

# MORNING TIME ROUTINE INTERMEDIATE AND ADVANCED ENGLISH VOCABULARY

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develop a passion  
for Teaching!*



**INFINITY PODCASTS 1237**

All right hello hello everyone  
welcome highlevel listeners  
I'm cat or cat teacher and I'm  
Mark or Mark teacher as well  
thank you very much for  
joining uh we're really glad to  
have you here for our first  
ever season of high Lev  
listening live classes and our  
first ever episode um we'd  
like to begin by introducing  
ourselves and telling you who  
we are my name's Mark I'm  
from the UK K uh I'm from  
just outside of London about  
30 or 45 minutes by train and  
i've been a teacher for just  
over 10 years now and I'm cat  
or cat teacher I am the

American Voice on High  
level listening um i've been a  
teacher definitely over a  
decade um I don't always like  
to tell people that because it  
makes me feel old but yeah  
i've been teaching English as  
a second language since okay  
we're not even going to guess  
the year that I started teaching  
um taught in a couple of  
different countries students of  
all levels from little kids who  
are learning English for the  
first time to adults who want  
to work on their  
conversational skills business  
skills Etc and what Mark and  
I found over time when

teaching all of these students  
is that there were just not  
enough materials for our  
highlevel students our  
Advanced students could  
watch TV or they could you  
know watch American movies  
or TV shows but there wasn't  
a lot for them to learn there  
wasn't a lot for them to figure  
out how to get better  
conversationally of course  
you can watch TV you can  
watch movies but there was  
no one out there breaking it  
down to make it easier for  
students who are learning  
English as a second language  
MH well yeah so hopefully

with our combined experience of almost two decades we hope to create some listening materials which are full of vocabulary Advanced phrases Expressions that maybe only native speakers use or say or maybe phrases or vocabulary that you don't often see in textbooks so yeah the first topic that we're going to present today is morning routines morning routines are a very common starting point usually it's one of the first things you learn when you learn English as a beginner I get up I brush my teeth I put on my clothes and so on we're

going to use the same topic  
but we're going to give you a  
much higher level version  
where we speak more quickly  
we use phrases that native  
speakers will probably use to  
describe their morning and  
you'll get to hear these  
phrases will explain the ones  
that we think are the most  
useful use ful and the most  
interesting and then you'll  
have some more expressions  
and some more words to  
know to understand people  
talking about their mornings  
and for you to use when you  
talk about your morning so uh  
the question we're going to



ask each other and the question we're going to answer is how was your morning so cat how was your morning yeah uh this morning was pretty standard for me I woke up around 7 am 7ish thanks to my trusty alarm uh hit snooze of course and laid in bed for a bit scrolling through my phone eventually I got up brushed my teeth and headed straight to the kitchen I guess I whipped up some toast and scrambled eggs and poured myself a fresh cup of coffee can't do without it after breakfast I took a quick shower and then got dressed

for the day before heading out  
I checked my emails one last  
time like you gotta and uh  
that's about it really okay  
awesome uh so for my  
morning routine this morning  
was fairly ordinary for me  
woke up around 7 with my  
alarm hit snooze as you do  
then stayed in bed for a bit  
scrolling on my phone then I  
got up brushed my teeth and  
went to the kitchen I made  
some toast and some  
scrambled eggs and had a cup  
of tea after eating I had a  
quick shower and got PR for  
work had a quick look at my  
emails before I left and that's



about it really all right so kind  
of our goal with these new  
high listening podcast  
episodes we're trying to give  
you as much good vocabulary  
that still sounds natural in the  
sentence you can see that  
Mark and I actually had very  
similar mornings we did lots  
of things that were very  
similar it was a pretty  
standard morning for me we  
both laid in bed scrolled on  
our phone for a little bit we  
both made some breakfast  
pretty quickly I had a cup of  
coffee in standard British  
fashion he had some he had a  
cup of tea so we both got

dressed for the day and we wanted to get out of the house head to work start our day and we um of course with work we checked our emails for the last time so what we tried to do is make sure that both of us as an American and a British language speaker that we wanted to show you that there are some differences in the language there are some differences between American English and British English and it's not just vocabulary sometimes it's a little bit of the sentence structure so if you've ever wondered why you

