ENGLISH STORY PODCAST

Talk About Your Daily Routine

A clean read-along transcript and practical English-learning workbook

Episode 03 Level A2-B1	**HOW TO USE THIS PACK** Listen once without reading. Listen again while following the transcript. Then complete the activities.

In this episode, you will learn to:

- ✓ describe your morning, workday, and evening routine
- ✓ use natural collocations such as take a shower and have breakfast
- ✓ place frequency words correctly in a sentence
- ✓ connect ideas with first, then, after that, later, and finally

Listen. Read. Repeat. Speak.

Complete Transcript

The performance directions and audio-production tags have been removed so you can focus on natural English.

Mia Hello everyone, and welcome back to the English Story Podcast. I'm Mia.

Jake And I'm Jake. It's so good to have you here today.

Mia Jake, I have a question for you. What time do you wake up every morning?

Jake Every morning? Well, my alarm rings at six thirty. Then I press the snooze button. Then my alarm rings again. Then I press snooze again.

Mia How many times?

Jake Let's not talk about that.

Mia That is a perfect start for today's episode. We are going to talk about daily routines. A routine is the group of things you do every day, in the same order.

Jake Today you will learn how to talk about your daily routine in English, from the morning to the evening, with simple phrases you can use right away.

Mia By the end of this episode, you will know five easy steps, and you will be able to describe your whole day in English.

Jake And this is a very useful topic. People ask about routines all the time. At work, at school, on a first date, or when you meet a new neighbor.

Mia So make yourself comfortable. Get a cup of tea, or coffee, or water, and just listen to us talk. You don't need to write anything down. Your brain will learn while you listen.

Jake Let's begin with something small. Mia, tell us the first thing you do in the morning.

Mia The first thing I do is wake up. I wake up at seven o'clock. Then I stretch, and I drink a big glass of water.

Jake Stretch. That means you move your arms and legs to wake up your body.

Mia Exactly. And that brings us to step one. Morning phrases.

Jake Here are the most useful morning phrases. Listen first, and then we will repeat them.

Mia I wake up. I get up. I brush my teeth. I take a shower. I get dressed. I make breakfast. I leave the house.

Jake Wake up and get up are a little different. When you wake up, your eyes open. When you get up, you leave your bed.

Mia And that is a funny difference for Jake, because he wakes up at six thirty, but he gets up at seven fifteen.

Jake That is true. I wake up many times, and I get up one time.

Mia Let's use them in sentences. I wake up at seven o'clock. I get up at seven fifteen. I brush my teeth and take a shower. Then I get dressed and make breakfast.

Jake And one more small tip. We say take a shower, not make a shower. And we say have breakfast or make breakfast, but not do breakfast.

Mia These small combinations are called collocations. Words that like to be together. You learn them as one small unit.

Jake Okay, it's time for our Word Box. These are four useful words for talking about routines. Listen, and then repeat after us.

Mia The first word is routine. A routine is what you do every day, in the same order.

Jake Routine. For example, my morning routine is very simple.

Mia The next word is schedule. A schedule is a plan with times for each activity.

Jake Schedule. For example, I have a busy schedule on Mondays.

Mia The next word is commute. Your commute is your trip to work or school.

Jake Commute. For example, my commute takes thirty minutes by bus.

Mia And the last word is usually. Usually means most of the time.

Jake Usually. For example, I usually eat breakfast at eight o'clock.

Mia Let's say them one more time. Routine.

Jake Routine.

Mia Schedule.

Jake Schedule.

Mia Commute.

Jake Commute.

Mia Usually.

Jake Usually.

Jake Great job, everyone. You will hear these words again in a moment.

Mia Now, step two. The middle of the day.

Jake This is the part with work, or school, or errands. And lunch. Lunch is very important.

Mia Jake always thinks about lunch.

Jake Lunch is a good topic.

Mia Here are some useful phrases. I go to work. I take the bus. I start work at nine o'clock. I have a meeting. I answer emails. I have lunch at noon. I go back to work. I finish work at five o'clock.

Jake And if you study, you can say, I go to school. I go to class. I study at the library. I do my homework.

Mia Notice the verbs. We say go to work, go to school, and go home. But we say, I am at work, and I am at home.

Jake That is a good point. Go to work, but at work. It can be confusing at the beginning.

Mia And a quick note about the little words. We say at seven o'clock, in the morning, in the afternoon, in the evening, and at night.

Jake At seven o'clock. In the morning. In the afternoon. In the evening. At night.

Mia Perfect. Let's put a few together. I take the bus at eight o'clock, and my commute takes thirty minutes. I start work at nine o'clock. I have lunch at noon. I finish work at five o'clock.

Jake That sounds like a real person with a real schedule.

Mia Now, step three. The evening.

Jake My favorite part of the day.

