

FluentMinds Vocabulary Worksheet: Bathroom & Morning Routines

Section 1: Micro-Actions Master List

Casual / Slang	Neutral	Formal
Pee	Go to the bathroom	Urinate
Take a leak	Use the restroom	Relieve oneself
Poop	Use the bathroom	Have a bowel movement
Take a dump	-	Defecate
Answer nature's call	Visit the bathroom	Respond to bodily functions
Hop in (shower)	Take a shower	Enter the shower
Lather up	Wash with soap	Apply cleansing product
Rinse off	Rinse	Remove soap
Towel dry	Dry with a towel	Pat oneself dry
Pruney fingers	Wrinkled fingers	Skin wrinkling due to soaking
Drain the tub	Empty the bathtub	Release bathwater
Slip on wet tiles	Lose footing	Experience a slip incident
Tame bedhead	Comb messy hair	Groom disheveled hair
Pat on moisturizer	Apply lotion	Hydrate facial skin
Pluck eyebrows	Shape eyebrows	Remove excess eyebrow hair
Over-tweeze	-	Excessively remove eyebrow hair

Section 2: Exercises

1. Level-Up Challenge

A1: List 5 neutral phrases from the list.

B2: Rewrite a short story using 10 slang terms.

C1: Write a formal email to your boss about being late, using 3+ formal phrases.

2. Quick Drill


Circle the slang terms you heard in the episode:

[] Take a leak

[] Tame bedhead

[] Hydrate facial skin

3. Mistake Clinic

 *"I make pee and dry with towel."*

 *"I pee and towel dry."*

Audio Practice Section

Short Video Focus: Record yourself saying 3 slang phrases from the episode.

Full Routine Focus: Describe your complete morning and bathroom routine in 30 seconds using terms from this list.