



Live Lesson Notes

Daily Routines

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Some Useful Links

My NEW **online course** for **Crack IELTS Speaking Part 1**

[courses.keithspeakingacademy.com/p/crack-ielts-speaking-part-1](https://keithspeakingacademy.com/p/crack-ielts-speaking-part-1)

More **Household** Routines

<https://keithspeakingacademy.com/how-to-talk-about-housework-in-ielts-speaking/>

The benefits of Routines

<https://www.headspace.com/articles/the-secret-benefit-of-routines-it-wont-surprise-you>

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IELTS Speaking Vocabulary: Daily Routines

Fill in the gap with one word

1. I have a steady routine in the mornings, I ___ get up at 7am and then have a shower
2. I am busy at work, but I like to study Chinese every now and _____

Answers at bottom of PDF

IELTS Speaking: Daily Routines

Ways of expressing habits and routines

I get up early everyday

I **will** get up early (present habit)

I **always** get up early

I **tend to** get up early

I **typically** get up early

More often than not I get up early

My schedule/routine goes something like this...

I **always / usually / often / sometimes** get up early

Other ways of expressing these Adverbs of Frequency

Always	Usually	Often	Sometimes
Religiously	Invariably	On a regular basis	From time to time
Regularly	Routinely	Frequently	Now and again
Without fail	Generally		Occassionaly
Without exception	Habitually		
All the time	Mostly		
Come what may			
Constantly			
Day in day out			

TIP

If the **adverb of frequency** is long it usually goes at the **beginning** or **end** of a phrase, not in the middle!

- *I get up at 7am **on a regular basis***
- ***From time to time** I get up at 9 am*
- *I go to work every Monday **without fail***

Common Morning Routines

Here are some useful phrases to describe common morning routines people have.

Note: Phrases in blue are more colloquial (informal)

- To sleep in = *to stay in bed a longer time*

Note: This is different from 'to oversleep' = *to stay in bed a longer time by mistake*

- To get up
- **To crawl out of bed** = *get out of bed slowly and with difficulty*

To have breakfast

To have a big / hearty breakfast

Note we use 'a' if you add an adjective

To grab breakfast = *take quickly*

I grab a coffee

I get myself a coffee

To brush my teeth

To have a shower

To go to the gym

I go down the gym

I hit the gym

I work out

Home makers

I prepare the kids for school

I get the kids ready for school

I sort the kids out for school

I do the school run = *to take the kids to school*

Instead of saying 'I cook' in spoken English we often use the form 'I do the ____', especially when talking about chores and household tasks.

I do the cooking

I do the cleaning

I do the washing (clothes)

I do the pots/dishes (=wash the dishes)

For more household routines, check this post and video -

<https://keithspeakingacademy.com/how-to-talk-about-housework-in-ielts-speaking/>

Workers

I commute to work = *to travel to work, some distance*

I check my emails

I waste time scrolling on TikTok

Students

I hit the books every evening (=to study)

I go down the library

I hit the library

Are Routines Good or Bad? Why?

Here are some phrases you can use to say what routines maybe good, bad or both!

Good

Build productive habits

Give a sense of productivity

Give me a sense of progress

Can lead to good studying results

Perfection comes through repetition

They help us stay disciplined and stay on track

<https://www.headspace.com/articles/the-secret-benefit-of-routines-it-wont-surprise-you>

Bad

They make our lives boring and monotonous

They are absolutely, mindnumbingly mundane

I feel I am stuck in a rut

They can cause anxiety

They could lead to depression

Our lives end up lacking freshness

For whom?

Old People

Give a sense of certainty

Can reduce stress

Kids

Give a sense of safety

Establish clear boundaries

Working people

*Make you more productive
Easy for managers to organise and control staff*

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IELTS Speaking Topic: Daily Routines

Listening Task

[Click here to watch: https://vimeo.com/803964331](https://vimeo.com/803964331)

1. **Watch this person talk about a routine they have**
 - A) What is the main routine?
2. **Watch again and note any useful phrases and collocations**

Answer at bottom of PDF

Daily Routines: Useful Phrases

I will tell something I do everyday **religiously** and that is to go for a **morning stroll**

Day in, day out (*every day without fail*)

Come rain or shine (*every day without fail*)

I really **feel the benefit(s)**

I typically get up reasonably early

I **get myself a** (*prepare myself*) glass of lemon water

I put some exercise clothes on - if it's cold

Grab my phone and headphones

I **head out** (*go out and go somewhere*)

As I start walking I **will** be choosing a podcast I want to listen to

I **pick up the pace** (*to go more quickly*)

All in all, (*overall*) it takes anywhere from 40 to 60 minutes

I do it mainly **for health reasons** but also **to clear my head**

It sets me up for the day (*it prepares me for the day ahead*)

Have some 'me time' (*have time for yourself*)

IELTS Speaking: Idioms about Daily Routines

As regular as clockwork = very regularly and predictably

I brush my teeth every morning, as regular as clockwork

As per usual = as always, as usual

My girlfriend is late again, as per usual!

To be a creature of habit = someone who likes to have the same routine

I hate to miss my early morning walk, I guess you could say I am a creature of habit

IELTS Speaking Vocabulary: Daily Routine

ANSWERS

Fill in the gap with one word

1. I have a steady routine in the mornings, I **usually / always / will / often / inevitably / mostly** get up at 7am and then have a shower
2. I am busy at work, but I like to study Chinese every now and **then / again**

Listening task ANSWERS

1. Going for a morning stroll or walk.

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keithspeakingacademy.com/p/ielts-spe