Mia Here are the evening phrases. I get home. I cook dinner. I have dinner. I wash the dishes. I watch television. I read a book. I take a bath. I go to bed.

Jake And again, we say go to bed when we leave the living room, and go to sleep when we close our eyes and sleep.

Mia Exactly. And we also say, I fall asleep, when we start sleeping.

Jake I fall asleep very fast. Usually in the middle of a movie.

Mia Let's put it together. I get home at six o'clock. I cook dinner and watch television. I read a book. I go to bed at eleven o'clock, and I fall asleep quickly.

Jake And now it's time for our segment called Say It Like This. Here are four phrases that make your routine sound natural. Repeat after us. I wake up at seven.

Mia I wake up at seven.

Jake I usually have breakfast at home.

Mia I usually have breakfast at home.

Jake After that, I go to work.

Mia After that, I go to work.

Jake I go to bed around eleven.

Mia I go to bed around eleven.

Mia Very good. Notice the word around. It means about. I go to bed around eleven means maybe ten forty five, or maybe eleven fifteen. It is not exactly eleven.

Jake That word is very useful, because real life is not always exact.

Mia Now, step four. Frequency words.

Jake Frequency words tell us how often we do something. Always, usually, often, sometimes, rarely, never.

Mia Let's say them in order, from the most to the least. Always, usually, often, sometimes, rarely, never.

Jake Always, usually, often, sometimes, rarely, never.

Mia Here is an easy way to think about them. Always means every time. Never means zero times. And the others are in the middle.

Jake For example, I always brush my teeth. I usually drink coffee. I often walk to work. I sometimes miss the bus.

Mia Sometimes.

Jake Okay, I often miss the bus. I rarely eat breakfast at home, and I never wake up before six.

Mia And here is a tip about the place in the sentence. Frequency words usually go before the main verb. I always drink coffee. She usually walks to work.

Jake But with the verb to be, the frequency word goes after. I am always tired in the morning. She is usually on time.

Mia Jake is often late, but I am usually early.

Jake That is a perfect example. Thank you, Mia.

Mia Now, step five, the last step. Connect your routine with small words.

Jake Small words like first, then, after that, later, and finally.

Mia These words make your routine sound like a little story. First, I wake up. Then, I take a shower. After that, I get dressed. Later, I go to work. Finally, I go to bed.

Jake And with these small words, your sentences connect naturally. Compare these two. Number one, I wake up. I take a shower. I eat breakfast. Number two, First, I wake up. Then I take a shower. After that, I eat breakfast.

Mia The second one sounds much smoother, like a real conversation.

Jake Let me try the whole routine, with everything we learned. Ready?

Mia Go ahead, Jake.

Jake My alarm usually rings at six thirty, but I always press snooze. I get up at seven fifteen. First, I take a shower. Then I get dressed, and I make a banana sandwich. After that, I take the bus to work. My commute takes forty minutes. I start work at nine o'clock. I have lunch at noon, and I go to bed around eleven.

Mia That was very good, Jake. Clear, simple, and well connected. Now my turn. I wake up at seven o'clock, and I stretch. Then I drink a big glass of water and make tea. After that, I walk to the studio. I often listen to music on the way. In the evening, I usually cook dinner and read a book.

Jake That sounds like a beautiful routine, Mia.

Mia Thank you. And remember, your routine does not need to be perfect. The best routine is the one that works for you.

Jake And now it's time for our Mini Story. This is a short story with today's new words inside it.

Mia Our story today is about a man called Leo. Leo had a very busy schedule, and he never had time for himself. His commute was long, he ate lunch at his desk, and he always went to bed very late.

Mia One Sunday, Leo felt tired and a little sad. He took a piece of paper and wrote down his routine. Then he looked at it for a long time. He thought, I need a small change. Not a big change. Just one small thing.

Mia The next morning, Leo woke up fifteen minutes earlier, and he made himself a nice breakfast. He ate it slowly, with music. The next week, he started to go for a short walk after dinner. And the week after that, he started to go to bed at ten o'clock. His new routine was simple, but it made him feel calm and strong. After one month, a friend said, "Leo, you look so happy." And Leo smiled and said, "I just changed my routine, one small step at a time."

Jake I love that story. Poor Leo and his desk lunches.

Mia And his very long commute.

Jake Did you notice our words? Routine, schedule, commute, and usually were all in the story. Well, usually appeared as always and never, but they are close friends.

Mia Frequency words are a family.

Jake Can you remember one small change Leo made?

YOUR TURN	Pause and answer in your own words.

Mia He woke up fifteen minutes earlier. He went for a walk after dinner. And he went to bed at ten o'clock. Small steps, big difference.

Jake And now it's time for our last segment, called Your Turn.

Mia Okay, now it's your turn. Let's practice together.

Jake I'm going to ask Mia some quick questions about her routine, and you can answer in your head at the same time. Short, simple answers are perfect.

