

How do you talk about your daily rituals?

Three levels: *Beginner* | *Intermediate* | *Fluent*

Our small daily habits quietly shape our lives. In this guide, you practise talking about them at your level.

Beginner | A2

ABOUT THIS LEVEL

Short sentences are fine. Talk about your day simply.

USEFUL WORDS AND EXPRESSIONS

morning	the start of the day <i>"I drink tea in the morning."</i>
wake up	stop sleeping <i>"I wake up early."</i>
every day	all days <i>"I do this every day."</i>
coffee	a hot drink <i>"I need my coffee."</i>
sleep	rest at night <i>"I go to sleep at eleven."</i>

PRACTICE QUESTIONS (ANSWER OUT LOUD)

30 to 60 seconds per question.

- What time do you wake up?
- What do you do first in the morning?
- Do you drink coffee or tea?
- What do you do before you sleep?
- Do you like mornings?

ERROR SPOTTING

Which sentence is correct? a) "I am wake up early." b) "I wake up early." c) "I wakes up early."

→ Sentence b is correct. Use "I wake up" for a habit. Sentences a and c have the wrong verb form.

ABOUT THIS LEVEL

You can talk simply. Now describe, compare, and give your opinion.

USEFUL WORDS AND EXPRESSIONS

a habit	something you do often <i>"It became a daily habit."</i>
stick to	keep doing something <i>"I try to stick to my routine."</i>
productive	getting a lot done <i>"A good morning makes me productive."</i>
screen time	time spent on a phone or computer <i>"I want less screen time at night."</i>
recharge	get your energy back <i>"A walk helps me recharge."</i>

PRACTICE QUESTIONS (ANSWER OUT LOUD)

30 to 60 seconds per question.

- How does your morning affect the rest of your day?
- What habit would you like to start or stop?
- Do routines help you or limit you? Why?
- How do you relax after a busy day?
- Tell me about a habit that really changed your life.

ERROR SPOTTING

Correct the mistake in each sentence: 1. "I have this habit since five years." 2. "My routine is more better now." 3. "I am used to wake up early."

→ 1: "...for five years." 2: "My routine is better now." 3: "I am used to waking up early."

ABOUT THIS LEVEL

Now talk with more detail and personal reflection.

USEFUL WORDS AND EXPRESSIONS

a ritual	an act with personal meaning <i>"My evening walk is almost a ritual."</i>
mindful	fully aware in the moment <i>"I try to be mindful in the morning."</i>
anchor	something that gives stability <i>"My routine is an anchor in a busy life."</i>
intentional	done with clear purpose <i>"I want my mornings to be intentional."</i>
grounding	helping you feel calm and steady <i>"This habit is grounding for me."</i>

PRACTICE QUESTIONS (ANSWER OUT LOUD)

30 to 60 seconds per question.

- Why do small rituals matter so much to our wellbeing?
- Is a fixed routine freeing or limiting?
- How do our habits shape who we become over years?
- What ritual would you never give up, and why?

ERROR SPOTTING

Which sentence sounds the most natural? a) "My routine is good and I like it." b) "These small rituals may look ordinary, but they are quietly what hold my days together." c) "I do the same things and it is nice."

→ Sentence b is B2: nuance, a complex structure, and personal reflection. Sentences a and c are correct but simpler.

SMALL ACTION FOR THIS WEEK

Do one small ritual on purpose this week and notice how it feels. Once this week. That is enough.