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Daily Routine Words in English

Forty phrases for the day, from waking up to bedtime, with a simple example for each.

HOW TO USE THIS SHEET

- Start with the part of the day you are in right now.
- Say the phrase while your child does the action.
- Read the example aloud, then tick the box when your child can say the phrase.
- Repeat the same phrase at the same moment tomorrow.

HOW A WORD STICKS

01
SEE

02
UNDERSTAND

03
SAY

04
USE

05
REMEMBER

A 5-minute game: what comes next?

1. Pick one part of the day, such as the morning.
2. Say the first action and do it together: "I wake up."
3. Ask "What comes next?"
4. Let your child answer with a word or a phrase, and say the full phrase back.
5. Swap roles: your child does an action, and you guess what it is.



Morning

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SAY IT	PHRASE	SIMPLE EXAMPLE
☐	wake up	I wake up in the morning.
☐	get up	Get up, it is time for school.
☐	wash my face	I wash my face with water.
☐	brush my teeth	I brush my teeth twice a day.
☐	take a bath	I take a warm bath.
☐	get dressed	I get dressed by myself.
☐	comb my hair	Please comb my hair.
☐	eat breakfast	I eat breakfast with my family.
☐	pack my bag	I pack my bag for school.
☐	say goodbye	I say goodbye at the door.



At school

SAY IT	PHRASE	SIMPLE EXAMPLE
☐	walk to school	We walk to school together.
☐	say good morning	I say good morning to my teacher.
☐	sit down	Please sit down.
☐	open my book	Open your book, please.
☐	listen	I listen to the teacher.
☐	write	I write my name.
☐	raise my hand	I raise my hand to ask.
☐	line up	We line up at the door.
☐	eat lunch	We eat lunch at school.
☐	play with friends	I play with my friends.

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After school

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SAY IT	PHRASE	SIMPLE EXAMPLE
☐	come home	I come home after school.
☐	take off my shoes	I take off my shoes at the door.
☐	wash my hands	I wash my hands with soap.
☐	eat a snack	I eat a snack after school.
☐	do my homework	I do my homework at the table.
☐	play outside	I play outside in the park.
☐	read a book	I read a book before dinner.
☐	help at home	I help at home.
☐	water the plants	I water the plants.
☐	set the table	I set the table for dinner.

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Evening and bedtime

SAY IT	PHRASE	SIMPLE EXAMPLE
☐	have dinner	We have dinner together.
☐	clear the table	I clear the table after dinner.
☐	clean up	It is time to clean up.
☐	put on pyjamas	I put on my pyjamas.
☐	read a story	Please read me a story.
☐	turn off the light	Turn off the light, please.
☐	say good night	I say good night to everyone.
☐	go to bed	It is time to go to bed.
☐	close my eyes	I close my eyes.
☐	sleep	I sleep all night.

Routine games

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Act it out

Your child mimes an action and you say the phrase. Then swap.

Spot the mistake

Say the steps in the wrong order: "First I go to school, then I wake up." Your child corrects you.

Teacher time

Let your child tell you what to do: "Wash your hands." "Sit down."

Picture order

Draw four morning actions on separate pieces of paper and put them in order.

My routine chart

Write or draw one step of the day on each line. Tick it when it is done.

First

Then

Next

After that

Finally

WORDS THAT PUT STEPS IN ORDER

First, I wake up. **Then**, I wash my face. **Next**, I brush my teeth. **After that**, I eat breakfast. **Finally**, I go to school.

Turn everyday moments into learning.

Flucie helps children learn English through stories, reading, speaking and real-life practice with an AI learning guide.

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