

Basic Everyday English Practice Lessons: Speak with Confidence

This first article, from "[English Journey Online](#)", looks at the basic everyday expressions. It makes part of the [words you need to know to build confidence](#). These include vocabulary & phrases for greeting people, introducing yourself, asking simple questions in your everyday life and more. The lessons help beginners practice speaking and build confidence step by step: see here [tips for building confidence in English](#).

To help you achieve fluency, each lesson on this article includes:

- Key vocabulary & phrases
- Sample conversations
- Practice exercises
- Quick tips
- FAQs
- How-Questions

Lesson 1: Greetings & Introducing Yourself

Key Vocabulary & Phrases

English Phrase	Meaning	Example Use
Hello / Hi	A friendly greeting	"Hello! How are you?"
Good morning	Greeting before noon	"Good morning, teacher."
Good afternoon	Greeting after noon	"Good afternoon, John."
Good evening	Greeting after 6 PM	"Good evening, everyone."
My name is ____	Say your name	"My name is Maria."
I am from ____	Say your country/city	"I am from Mozambique."
Nice to meet you	Polite response	"Nice to meet you too!"

Sample Conversation to Practice Everyday English Speaking

A: Hello!

B: Hi! Good morning.

A: My name is David. What's your name?

B: I'm Anna. Nice to meet you.

A: Nice to meet you too. Where are you from?

B: I'm from Brazil. And you?

A: I'm from South Africa.

Frequently Asked Questions

FAQ for Lesson 1: Greetings & Introducing Yourself

Q1: What is the correct greeting to use in the morning?

A1: You should say "Good morning" before noon.

Q2: How do I introduce myself politely in English?

A2: You can say "My name is ____" or "I am ____." For example: "My name is Maria."

Q3: What should I say when someone tells me their name?

A3: A polite response is "Nice to meet you."

How to introduce yourself in English in 3 steps

1. Start with a greeting: say "Hello" or "Good morning."
2. Share your name: "My name is Maria."
3. Respond politely: "Nice to meet you."

Lesson 2: Asking Simple Questions in English

Learning simple English questions for daily use helps you connect with others.

Key Vocabulary & Phrases

Word	Use	Example Question
What	Ask for information	"What is your name?"
Where	Ask about location	"Where are you from?"
When	Ask about time	"When is your birthday?"
Who	Ask about people	"Who is your teacher?"
How	Ask about method or feeling	"How are you?"
Why	Ask about reason	"Why are you late?"

Conversation Practice

A: What is your name?

B: My name is Fatima.

A: Where are you from?

B: I'm from Mozambique.

A: How old are you?
B: I'm 20 years old.
A: When do you study English?
B: I study every morning.

These questions are perfect for daily exercise.

Frequently Asked Questions

FAQ for Lesson 2: Asking Simple Questions in English

Q1: How do I ask about someone's name in English?

A1: You can say "What is your name?"

Q2: Which word should I use to ask about location?

A2: Use "Where." For example: "Where are you from?"

Q3: How do I ask about time in English?

A3: Use "When." For example: "When is your birthday?"

How to Ask Questions in English in 3 Steps

1. Begin with a question word: "What," "Where," "When," "Who," "How," or "Why."
2. Add the subject: "What is your name?"
3. Practice daily by asking friends simple questions.

Lesson 3: My Daily Routine in English for Practicing Speaking

Describing your routine is a great way to learn vocabulary.

Key Vocabulary & Phrases for Everyday English Speaking Practice

Phrase	Meaning	Example Sentence
Wake up / Get up	Start the day	"I wake up at 6 a.m. and get up at 6:15."
Take a shower / Bath	Clean yourself	"I take a shower before breakfast."
Have breakfast / lunch	Eat meals	"I have lunch at school."
Go to work / school	Leave home for daily duties	"I go to work at 8 a.m."
Start / Finish work	Begin or end job	"I start work at 9 and finish at 5."
Come home	Return to your house	"I come home around 6 p.m."
Cook / Eat dinner	Prepare and eat evening meal	"I cook dinner with my sister."