Mia Ready. Let's go.

Jake Question one. What time do you wake up?

YOUR TURN	Pause and answer in your own words.

Mia I wake up at seven o'clock, and I usually stretch for five minutes.

Jake Question two. What do you eat for breakfast?

YOUR TURN	Pause and answer in your own words.

Mia I usually have toast with honey, and a cup of tea.

Jake Question three. How do you go to work, or to school?

YOUR TURN	Pause and answer in your own words.

Mia I walk to the studio, and it takes twenty minutes.

Jake Question four. What do you do in the evening?

YOUR TURN	Pause and answer in your own words.

Mia I cook dinner, I read a book, and I go to bed around ten thirty.

Jake And the last question. What is one thing you always do, and one thing you never do?

YOUR TURN	Pause and answer in your own words.

Mia I always drink water in the morning, and I never skip breakfast. That is different from Jake.

Jake I never skip lunch. That is my rule.

Mia And if you answered even a little in English, then you just talked about your routine. Congratulations.

Jake Let's finish with a quick review of the five steps, so you remember them.

Mia Step one. Morning phrases.

Jake Step two. The middle of the day.

Mia Step three. The evening.

Jake Step four. Frequency words, always, usually, often, sometimes, rarely, never.

Mia And step five. Connect your routine with first, then, after that, later, and finally.

Jake You don't need to say everything every time. Start with two or three sentences, and add more later.

Mia And remember, a routine is not boring. It is the shape of your day, and it is full of small stories.

Jake And here is something I want you to remember. A small change in your routine can change your whole week. Just like Leo.

Mia I love that. Small steps, every day.

Mia Before we go, here is Today's Small Win. A small win is a very small task that you can finish today, and it makes you feel good.

Jake Today's Small Win is this. Say three sentences about your morning routine in English. Use first, then, and after that.

Mia It only takes one minute. And you can say it to a friend, to your family, or to yourself in the mirror.

Jake Now, we have a question for you in the comments. What time do you wake up, and what is the first thing you do? For example, I wake up at seven o'clock, and first I drink water.

Mia We read the comments, and we love to see your sentences. So please write one, even if you feel shy. You can do it.

Jake And if this episode helped you today, please give it a like, and share it with a friend who is learning English.

Mia And if you haven't subscribed yet, please subscribe, so you can find our next episode. We are here to help you learn English, one small step at a time.

Jake Thank you so much for spending this time with us.

Mia Keep listening, keep practicing, and remember, your English is already better than it was yesterday.

Jake Take care, everyone.

Mia Goodbye, and see you in the next episode.

Learning Activities

Complete these activities after listening and reading.

1. Word Box - Match the meanings

Word	Meaning
1. routine	A. most of the time
2. schedule	B. your regular trip to work or school
3. commute	C. the things you do regularly in the same order
4. usually	D. a plan that shows times and activities

2. Choose the natural phrase

• I take / make a shower every morning.

• I go to work / go at work at eight o'clock.

• I have / do breakfast before I leave home.

• I go to bed / go to sleep at around eleven, but I do not fall asleep immediately.

3. Put the frequency word in the correct place

• I drink coffee in the morning. (usually)

• She is on time for work. (always)

• We walk home after dinner. (often)

• Jake is late. (sometimes)

4. Connect the routine

Use **first**, **then**, **after that**, and **finally** to turn these ideas into a short routine: wake up - take a shower - eat breakfast - leave the house.

5. Check your understanding

1. What is the difference between wake up and get up?

2. Which time expressions use at, and which ones use in?

3. Where does a frequency word usually go with a main verb?

4. Where does a frequency word go with the verb to be?

5. What small changes did Leo make to his routine?

6. Your turn - describe your routine

Write five or six sentences about your day. Include a time, one frequency word, and at least three connecting words. Then read your routine aloud.

Answer Key & Model Answers

1. Word Box: 1-C, 2-D, 3-B, 4-A

2. Natural phrases: take a shower; go to work; have breakfast; go to bed

3. Frequency words: I usually drink coffee in the morning. She is always on time for work. We often walk home after dinner. Jake is sometimes late.

4. Model answer: First, I wake up. Then, I take a shower. After that, I eat breakfast. Finally, I leave the house.

1. When you wake up, your eyes open. When you get up, you leave your bed.

2. Use at with a clock time and at night. Use in with the morning, afternoon, and evening.

3. It usually goes before the main verb: I usually drink coffee.

4. It goes after the verb to be: She is always on time.

5. He woke up fifteen minutes earlier, ate a slow breakfast, walked after dinner, and went to bed earlier.

Model routine: I usually wake up at seven. First, I drink water. Then, I take a shower and get dressed. After that, I have breakfast. Later, I go to work. Finally, I get home, read a book, and go to bed around eleven.

Keep listening. Keep practicing. Your English is already better than it was yesterday.