

7 Daily Routine English Verbs – Beginner Level

These are words you use every day either talking about your morning routine, how you feel, or describing mental and emotional feelings.

Let's explore them together!

High-frequency verbs grouped by theme, with Mozambican context:

Daily Routine Verbs

Verb	Example	Mozambican Context
get up	She gets up quickly.	We get up before sunrise.
wake up	I wake up at 6:00.	Children wake up early for school.
wash	I wash my hands.	We wash with a bucket of water.
brush	He brushes his teeth.	She brushes her hair before class.
dress	They dress for church.	I dress in my capulana.
cook	We cook meat.	My mother cooks cassava every day.
clean	I clean the room.	We clean the yard before guests arrive

□ Lesson One: GET UP

👉 What does “get up” mean?

Get up means:

- **To rise from bed**
- **To stand up from sitting or lying down**

It's often used in the morning or when starting an activity.

📐 Structure

Subject + get/gets up + time or place

Subject	Verb
I / You / We / They	get up
He / She / It	gets up

✓ Use **get up** with “I, you, we, they”

✓ Use **gets up** with “he, she, it”

🔊 English Verbs for Daily Routine: Examples in Context

Example	Meaning
I get up at 6:00.	I leave my bed at 6:00.
She gets up early.	She wakes and rises early.
We get up before sunrise.	We start our day early.

🌍 Mozambican Context

- I get up before the rooster crows.
- He gets up to fetch water.
- We get up early for school.
- They get up to prepare breakfast.

✍ Practice

Fill in the blanks with “get up” or “gets up”:

1. I ____ at 5:30 every day.
2. She ____ to cook breakfast.
3. We ____ before the sun rises.
4. He ____ to go to the farm.
5. They ____ for church on Sunday.

🔊 English Verbs for Daily Routine: Affirmative / Negative / Question

Type	Example
Affirmative	I get up early.
Negative	I do not get up early. (<i>don't get up</i>)
Question	Do you get up early?

🔊 Audio Prompt Ideas

Record or read aloud slowly:

“I get up at 6:00.”

“She gets up to cook.”

“Do you get up early?”

“We get up before school.”

“He doesn't get up late.”

“**Get up**” is an everyday life and wellness essential verbs. It reflects the starting of your day.

□ Lesson Two — WAKE UP

🔊 What does “wake up” mean?

Wake up means:

- **To stop sleeping**
- **To become alert or conscious**

It’s often used in the morning or after resting.

📖 Structure

Subject + wake/wakes up + time or reason

Subject	Verb
I / You / We / They	wake up
He / She / It	wakes up

✓ Use **wake up** with “I, you, we, they”

✓ Use **wakes up** with “he, she, it”

🗣️ □ English Verbs for Daily Routine: Examples in Context

Example	Meaning
I wake up at 5:30.	I stop sleeping at 5:30.
She wakes up early.	She becomes alert in the morning.
We wake up before school.	We stop sleeping to get ready.

🌍 Mozambican Context

- **I wake up when the rooster crows.**
- **He wakes up to fetch water.**
- **We wake up before sunrise to cook xima.**
- **They wake up for church on Sunday.**

✍️ □ Practice

Fill in the blanks with “wake up” or “wakes up”:

1. I ____ at 5:00 every day.
2. She ____ to prepare breakfast.
3. We ____ before school.
4. He ____ when the sun rises.
5. They ____ early on market days.

🗣️ English Verbs for Daily Routine: Affirmative / Negative / Question

Type	Example
Affirmative	I wake up early.
Negative	I do not wake up early. (<i>don't wake up</i>)
Question	Do you wake up early?

Audio Prompt Ideas

Record or read aloud slowly:

“I wake up at 5:30.”

“She wakes up to cook.”

“Do you wake up early?”

“We wake up before school.”

“He doesn’t wake up late.”

“**Wake up**”, is a gentle and essential verb for talking about Daily Routine. It’s perfect for building your confidence in everyday life expressions.

Lesson Three — WASH

What does “wash” mean?

Wash means:

- To clean something with water (and sometimes soap)
- To remove dirt from hands, clothes, dishes, or the body

Structure

Subject + wash/washes + object

Subject	Verb
I / You / We / They	wash
He / She / It	washes

✓ Use **wash** with “I, you, we, they”

✓ Use **washes** with “he, she, it”

✓ Add **-es** for third person singular

English Verbs for Daily Routine: Examples in Context

Example	Meaning
I wash my hands.	I clean my hands with water.
She washes the dishes.	She cleans the plates.
We wash our clothes.	We clean our clothing.

