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6 Minute English Shadowing Practice – Talk About Your Daily Routine | Slow English Podcast

Do you sometimes feel nervous when someone asks you,

“What is your daily routine?”

Many English learners know some words and phrases, but they cannot describe their daily routine smoothly. Sometimes they stop, they translate in their head, and they lose confidence.

In this episode, we will practice together step by step. You will learn simple and natural sentences to talk about your daily routine. You will also practice shadowing with me, so you can improve your fluency and speak with confidence.

So, let us get started.

Let us begin with the morning.

When you wake up, you can say:

“I wake up at seven o’clock.”

“I get out of bed and wash my face.”

“I brush my teeth and take a shower.”

After that, you can say:

“I eat breakfast.”

“I usually drink coffee and eat bread with butter.”

If you go to work or school, you can say:

“I leave home at eight o’clock.”

“I go to work by bus.”

Or, "I walk to school."

Repeat these sentences with me.

"I wake up at seven o'clock."

"I brush my teeth."

"I eat breakfast."

"I go to work by bus."

This is shadowing. Listen and repeat with me. It will help you speak faster and more naturally.

Now let us talk about the day.

After you arrive at work or school, you can say:

"I start work at nine o'clock."

"I check my emails and talk with my colleagues."

Or, "I start my first class and listen to the teacher."

If you study, you can say:

"I read my books."

"I take notes in my notebook."

"I ask questions when I do not understand."

At lunch time, you can say:

"I eat lunch at one o'clock."

"I usually eat rice, chicken, and salad."

"I drink water or juice."

After lunch, you can say:

"I continue working on my tasks."

"I have a meeting with my boss."

Or, "I study with my classmates."

For students who learn English every day, you can say:

“I practice English on Speakdom.com.”

“I listen to a podcast and repeat the sentences.”

“I try to think in English, not in my native language.”

Let us repeat together:

“I start work at nine o’clock.”

“I eat lunch at one o’clock.”

“I practice English in the afternoon.”

“I think in English every day.”

Remember, when you shadow these sentences, do not stop. Keep speaking with me, even if it feels difficult. This is how you train your brain to speak English naturally.

Now, let us move to the evening.

After a long day, you can say:

“I finish work at five o’clock.”

“I go back home by bus or by car.”

“I take a short rest when I arrive home.”

In the evening, many people enjoy different activities.

You can say:

“I cook dinner with my family.”

“I eat dinner at seven o’clock.”

“I usually eat pasta, vegetables, and soup.”

Some people like to relax.

You can say:

“I watch TV for one hour.”

“I listen to music.”

“I read a book before sleeping.”

If you study in the evening, you can say:

“I review my lessons.”

“I write new vocabulary in my notebook.”

“I practice English shadowing for fifteen minutes.”

Before going to bed, you can say:

“I brush my teeth.”

“I prepare my bag for tomorrow.”

“I go to bed at ten o’clock.”

Let us repeat together:

“I finish work at five o’clock.”

“I eat dinner at seven o’clock.”

“I practice English shadowing in the evening.”

“I go to bed at ten o’clock.”

Remember, the evening is a great time to practice English. Your mind is more relaxed, and you can listen, repeat, and shadow sentences slowly.

Great job, my friend! You have just listened to a full daily routine in English. From the morning to the evening, you practiced useful sentences that you can use every day.

Shadowing these sentences will help you sound more natural and confident. Do not worry if you make mistakes. The important thing is practice, practice, and more practice.

Here is my advice:

Listen to this episode again tomorrow. Repeat the sentences with me. Try to speak louder and clearer each time. You will notice your English improving step by step.

If you want to continue practicing, I have prepared a free exercise for you. It includes the full text and audio. You can find it on my website [Speakdom.com](https://www.speakdom.com). The link is in the description box of this video.

So, keep learning, keep shadowing, and keep speaking English every day.

Thank you for listening to this podcast episode.

Do not forget to subscribe and share this with your friends who are also learning English.

And now... keep practicing, and I will see you in the next episode.

