

FLUENTMINDS PODCAST – FULL MORNING ROUTINE WORKSHEET

Episode 1

1. MORNING ROUTINE VOCABULARY (E1A)

Vocabulary

- Wake up → Peel your eyes open → Groggily regain consciousness
- Hit snooze → Mash the snooze button → Slap the alarm
- Look at phone → Check notifications → Doomscroll
- Walk to bathroom → Stumble toward the door → Zombie-walk
- Get out of bed → Sit up slowly → Roll out like a slug

Dialogue

Alex: I mashed the snooze button for the third time.

Sam: Same. I doomscrolled for 10 minutes before rolling out like a slug.

Exercises

1. Rewrite: “I got out of bed slowly.” → _____
2. Create a short dialogue using: “doomscroll” and “zombie-walk.”
3. Register Swap: “I got up” (formal) → “I peeled my eyes open” (slang)

2. BATHROOM VOCABULARY (E1B)

Vocabulary

- Use the toilet → Use the restroom → Take a quick leak
- Fix your hair → Comb your hair → Fix your bedhead
- Rush → Hurry → Sprint to the bathroom
- Spend too long → Take your time → Hog the bathroom
- Brush teeth → Clean your teeth → Scrub your teeth like crazy

Dialogue

Alex: I hogged the bathroom for 20 minutes.

Sam: Yeah, I had to panic-shave and sprint out the door.

Exercises

1. Rewrite: "He spent too long in the bathroom." → _____
2. Create a dialogue using: "panic-shave" and "hog the bathroom."
3. Story Time: Describe your morning using 3 bathroom expressions.

3. KITCHEN & BREAKFAST VOCABULARY (E1C)

Vocabulary

- Make coffee → Brew coffee → Slap the coffee maker awake
- Pour milk → Glug milk → Dump moo juice
- Cook eggs → Scramble eggs → Murder the eggs
- Burn toast → Over-toast → Incinerate the bread
- Wash dishes → Toss dishes in sink → Let them marinate

Dialogue

Sam: I murdered the eggs again.

Alex: At least you didn't slap the coffee maker unconscious.

Exercises

1. Rewrite: "I made breakfast quickly." → _____
2. Register Switch: "I prepared breakfast" (formal) → "I yeeted the burnt toast" (slang)
3. Create a dialogue using: "blackened the omelet" and "the coffee maker's possessed."

4. GETTING DRESSED VOCABULARY (E1D)

Vocabulary

- Put on clothes → Get dressed → Throw something on
- Try clothes → Try on → Shimmy into jeans

- Zip/Button → Fasten clothes → Wrestle with the zipper
- Take off → Remove clothing → Peel off / Kick off
- Fix clothes → Adjust outfit → Tug at it all day
- Dress up → Wear formal → Rock the blazer
- Outfit mistake → Clothing error → Wardrobe malfunction

Dialogue

Alex: I shimmy into my jeans and tug at them all day.

Sam: I had a wardrobe malfunction before the meeting.

Exercises

1. Rewrite: “He got dressed quickly.” → _____
2. Create a dialogue using: “wardrobe malfunction” and “kick off your shoes.”
3. Story Time: Describe an outfit fail using 3 phrases from above.

5. A VERY DIFFICULT EXERCISE

The 3-Minute Fluency Challenge

Set a timer for 3 minutes. Speak aloud, nonstop, about your entire morning routine using:

- At least 10 new phrases from this worksheet
- 1 kitchen disaster
- 1 bathroom issue
- 1 clothing fail
- 1 emotional reaction (e.g., “ugh,” “classic,” “not again”)



Bonus: Record yourself. Play it back. Identify where you hesitated. Then try again tomorrow.

6. ANSWER KEY (Suggested Responses)

E1A

1. I rolled out like a slug.
2. A: I doomscrolled too long. B: I zombie-walked to the shower.

3. “I got up” = formal / “I peeled my eyes open” = slang

E1B

1. He hogged the bathroom.
2. A: I panic-shaved! B: You always hog the bathroom.
3. “I fixed my bedhead, brushed my teeth, and took a quick leak.”

E1C

1. I slapped together some eggs and dumped moo juice in a bowl.
2. “Prepared breakfast” vs. “yeeted the burnt toast”
3. “I blackened the omelet. The coffee maker’s possessed.”

E1D

1. He threw something on.
2. A: I had a wardrobe malfunction! B: Kick off your shoes and relax.
3. “I wrestled with the zipper, then realized my shirt was inside out.”