Mozambican Context

- I wash my hands before eating xima.
- She washes clothes by the river.
- We wash with a bucket and soap.
- They wash the floor before church visitors arrive.

Practice

Fill in the blanks with “wash” or “washes”:

1. I ____ my hands before lunch.
2. She ____ the dishes after dinner.
3. We ____ our uniforms on Saturday.
4. He ____ his face every morning.
5. They ____ the classroom together.

English Verbs for Daily Routine: Affirmative / Negative / Question

Type	Example
Affirmative	I wash my hands.
Negative	I do not wash my hands. (<i>don't wash</i>)
Question	Do you wash your hands?

Quick Tips

- Use **wash** for hygiene, cleaning, and chores
- Use **washes** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she wash the dishes?”
- Use **don't/doesn't** to say no: “He doesn't wash the floor.”

Audio Prompt Ideas

Record or read aloud slowly:

“I wash my hands before eating.”
“She washes clothes by the river.”
“Do you wash your uniform?”
“We wash with soap and water.”
“He doesn't wash the dishes.”

Use “**wash**”, as a practical and essential verb for everyday hygiene, chores, and wellness. It's especially relevant for your daily routines at home, school, and community settings.

□ Lesson Four: BRUSH

🔗 What does “brush” mean?

Brush means:

- To clean or smooth something using a brush
- Common uses: **brush teeth**, **brush hair**, **brush clothes**

📖 Structure

Subject + brush/brushes + object

Subject	Verb
I / You / We / They	brush
He / She / It	brushes

- ✓ Use **brush** with “I, you, we, they”
- ✓ Use **brushes** with “he, she, it”
- ✓ Add **-es** for third person singular

🗣️ □ Examples in Context

Example	Meaning
I brush my teeth.	I clean my teeth with a toothbrush.
She brushes her hair.	She smooths her hair.
We brush our shoes.	We clean our shoes.

🌍 Mozambican Context

- I brush my teeth with salt and water.
- He brushes his hair before school.
- We brush our shoes for church.
- She brushes her dress to look neat.

✍️ □ Practice

Fill in the blanks with “brush” or “brushes”:

1. I ____ my teeth every morning.
2. She ____ her hair before class.
3. We ____ our shoes on Sunday.
4. He ____ his teeth after eating.
5. They ____ their clothes before school.

🔄 English Verbs for Daily Routine: Affirmative / Negative / Question

Type	Example
------	---------

Affirmative	I brush my teeth.
Negative	I do not brush my teeth. (<i>don't brush</i>)
Question	Do you brush your teeth?

☐ Quick Tips

- Use **brush** for hygiene and neatness
- Use **brushes** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she brush her hair?”
- Use **don't/doesn't** to say no: “He doesn't brush his shoes.”

🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I brush my teeth every morning.”
 “She brushes her hair before school.”
 “Do you brush your shoes?”
 “We brush our clothes for church.”
 “He doesn't brush his teeth at night.”

“**Brush**”, is another essential wellness verb that supports hygiene, confidence, and daily routine. It's especially relevant for you in school, home, and community settings.

👗 Lesson Five: DRESS

🎧 What does “dress” mean?

Dress means:

- To put clothes on your body
- To get ready for the day, school, work, or an event

📋 Structure

Subject + dress/dresses + time or occasion

Subject	Verb
I / You / We / They	dress
He / She / It	dresses

- ✓ Use **dress** with “I, you, we, they”
- ✓ Use **dresses** with “he, she, it”
- ✓ Add **-es** for third person singular

Examples in Context

Example	Meaning
I dress before breakfast.	I put on clothes early.
She dresses for church.	She prepares for a special event.
We dress in uniforms.	We wear school clothes.

Mozambican Context

- I dress in my capulana for church.
- He dresses before going to the farm.
- We dress in uniforms for school.
- She dresses her baby in warm clothes.

Practice

Fill in the blanks with “dress” or “dresses”:

1. I ____ before breakfast.
2. She ____ a dress for church.
3. We ____ in uniforms every day.
4. He ____ before sunrise.
5. They ____ for the wedding.

English Verbs for Daily Routine: Affirmative / Negative / Question

Type	Example
Affirmative	I dress early.
Negative	I do not dress early. (<i>don't dress</i>)
Question	Do you dress early?

