vocabulary:**

1. **Cleaning:** Making something neat and tidy.
2. **Relax:** To rest and take it easy.
3. **Hike:** A long walk, usually outside.
4. **Outdoors:** Being outside, in nature.

## Talking about New Workout Routine (Informal)

*Level: Advanced*

*Context: Two friends discussing their recent changes to their daily workout routines.*

**Samantha:** Hey, John! I heard you've changed up your workout routine. How's that going?

**John:** Hey, Sam! Yeah, I've shifted to weight training recently. It's intense but rewarding.

**Samantha:** That's awesome! I've been sticking to cardio, but I've been thinking about adding weights.

**John:** You should! It builds strength and stamina. Plus, it's a great way to mix things up.

**Samantha:** I might give it a try. What's your routine like now?

**John:** I usually start with 30 minutes of warm-up, then I focus on different muscle groups each day.

**Samantha:** Sounds well-structured. Do you work out every day or take rest days?

**John:** I take Sundays off to recover. Rest is just as important as training.

**Samantha:** Definitely. I've been guilty of skipping rest days, and it really affects my performance.

**John:** It's easy to overdo it. Finding the right balance makes all the difference.

**Samantha:** Agreed. I'll look into weight training. Thanks for the insight, John!

### **Key Vocabulary:**

1. **Workout routine:** A regular set of exercises.
2. **Weight training:** Lifting weights to get stronger.
3. **Cardio:** Exercises that make your heartbeat faster.
4. **Strength:** How strong you are.
5. **Rest days:** Days off from exercise to relax.

## Talking about Planning a Project Presentation (Formal)

*Level: Advanced*

*Context: A manager and team leader discuss the details of an upcoming project presentation.*

**Mr. Davis:** Good morning, Rachel. I wanted to go over the presentation details for next week's meeting.

**Rachel:** Good morning, Mr. Davis. Absolutely, I've already started outlining the key points.

**Mr. Davis:** That's great to hear. We'll need a detailed breakdown of our progress so far.

**Rachel:** I've gathered all the data and organized it into sections. Would you prefer slides or a handout?

**Mr. Davis:** Let's use slides. They're more engaging for the board members. Keep it concise, though.

**Rachel:** Understood. I'll keep the slides simple but impactful, highlighting the major milestones.

**Mr. Davis:** Excellent. We'll also need to address potential setbacks. Have we identified any risks?

**Rachel:** Yes, I've included a risk assessment. We'll discuss the mitigation strategies as well.

**Mr. Davis:** Perfect. Please send me the final draft by Friday so I can review it.

**Rachel:** I'll have it ready by then. Looking forward to your feedback.

### **Key Vocabulary:**

1. **Presentation:** A formal talk to show something.
2. **Progress:** How much work has been done so far.
3. **Slides:** Pictures or text shown on a screen during a talk.
4. **Milestones:** Important steps reached in a project.
5. **Risk assessment:** Checking for possible problems.

## Talking about Negotiating Household Responsibilities (Informal)

*Level: Advanced*

*Context: Two roommates discussing how to divide up their daily chores more fairly.*

**David:** Hey, Lucy. I've been meaning to talk about our chore schedule. It feels a bit uneven lately.

**Lucy:** I've noticed that too, David. I've been doing most of the cooking and cleaning.

**David:** Exactly. I appreciate that, but I think we should split things more equally.

**Lucy:** Agreed. How about I continue cooking, and you take over cleaning?

**David:** That works, but let's rotate the laundry and grocery shopping. Sound fair?

**Lucy:** Sure. I'll handle groceries this week, and you can do laundry.

**David:** Perfect. And we can switch next week. I think this will help balance things out.

**Lucy:** Definitely. A more equal distribution will make things easier for both of us.

**David:** I'm glad we could figure this out. Communication is key, right?

**Lucy:** Absolutely. This should make our routine smoother from now on.

### **Key Vocabulary:**

1. **Uneven:** Not shared fairly.
2. **Rotate:** Take turns doing something.
3. **Grocery shopping:** Buying food and other items for the home.
4. **Communication:** Talking to understand each other better.

*Referencia:*

*Ohidujjaman, A. H. M. (2024). Talking about Daily Routine ESL Conversations. ESL Info. Recovered from:*

*<https://eslinfo.com/talking-about-daily-routine-esl-practice-conversations/>*