

Daily English Vocabulary – Lesson 1: Daily Routines and Everyday Life

Level: A2 | Everyday English | Student Worksheet

Vocabulary

Describing your routine

commute (verb/noun)	To travel regularly between home and work. The journey itself is also called a commute.	<i>"I commute to work by train. My commute takes 45 minutes."</i>
work from home (phrase)	To do your job at home instead of going to an office.	<i>"I work from home two days a week. It saves a lot of time."</i>
flexible (adjective)	Not fixed; able to change easily to suit different situations.	<i>"My working hours are flexible, so I can start at seven or nine."</i>
routine (noun)	A regular way of doing things, following the same pattern each day.	<i>"I have a strict morning routine. I never change it."</i>
tend to (phrase)	To usually do something or have a habit of doing something.	<i>"I tend to check my phone first thing in the morning."</i>
switch off (phrasal verb)	To stop thinking about work and relax.	<i>"It is difficult to switch off after a busy day at the office."</i>
stay up (phrasal verb)	To go to bed later than usual; to remain awake past your normal bedtime.	<i>"I stayed up until midnight watching a film."</i>
disciplined (adjective)	Able to control your behaviour and follow a routine consistently.	<i>"You need to be disciplined to exercise every morning."</i>

Frequency and time

a few times a week (phrase)	Two or three times each week, but not every day.	<i>"I go to the gym a few times a week."</i>
occasionally (adverb)	Sometimes, but not very often.	<i>"I occasionally work late, but not as a habit."</i>
rarely (adverb)	Almost never; not often at all.	<i>"I rarely miss my morning run. It is part of my routine."</i>
hardly ever (phrase)	Almost never; used to emphasise how infrequent something is.	<i>"I hardly ever eat breakfast at the weekend."</i>
on a daily basis (phrase)	Every day, as part of a regular pattern.	<i>"I check my messages on a daily basis."</i>
first thing (phrase)	At the very beginning of the day, before doing anything else.	<i>"I have a glass of water first thing every morning."</i>

How you feel about your routine

exhausting (adjective)	Making you feel very tired; requiring a lot of energy.	<i>"The long commute is exhausting."</i>
refreshing (adjective)	Making you feel energised and less tired; pleasantly different.	<i>"A morning walk is refreshing. It helps me feel ready for the day."</i>
overwhelming (adjective)	Too much to deal with; making you feel you cannot cope.	<i>"Having too many tasks can feel overwhelming."</i>
productive (adjective)	Achieving a lot; getting things done effectively.	<i>"I feel most productive in the morning."</i>
rewarding (adjective)	Giving a feeling of satisfaction because you have done something useful.	<i>"Helping others can be hard work, but it is very rewarding."</i>
stressful (adjective)	Causing worry and difficulty; making you feel anxious or under pressure.	<i>"My job can be stressful at the end of the month."</i>

Exercise 1: Listening

Listen to the conversation. Then answer the questions below.

Conversation

Priya: Hey Carlos. You look tired. What time did you get up this morning?

Carlos: Six o'clock. I have a long commute — it takes about an hour to get to work.

Priya: That sounds exhausting. Do you commute every day?

Carlos: Five days a week. I usually take the train, but sometimes I cycle if the weather is good.

Priya: I work from home three days a week, so my routine is quite flexible.

Carlos: Do you find it easy to switch off in the evenings?

Priya: Honestly, no. I often check my emails after dinner.

Carlos: I go for a run a few times a week, and I make sure I am in bed by ten.

Priya: I need to be more disciplined. I tend to stay up too late watching things online.

Answer the questions. Circle the correct answer.

1. Why does Carlos get up at six o'clock?

a) He prefers mornings. b) He has a long commute to work. c) He goes for a run before work. d) His office opens at seven.

2. How does Carlos usually travel to work?

a) By car b) By bus c) By train d) By bicycle

3. How many days a week does Priya work from home?

a) Two b) Five c) Four d) Three

4. What does Priya admit she does after dinner?

a) She watches films online. b) She goes for a run. c) She checks her emails. d) She reads.

5. What does Carlos do a few times a week in the evening?

a) He cycles. b) He goes for a run. c) He watches things online. d) He cooks dinner.