Quick Tips

- Use **dress** for putting on clothes
- Use **dresses** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she dress before breakfast?”
- Use **don't/doesn't** to say no: “He doesn't dress quickly.”

Audio Prompt Ideas

Record or read aloud slowly:

“I dress before breakfast.”

“She dresses in a blouse.”

“Do you dress for school?”

“We dress in uniforms.”

“He doesn't dress late.”

“**Dress**”, an essential and expressive verb for everyday life & wellness. It expresses self-care, and cultural pride.

Lesson Six: COOK

What does “cook” mean?

Cook means:

- To prepare food using heat
- To make meals for yourself or others

Structure

Subject + cook/cooks + food or meal

Subject	Verb
I / You / We / They	cook
He / She / It	cooks

✓ Use **cook** with “I, you, we, they”

✓ Use **cooks** with “he, she, it”

✓ Add **-s** for third person singular

English Verbs for Daily Routine: Examples in Context

Example	Meaning
I cook rice and beans.	I prepare food.
She cooks beans.	She makes a traditional dish.
We cook together.	We prepare food as a group.

Mozambican Context

- I cook cassava for my family.
- He cooks fish .
- We cook rice with fresh leaves.
- She cooks for the church event.

Practice

Fill in the blanks with “cook” or “cooks”:

1. I ____ rice every evening.
2. She ____ chicken with garlic.
3. We ____ together on Sundays.
4. He ____ rice and beans.

5. They ____ for the school lunch.

English Verbs for Daily Routine: Affirmative / Negative / Question

Type	Example
Affirmative	I cook every day.
Negative	I do not cook every day. (<i>don't cook</i>)
Question	Do you cook every day?

☐ Quick Tips

- Use **cook** for preparing food
- Use **cooks** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she cook potatoes?”
- Use **don't/doesn't** to say no: “He doesn't cook at night.”

Audio Prompt Ideas

Record or read aloud slowly:

“I cook rice every evening.”

“She cooks vegetable with garlic.”

“Do you cook for your family?”

“We cook together on Sundays.”

“He doesn't cook at school.”

“**Cook**”, is a warm and essential everyday life & wellness verb for family care, and cultural pride. It's particularly relevant for cultures like Mozambican where meals are prepared at home, in the market, or for community gatherings.

☐ Lesson Seven: CLEAN

What does “clean” mean?

Clean means:

- To remove dirt or mess from something
- To make something neat, tidy, or hygienic

Structure

Subject + clean/cleans + object

Subject	Verb
I / You / We / They	clean
He / She / It	cleans

- ✓ Use **clean** with “I, you, we, they”
- ✓ Use **cleans** with “he, she, it”
- ✓ Add **-s** for third person singular

🔊 □ English Verbs for Daily Routine: Examples in Context

Example	Meaning
I clean the room.	I remove dirt and make it tidy.
She cleans the dishes.	She washes the plates.
We clean the classroom.	We make it neat and ready for learning.

🌍 Mozambican Context

- I clean the yard before guests arrive.
- He cleans the dishes after lunch.
- We clean the classroom every Friday.
- She cleans the kitchen after cooking the rice.

✍️ □ Practice

Fill in the blanks with “clean” or “cleans”:

1. I ____ the house on Saturday.
2. She ____ the dishes after lunch.
3. We ____ the school together.
4. He ____ his shoes before church.
5. They ____ the yard in the morning.

🔊 English Verbs for Daily Routine: Affirmative / Negative / Question

Type	Example
Affirmative	I clean the floor.
Negative	I do not clean the floor. (<i>don't clean</i>)
Question	Do you clean the floor?

□ Quick Tips

- Use **clean** for hygiene, chores, and tidiness
- Use **cleans** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she clean the dishes?”
- Use **don't/doesn't** to say no: “He doesn't clean the yard.”

🔊 Audio Prompt Ideas

Record or read aloud slowly:

“I clean the room every day.”
“She cleans the dishes after lunch.”
“Do you clean the classroom?”
“We clean together on Fridays.”
“He doesn’t clean the kitchen.”

★ Final Thought

Learning English is not just about grammar—it’s about connection. These verbs help you talk about your life, your feelings, and your health. Use them to express yourself in your everyday life & wellness situations. If you do so you’ll see your confidence grow. So, keep practicing. keep smiling. Your English journey is just beginning!

Sabino Manuel

The creator of **“English Journey: Start Speaking with Confidence – One Step at a Time”**