

Ask and Talk About Routines



Simple Verbs for Talking About Your Routine

To master talking about your routine in English, you need verbs to describe your daily actions. These are easy, everyday words perfect for daily English for beginners. Here's a list of common verbs you'll use:

- **Wake up:** to stop sleeping.
- **Get up:** to get out of bed.
- **Brush:** to clean your teeth or hair.
- **Wash:** to clean your face, hands, or body.
- **Eat:** to have meals like breakfast, lunch, or dinner.
- **Drink:** to have water, coffee, tea, or juice.
- **Go:** to travel to places like work, school, or the store.
- **Start:** to begin work, school, or an activity.
- **Finish:** to end work, school, or an activity.
- **Come:** to return home after being out.
- **Watch:** to view TV, movies, or videos.
- **Play:** to enjoy games or sports.
- **Study:** to learn English or other subjects.

- **Read:** to look at books, articles, or newspapers.
- **Cook:** to prepare food.
- **Clean:** to tidy your house or room.
- **Sleep:** to rest at night.

These verbs are simple to learn and essential for talking about your routine in English. Practice them to build confidence in daily English for beginners.



Time Expressions for Your Routine

When talking about your routine in English, time expressions help to explain *when* things happen. These phrases are straightforward and ideal for daily English for beginners. Here are the key ones:

- **Morning:** from midnight to around noon (12:00 PM).
- **Afternoon:** from noon to about 6:00 PM.
- **Evening:** from 6:00 PM to bedtime.
- **Night:** The time when you sleep.

You can also use specific times:

- **7:00 AM:** seven o'clock in the morning (AM means before noon).
- **12:00 PM:** noon, or twelve o'clock in the afternoon.
- **6:30 PM:** six thirty in the evening.

- **10:00 PM:** ten o'clock at night.

Other useful time words for daily English for beginners include:

- **At:** use with specific times, e.g., "I wake up at 7:00 AM."
- **In the:** use with morning, afternoon, or evening, e.g., "I eat breakfast in the morning."
- **On:** use with days, e.g., "On Monday, I go to school."
- **Every day:** means all days, e.g., "I brush my teeth every day."
- **Usually/Often/Sometimes/Never:** show how often you do something, e.g., "I usually drink tea in the morning."

These time expressions make talking about your routine in English clear and precise.



Talking About Your Morning Routine

Let's practice talking about your routine in English by describing a morning routine using the verbs and time expressions above. This is great for daily English for beginners.

Example 1:

"I wake up at 6:30 AM every day. First, I get up and wash my face. Then, I brush my teeth. In the morning, I eat breakfast at 7:00 AM. I usually drink coffee with my breakfast. After that, I get dressed and go to work at 8:00 AM."

Example 2 (Dialogue):

- **Person A:** What time do you wake up?
- **Person B:** I wake up at 7:00 AM.
- **Person A:** What do you do next?
- **Person B:** I wash my face and brush my teeth. Then I eat breakfast.
- **Person A:** What's for breakfast?
- **Person B:** I usually eat bread and eggs and drink juice.
- **Person A:** When do you go to school?
- **Person B:** I go to school at 8:30 AM.

These examples show how to use simple verbs and time phrases for talking about your routine in English.



Talking About Your Afternoon Routine

Now, let's move to the afternoon. Using daily English for beginners, describe what you do after noon.

Example 1:

“At 12:30 PM, I eat lunch. In the afternoon, I work until 5:00 PM. Sometimes, I have a meeting with my team. After work, I often go to the gym or walk home.”

Example 2 (Dialogue):

- **Person A:** What do you do in the afternoon?
- **Person B:** I eat lunch at 1:00 PM.
- **Person A:** Do you work in the afternoon?
- **Person B:** Yes, I work from 2:00 PM to 5:00 PM.
- **Person A:** What do you do after work?
- **Person B:** I sometimes meet friends for tea or go shopping.