6. What does Priya say she tends to do too late?

a) Eat dinner b) Go for a run c) Stay up d) Start work

Exercise 2: True or False?

Read each sentence. Write True or False on the line.

1. A "commute" is the regular journey between your home and your workplace.

Answer: _____

2. If your schedule is "flexible", it cannot be changed.

Answer: _____

3. "Switch off" means to turn off a light or electrical device.

Answer: _____

4. "Disciplined" means able to control your behaviour and follow a routine consistently.

Answer: _____

5. "Exhausting" describes something that makes you feel very tired.

Answer: _____

6. "Rarely" means you do something very often.

Answer: _____

7. If you "tend to" do something, you usually do it as a habit.

Answer: _____

8. "Productive" means you are busy but not getting much done.

Answer: _____

Exercise 3: Multiple Choice

Circle the correct answer.

1. My job can be ____ at the end of the month when there are many deadlines.

a) productive b) rewarding c) exhausting d) stressful

2. I ____ check social media before I get out of bed in the morning.

a) tend to b) rarely c) occasionally d) on a daily basis

3. She works from home, so her schedule is very _____. She can start at any time.

a) disciplined b) flexible c) stressful d) exhausting

4. I go for a swim ____ — usually Tuesday and Thursday evenings.

a) on a daily basis b) first thing c) a few times a week d) hardly ever

5. He ____ eats fast food. He prefers cooking at home.

a) hardly ever b) occasionally c) on a daily basis d) tend to

6. I check my work emails ____, even at weekends.
a) rarely b) on a daily basis c) first thing d) occasionally
7. After a good holiday, I feel ____ and ready to work again.
a) stressful b) exhausting c) refreshed d) overwhelmed
8. It is difficult to ____ in the evenings because I keep thinking about work.
a) stay up b) switch off c) tend to d) commute

Exercise 4: Matching

Match each word or phrase (A) to its meaning (B).

A – Word / Phrase	B – Meaning
1. commute ____	3. To remain awake and go to bed later than usual
2. switch off ____	6. Achieving a lot and getting things done effectively
3. stay up ____	4. To usually do something as a habit or pattern
4. tend to ____	2. To stop thinking about work and allow yourself to relax
5. exhausting ____	7. Able to control your behaviour and follow a routine consistently
6. productive ____	1. To travel regularly between home and work; also the journey itself
7. disciplined ____	8. Sometimes, but not very often
8. occasionally ____	5. Making you feel very tired because it requires a lot of energy

Exercise 5: Gap Fill

Complete each sentence with the correct word or phrase from the box.

Word Bank: commute | tends to | rarely | overwhelming | first thing | switch off | a few times a week | flexible

1. My ____ takes about an hour each way, which is quite tiring.
2. She ____ arrive late because she lives far from the office.
3. I ____ eat breakfast. I am usually not hungry in the morning.
4. Working in a hospital can be ____ — there is always so much to do.
5. I check my messages ____ every morning before I even get out of bed.
6. She finds it hard to ____ because she is always thinking about her next project.
7. He goes to the gym _____. He usually goes on Monday, Wednesday, and Friday.
8. Working from home makes my schedule very _____. I can start early or late.

Exercise 6: Word Sort

Put each word or phrase into the correct group.

Word Bank: exhausting | work from home | switch off | hardly ever | commute | rewarding | a few times a week | occasionally | stay up | refreshing | productive | tend to | stressful | rarely | on a daily basis

Verbs and phrases for describing your routine

Words about frequency

Words describing how something feels

Exercise 7: Complete the Dialogue

Complete the conversation using the words in the box.

Word Bank: commute | exhausting | flexible | tend to | productive | disciplined

1. Fatima: How long is your ____ to work?
2. Joel: About fifty minutes each way. It is really ____.
3. Fatima: Could you work from home? That would give you a more ____ schedule.
4. Joel: On those days, I ____ get much more done because I have fewer interruptions.
5. Fatima: I find mornings the most ____ time — I always do my most important work before lunch.
6. Joel: I need to be more ____ about that. I waste too much time in the morning.

