

Speak English With Vanessa

Free PDF Worksheet

100 Sentences for Daily Life

Dear English Learner,

Get ready to speak confidently with these common English phrases. I recommend reading these sample sentences out loud and using the blank space on the last page to answer my challenge question using the vocabulary. Thanks so much for learning English with me!

Your teacher,
Vanessa

Waking Up

Push snooze: When I hear my alarm, I immediately **push snooze**.

Overslept: Oh no! I accidentally turned my alarm off and I **overslept**!

Sleep in/sleep late: I like to **sleep in** on the weekends.

Jumped out of bed: I **jumped out of bed** because I overslept.

Rise and shine: It's time to **rise and shine**! Wake up!

Wake up on the wrong side of bed: I am usually a morning person, but today I **woke up on the wrong side of bed** and was in a bad mood.

Make the bed: I **make the bed** every morning as soon as I wake up.

Wash my face and brush my teeth: After I make the bed, I go to the bathroom to **wash my face and brush my teeth**.

Get dressed: I pick out what I am wearing for the day and **get dressed**.

Eating Breakfast/Drinking Coffee, Tea

Whip up some breakfast: I like to **whip up some breakfast** before I start the day.

Brew the coffee: I turn the coffee pot on to **brew the coffee**.

Boil water for tea: I turn on the kettle to **boil water for tea**.

Make some juice: When I have fresh lemons, I **make some juice**.

Throw some bread in the toaster: When I want toast for breakfast, I **throw some bread in the toaster**.

Scramble some eggs: If I have time, I will **scramble some eggs** for breakfast.

Scarf down breakfast: I realize I'm running late for work, so I **scarf down breakfast**.

Clear the table: I **clear the table** and put the dirty dishes in the sink.

Fill up my to-go mug with coffee: I **fill up my to-go mug with coffee** and head out the door.

A "to-go mug" can also be called "a tumbler."

Get something on the way: If I overslept and didn't have time to make breakfast, I will **get something on the way** to work, maybe stop at my favorite cafe.

Going to Work/School

Head to work: It's time for me to leave my house and **head to work**.

Buckle up: Before I start the car, I **buckle up** my seatbelt.

Back out of the driveway: I **back out of the driveway** and pull onto the street.

Speed up: Once I am on the highway, I **speed up** and drive faster.

Slow down: When I am stuck in traffic, I **slow down** or come to a stop.

Use the blinker: When I need to turn, I **use the blinker** to show that I am turning.

Avoid traffic: I try to **avoid traffic** on my commute by leaving my house earlier.

Merge into traffic: I have to **merge into traffic** to get on the highway.

Watch out for: When I'm driving, I **watch out for** school buses and pedestrians.

Kill two birds with one stone: I like to **kill two birds with one stone** and listen to Vanessa's English videos on my commute.

Working with Other People

Excuse me, when you have a moment...: **Excuse me, when you have a moment**, can I ask you a question?

Can you explain it/that? I'm having trouble understanding the assignment. **Can you explain it?**

Can you help me with something? Can you help me with something? I am looking for a book about women in aviation, can you tell me where to look?

Filling in: I'm **filling in** for my manager today because she's sick.

Lead: Who is going to be the **lead** for this project?

What can I help you with? Hi, I heard you were asking for help. **What can I help you with?**

Bite the bullet: I think I am going to have to **bite the bullet** and tell my boss I made a mistake on my report.

Back to the drawing board: Well, that plan didn't work, so I guess it's **back to the drawing board**.

Touch base: Let's **touch base** about the project next week and make sure we're making progress.

Pull your own weight: When you work on a group project, you need to **pull your own weight**—one person shouldn't be doing all the work.

Taking a Break

Take a smoke break: My coworkers **take a smoke break** during work, but since I don't smoke, I take a break to sit in the sunshine.

Get some fresh air: When I was painting inside my house, I took several breaks and stepped outside to **get some fresh air**.

Snack break: Are you hungry? I think it's time for a **snack break**.

Coffee/tea run: I'm going on a **coffee/tea run**, do you want anything?

Take a lap: I'm falling asleep at my desk, I think I am going to **take a lap** around the office to wake myself up!

Run some errands: I need to **run some errands** during my lunch break.

Take a breather: It's so hot outside and we've been working so hard. I think we should **take a breather** and rest in the shade.

Take a minute: I got that assignment finished, now I am going to **take a minute** before I start the next one.

Let's hit pause: Since it's the end of the day, **let's hit pause** before starting any new projects.

Catch my breath: This hike is harder than I expected it to be! Let me **catch my breath** before we keep going.

