

# Daily Routine Vocabulary (Beginner to Advanced)

## Morning Routine

- Wake up
- Get up
- Stretch
- Yawn
- Rub eyes
- Make the bed
- Brush teeth
- Gargle
- Rinse
- Wash face
- Take a shower
- Soap up
- Rinse off
- Dry off
- Shave
- Comb hair
- Blow-dry hair
- Style hair
- Get dressed
- Iron clothes
- Have breakfast
- Brew coffee
- Pour milk
- Spread butter
- Read the newspaper
- Check phone
- Pack a bag
- Lock the door
- Leave for work/school

## Daytime Routine

- Ride a bike
- Drive to work
- Walk to school
- Clock in
- Start work
- Attend meetings
- Take notes
- Make phone calls
- Send emails
- Reply to messages
- Have lunch
- Take a break
- Grab a coffee
- Run errands
- Do household chores
- Grocery shopping
- Pay bills
- Return home

## Evening Routine

- Take a nap
- Rest for a while
- Go for a walk
- Exercise
- Work out
- Do yoga
- Meditate
- Cook dinner
- Set the table
- Have dinner
- Wash dishes
- Clean the kitchen



- Watch TV
- Binge-watch a series
- Listen to music
- Read a book
- Scroll through social media
- Talk to family/friends
- Water the plants
- Do laundry
- Fold clothes

## Night Routine

- Take a bath
- Brush teeth
- Comb hair
- Apply skincare
- Set alarm
- Turn off lights
- Get into bed
- Check phone
- Reflect on the day
- Say prayers
- Drift off to sleep