TEACHER ANSWER KEY

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Exercise 1: Listening

1. Why does Carlos get up at six o'clock?

Answer: He has a long commute to work.

2. How does Carlos usually travel to work?

Answer: By train

3. How many days a week does Priya work from home?

Answer: Three

4. What does Priya admit she does after dinner?

Answer: She checks her emails.

5. What does Carlos do a few times a week in the evening?

Answer: He goes for a run.

6. What does Priya say she tends to do too late?

Answer: Stay up

Exercise 2: True or False?

1. A "commute" is the regular journey between your home and your workplace.

Answer: TRUE

2. If your schedule is "flexible", it cannot be changed.

Answer: FALSE — "Flexible" means it can change easily — the opposite of fixed.

3. "Switch off" means to turn off a light or electrical device.

Answer: FALSE — In this context, "switch off" means to stop thinking about work and relax.

4. "Disciplined" means able to control your behaviour and follow a routine consistently.

Answer: TRUE

5. "Exhausting" describes something that makes you feel very tired.

Answer: TRUE

6. "Rarely" means you do something very often.

Answer: FALSE — "Rarely" means almost never. It is the opposite of "often".

7. If you "tend to" do something, you usually do it as a habit.

Answer: TRUE

8. "Productive" means you are busy but not getting much done.

Answer: FALSE — "Productive" means you are achieving a lot and getting things done effectively.

Exercise 3: Multiple Choice

1. My job can be ____ at the end of the month when there are many deadlines.

Answer: stressful

2. I ____ check social media before I get out of bed in the morning.

Answer: tend to

3. She works from home, so her schedule is very _____. She can start at any time.

Answer: flexible

4. I go for a swim ____ — usually Tuesday and Thursday evenings.

Answer: a few times a week

5. He ____ eats fast food. He prefers cooking at home.

Answer: hardly ever

6. I check my work emails _____, even at weekends.

Answer: on a daily basis

7. After a good holiday, I feel _____ and ready to work again.

Answer: refreshed

8. It is difficult to _____ in the evenings because I keep thinking about work.

Answer: switch off

Exercise 4: Matching

1. commute → 1

To travel regularly between home and work; also the journey itself

2. switch off → 2

To stop thinking about work and allow yourself to relax

3. stay up → 3

To remain awake and go to bed later than usual

4. tend to → 4

To usually do something as a habit or pattern

5. exhausting → 5

Making you feel very tired because it requires a lot of energy

6. productive → 6

Achieving a lot and getting things done effectively

7. disciplined → 7

Able to control your behaviour and follow a routine consistently

8. occasionally → 8

Sometimes, but not very often

Exercise 5: Gap Fill

1. My ____ takes about an hour each way, which is quite tiring.

Answer: commute

2. She ____ arrive late because she lives far from the office.

Answer: tends to

3. I ____ eat breakfast. I am usually not hungry in the morning.

Answer: rarely

4. Working in a hospital can be ____ — there is always so much to do.

Answer: overwhelming

5. I check my messages ____ every morning before I even get out of bed.

Answer: first thing

6. She finds it hard to ____ because she is always thinking about her next project.

Answer: switch off

7. He goes to the gym _____. He usually goes on Monday, Wednesday, and Friday.

Answer: a few times a week

8. Working from home makes my schedule very _____. I can start early or late.

Answer: flexible

Exercise 6: Word Sort

Verbs and phrases for describing your routine:

commute, work from home, tend to, switch off, stay up

Words about frequency:

rarely, occasionally, hardly ever, on a daily basis, a few times a week

Words describing how something feels:

exhausting, refreshing, stressful, productive, rewarding

Exercise 7: Complete the Dialogue

1. Fatima: How long is your ____ to work?

Answer: commute

2. Joel: About fifty minutes each way. It is really ____.

Answer: exhausting

3. Fatima: Could you work from home? That would give you a more ____ schedule.

Answer: flexible

4. Joel: On those days, I ____ get much more done because I have fewer interruptions.

Answer: tend to

5. Fatima: I find mornings the most ____ time — I always do my most important work before lunch.

Answer: productive

6. Joel: I need to be more ____ about that. I waste too much time in the morning.

Answer: disciplined