Watch TV / Relax	Leisure time	"I relax by watching TV."
Go to bed / Sleep	End the day	"I go to bed at 10 p.m."

Apart from these vocabulary consider learning also [Everyday English conversation phrases](#).

Everyday English Speaking Practice: Sample Conversation

"I usually wake up at 6:30 a.m. I take a shower and have breakfast. Then I go to work by bus. I start work at 8 a.m. and finish at 4 p.m. After work, I come home, cook dinner, and relax by reading a book. I go to bed around 10 p.m."

Use these **daily routine English sentences** to describe your own life.

Learn also "[how to make invitations](#)"

Quick Tips for Everyday English Speaking Practice

- Smile when you greet someone—it builds confidence.
- Practice with a friend or in front of a mirror.
- Don't worry about mistakes. Every word you speak is progress.
- Try English speaking practice exercises daily to improve fluency.

Frequently Asked Questions

FAQ for *Lesson 3: My Daily Routine in English*

Q1: How do I say when I wake up in English?

A1: You can say "I wake up at 6 a.m."

Q2: What phrase should I use to talk about eating in the morning?

A2: Say "I have breakfast." For example: "I have breakfast at 7 a.m."

Q3: How do I describe the end of my day?

A3: You can say "I go to bed at ____." For example: "I go to bed at 10 p.m."

How to describe your daily routine in English in 3 steps

1. Start with the morning: "I wake up at 6 a.m. and have breakfast."
2. Talk about your day: "I go to work at 8 a.m. and finish at 4 p.m."
3. End with the evening: "I cook dinner, relax, and go to bed at 10 p.m."

Lesson 4: Everyday English Speaking Practice - Talking About Family

Family is one of the most common topics in our daily conversation. learn here [English expressions for daily life](#).

Key Vocabulary & Phrases Everyday English Speaking Practice

English Phrase	Meaning	Example Use
Father / Dad	Male parent	"My father is a teacher."
Mother / Mom	Female parent	"My mom cooks dinner every day."
Brother / Sister	Sibling	"I have one brother and two sisters."
Son / Daughter	Child	"Her son is 10 years old."
Grandparents	Parents of your parents	"My grandparents live in the village."
Cousin	Relative	"My cousin is my best friend."

Sample Conversation

A: Do you have brothers or sisters?

B: Yes, I have one brother.

A: How old is he?

B: He is 15 years old.

A: Do you live with your parents?

B: Yes, I live with my mom and dad.

Practice using daily simple English speaking sentences like these to describe your family in daily.

To learn more themed vocabulary visit the "[Start here](#)" page.

Practice Exercises

1. Fill in the blanks:
2. My ___ is a doctor.
3. I live with my ___ and my brother.
4. My ___ is 12 years old.
5. Role-play:
6. Pretend you are introducing your family to a friend. Use at least 3 family words.
7. Quick Tip: Practice saying family words with photos of your relatives to make learning personal.

Quick Tips on How to Talk About Your Family in English

- **Practice with photos:** Look at a picture of your family and describe each person in English.
- **Use simple sentences:** Start with “This is my mother” or “I have one brother.”
- **Repeat daily:** Talk about your family every day to build confidence in English speaking practice.
- **Write it down:** Make a short paragraph about your family and read it aloud.
- **Connect with others:** Ask friends about their family using simple English questions like “Do you have sisters?”

Frequently Asked Questions

FAQ for *Lesson 4: Talking about Family in English*

Q1: How do I talk about my parents in English?

A1: You can say “This is my father” or “This is my mother.”

Q2: What phrase should I use to describe siblings?

A2: Say “I have ___ brother(s) and ___ sister(s).” For example: “I have one brother and two sisters.”

Q3: How do I ask someone about their family?

A3: You can say “Do you have brothers or sisters?”

How to talk about your family in English in 3 steps

1. Introduce family members: “This is my father. This is my mother.”
2. Describe siblings: “I have one brother and two sisters.”
3. Ask questions about others: “Do you have brothers or sisters?”

To learn "at restaurant" vocabulary to know how to order food & meals, visit the article: ["Expressing Everyday Experience in English"](#)

Remember: practicing these phrases every day can help you build confidence in English.