These examples help you practice talking about your routine in English for afternoon activities.



Talking About Your Evening and Night Routine

Let's use daily English for beginners to describe evenings and nights.

Example 1:

“In the evening, I come home at 6:00 PM. I cook dinner and eat with my family. After dinner, I watch TV or read a book. Sometimes, I play games on my phone. At 9:30 PM, I brush my teeth and wash my face. I go to bed at 10:00 PM and sleep well.”

Example 2 (Dialogue):

- **Person A:** What do you do in the evening?
- **Person B:** I eat dinner with my family at 7:00 PM.
- **Person A:** What do you do after dinner?
- **Person B:** I often watch a movie or study English.
- **Person A:** What time do you sleep?
- **Person B:** I go to sleep at 11:00 PM.

These examples make talking about your routine in English easy and engaging.



More Examples of Daily Routines

Here are two more examples to support daily English for beginners:

Routine 1 (Student):

"I wake up at 7:00 AM and take a shower. Then I eat breakfast, usually cereal. I go to school at 8:00 AM. In the morning, I have classes. At 12:00 PM, I eat lunch with friends. In the afternoon, I have more classes until 4:00 PM. After school, I go home and do homework. In the evening, I study English or work on projects. I eat dinner with my family, watch TV, and read before sleeping at 10:30 PM."

Routine 2 (Office Worker):

"I wake up at 6:30 AM and get ready for work. I eat a quick breakfast and leave home at 7:30 AM. I start work at 8:00 AM. At noon, I have lunch with colleagues. In the afternoon, I work until 5:00 PM. After work, I go home, cook dinner, and relax with my family. Sometimes, I meet friends. I watch the news and go to bed at 11:00 PM."

These examples show how to use verbs and time expressions for talking about your routine in English.



Key Phrases for Talking About Your Routine

Here are some phrases to make daily English for beginners easier:

- **First, I...:** to start your routine, e.g., "First, I wake up."
- **Then, I...:** to show the next step, e.g., "Then, I eat breakfast."
- **After that, I...:** to continue, e.g., "After that, I go to work."
- **In the morning/afternoon/evening...:** to say when, e.g., "In the evening, I read."

- **At [time]...:** for specific times, e.g., “At 7:00 AM, I wake up.”
- **Before/After [activity], I...:** to show order, e.g., “Before dinner, I cook.”
- **Usually/Sometimes/Often/Never, I...:** to show frequency, e.g., “I usually eat lunch at noon.”
- **Every day, I...:** for daily habits, e.g., “Every day, I brush my teeth.”

These phrases are perfect for talking about your routine in English.



Tips for Beginners

To improve talking about your routine in English, practice daily. Start with short sentences, like “I wake up at 7:00 AM” or “I eat lunch at noon.” As you get comfortable, add more details. Don’t fear mistakes—they’re part of learning daily English for beginners. You can also:

- **Practice with a partner:** have a conversation about your routines.
- **Write it down:** create a list of your daily activities in English.
- **Use flashcards:** write verbs and time expressions to memorize them.

These tips will help you master talking about your routine in English.

Why Talking About Your Routine Matters?

Talking about your routine in English is more than just a language exercise. It helps you connect with others, share your life, and understand different cultures. For beginners, this skill is a foundation for everyday conversations. Whether you're chatting with a classmate, colleague, or friend, describing your routine builds confidence and fluency.

Conclusion

Mastering talking about your routine in English is a vital step in learning daily English for beginners. By using simple verbs and time expressions, you can describe your day with clarity. Practice regularly, and don't be afraid of mistakes—they help you grow! Keep exploring daily English for beginners, and soon you'll talk about your routine with ease.

Reference:

Phoenix (2025). Talking About Your Routine: Daily English for Beginners - EnglishFact. EnglishFact. Retrieved from: https://englishfact.com/talking-about-your-routine-daily-english-for-beginners/#elementor-toc_heading-anchor-3