Saying Goodbye at Work/School

Shut down: I am **shutting down** for the day.

Pack up: Time to **pack up** and go home!

Let's call it a day: **Let's call it a day.** We can pick up where we left off tomorrow.

Alright, that's it: **Alright, that's it** I think we've done all we can do for the day.

That's a wrap: **That's a wrap**, we finished, nice work everyone!

I'm headed out: **I'm headed out**, is there anything you need before I go?

Gotta run: I've **gotta run**, I'll catch up with you tomorrow.

I'm outta here: **I'm outta here**, I've got an appointment to get to.

See you tomorrow: Bye, **see you tomorrow!**

Have a good evening: Bye everyone, **have a good evening!**

Going Out for Dinner with Your Family

Let's eat out: I don't feel like cooking tonight, **let's eat out.**

Can we get a table on the patio? It's such a beautiful day. **Can we get a table on the patio?**

Do you have any specials? I usually order the grilled chicken and vegetables, but **do you have any specials** today?

I'd like...please: I'd like the caesar salad and soup of the day, **please.**

What do you recommend? I haven't eaten here before. **What do you recommend?**

Do you want to split ...? I'm not very hungry. **Do you want to split** a pizza?

Can I get a ...? **Can I get a** refill on my drink when you get a chance?

How is your food? How is your food? It looks delicious. I think I'll order that next time.

To-go box: Can you bring me a **to-go box?** I'll eat this for lunch tomorrow.

Splurge: Let's **splurge** and get some dessert!

Playing with Your Kids

Roughhouse: It seems like little (and big) boys always want to **roughhouse** and play hard.

Eat a snack: It seems like my kids always want to **eat a snack**.

Build legos: Wow, look at that tall **lego** tower you made!

Go on a bike ride: It's a beautiful day to **go on a bike ride** down the street.

Do a puzzle: Sometimes **doing a puzzle** is a great way to calm down and relax.

Hit a ball: It's so satisfying to **hit a baseball**, even if you're playing by yourself.

Go down the slide: Nothing is more fun than **going down a slide** into a huge pile of leaves!

Do chalk: My kids love to **do chalk** in a shady part of the walkway.

Pick fruit: The first thing my son does in the morning is **pick raspberries** in our backyard.

Take a nap: Sometimes my son gets so tired that he **takes a nap** in the middle of the floor.

Relaxing at the End of the Day

What a day! I am so happy to finally be home. **What a day!**

Finish up: Before I can relax, I need to **finish up** some chores.

Tidy up: I spend a few minutes **tidying up**, then I relax on the couch.

Kick back and relax: It's time to **kick back and relax**.

Veg out: Sometimes, I like to turn on my favorite show and **veg out** for hours at a time.

Catch up on: On rainy days, I like to **catch up on** my reading.

Take your shoes off and stay a while! Welcome to my home! Please make yourself comfortable. **Take your shoes off and stay a while!**

Put your feet up: I know you've had a long week. **Put your feet up** and I'll bring you a snack.

Rest/relax and recuperate (R&R): I am so thankful we have a long weekend coming up. I am ready for some **R & R**.

Wind down: I like to **wind down** with a cup of hot tea and a book.

Chill: I don't usually make plans during the week, I like to come home and just **chill**.

Going to Bed Routine

Lock the doors: I always check and make sure I **lock the doors** at night.

Turn off the lights: I go through the house and **turn off the lights**.

Read bedtime stories: I **read bedtime stories** to my boys before they go to sleep.

Tuck in the kids: After bedtime stories, I **tuck them in** and tell them goodnight.

Tiptoe to the bedroom: I don't want to wake the kids, so I quietly **tiptoe to the bedroom**.

Take a shower: I need to **take a shower** before I go to bed.

Brush my teeth: I **brush my teeth**, spit, and rinse with water.

Put on pajamas: I **put on pajamas** and put today's clothes in the dirty laundry hamper.

Double-check my alarm: I don't want to oversleep tomorrow, so I **double-check my alarm**.

Hit the hay: Finally, it's time to **hit the hay** and go to sleep.

Drift off to sleep: It isn't long before I **drift off to sleep**.

Vanessa's Challenge Question

Use the space below to write a few sentences answering this question: **Tell me about your daily routine. Try to use at least 5 expressions from this lesson.**

Sample answer: *Unfortunately, I usually push snooze in the morning, so I grab some coffee on the way to work. While I head to work, I try to kill two birds with one stone and listen to an English podcast in the car. After I finish up at work, I try to wind down by having a drink with friends and hitting the hay early.*

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