



# FluentMinds Vocabulary Worksheet: Ultimate Morning Routines

(Complete Version – For Long Video & Shorts)



## Section 1: Micro-Actions Master List

### From Alarm to Bathroom

Casual/Slang	Neutral	Formal	Example Sentence
Mash the snooze button	Turn off the alarm	Deactivate the alarm	<i>"I mashed snooze 3 times before finally turning it off."</i>
Peel my eyes open	Open my eyes slowly	Regain consciousness	<i>"I peeled my eyes open after 5 alarms."</i>
Fumble for my phone	Reach for my phone	Retrieve my device	<i>"I fumbled for my phone in the dark."</i>
Doomscroll	Scroll through news	Browse headlines	<i>"I doomscrolled for 20 minutes before getting up."</i>
Heave myself upright	Sit up	Rise from the bed	<i>"I heaved myself upright like a zombie."</i>
Shove the blankets off	Push the covers aside	Remove the bed linens	<i>"I shoved the blankets off in frustration."</i>

Stumble to the bathroom	Walk sleepily	Proceed to the lavatory	<i>"I stumbled to the bathroom, half-asleep."</i>
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## Section 2: Exercises

### 1. Level-Up Challenge

- **A1:** List 5 neutral phrases from the video
- **B2:** Rewrite Sam's story using 10 slang terms
- **C1:** Write a formal email to your boss about being late, using 3+ formal phrases

### 2. Shorts Quick Drill

- Circle the slang terms you heard in the Short:  
 Mash snooze  Peel eyes open  Retrieve device

### 3. Mistake Clinic



*"I stop the alarm and see my phone."*



*"I turn off the alarm and check my phone."*



### Audio Practice Section

- **Short Video Focus:** Record yourself saying 3 slang phrases from the Short
- **Long Video Focus:** Describe your FULL morning routine in 30 seconds using terms from both videos