understand more Americans or more Brits maybe you can kind of see you can start to see some of the differences between our phrases so Mark do you want to just get us started with kind of how you started your morning or what was kind of the beginning of your morning routine yeah of course um so I'm from the UK therefore some of the phrases in my script were more common for British speakers actually when we made these scripts I looked at them and I tried to tweak them or change them a little bit so they included lots of good British

phrases the first more British phrase that I said was fairly ordinary fairly ordinary the sentence this morning was fairly ordinary for me if you heard cat's version she said pretty standard so pretty standard fairly ordinary pretty in my opinion as a br British speaker pretty is a bit more common with American speakers pretty meaning quite or fairly yeah American speakers American movies you will hear that phrase more often there in the UK I think we say quite or fairly more often if I said pretty ordinary something would go off in my

head like that's not me I  
would say fairly ordinary  
quite ordinary so I said this  
morning was fairly ordinary  
for me cat said this morning  
was pretty standard for me  
these two phrases have  
exactly the same meaning I  
naturally say fairly and Cat  
might naturally say pretty but  
the meaning is exactly the  
same and we want to mention  
that both of these are these are  
normal mornings it was a  
pretty normal morning see  
there I am there I go again  
pretty normal pretty average  
pretty standard and this is just  
a word that we often use to

kind of mean kind of sort of  
barely fairly it kind of means  
the same thing but it's very  
common pretty standard  
pretty normal pretty average  
these are pretty common  
phrases that we use that we  
use quite often okay quite  
often especially in commonly  
spoken and just chatting with  
friends it's pretty common it's  
pretty common it's fairly  
common or it's quite common  
I feel like as a bripe uh if I  
have to say pretty or if I try  
and say pretty I even  
americanize my accent a little  
bit I say pretty yeah it's pretty  
good it's pretty good it's pretty

hot it's pretty nice I have to  
say pry D where the t's sound  
like D's yes like an American  
accent like I even have to  
change the way I do it to use  
that word so I'm sure if I'm  
talking to my mom from the  
UK or if I start talking to my  
sister and my British accent  
really comes out I will start  
saying fairly and quite like it  
was fairly warm outside fairly  
cold and and that makes sense  
especially because the word  
pretty Pretty P R TT y pretty  
in an American accent is  
pretty almost like a light D D  
sound pretty pretty common  
pretty normal pretty standard



pretty ordinary so we often I  
mean I can I can see why if  
you do start to use it Mark  
that you would use it more  
with the American otherwise  
pretty pretty it makes me  
sound like I'm I'm trying to be  
British pretty pretty oh she's  
pretty pretty yeah right I've  
got two choices in British I  
can go like really full on  
British and skip the te's and  
say pretty pretty e no teas  
pretty good pretty boring I  
have to go like maximum turn  
it up to 100 or I say pretty  
expensive pretty ordinary and  
then I don't know it doesn't  
feel right it doesn't feel right

so it is more common in British English and uh it's less common it's less common in British English more common in American English so the next thing that I think most people do when they first wake up is actually they just lay in bed for a bit okay they just lay in bed for a bit lay in bed for a bit now I'm talking about something that happened before or happened this morning so I said I laid in bed laid in bed for a bit laid in bed laid in bed for a bit I laid in bed for a bit I laid in bed for a bit meaning I didn't get up from bed I didn't get up

from my bed I just was laying back opening my eyes and for a short period of time for a few minutes for a bit I laid in bed for a bit yeah sure I it's pretty normal for me first I wake up so I wake up my eyes open but I don't get up because get up is off the covers and get out of bed often I wake up and I don't want to get out of bed maybe it's cold outside I'm too comfortable um I usually grab my phone and I like in the script said uh what did I say scrolled through my phone I scrolled through my phone a little bit so that's me laying in

bed in my version I said  
stayed in bed cat said laid in  
bed laid in bed stayed in bed  
have exactly the same  
meaning uh we might talk  
about this later the past tense  
laid laid in I said stay in the D  
the last word connects with in  
so it's Le lein bed also Stayin  
stayed in bed so laid in bed  
for a bit stayed in bed for a bit  
we might talk about this later  
but it's an example where the  
last letter connects to the  
preposition laid in bed stayed  
in bed I just stayed in bed and  
scrolled through my phone  
you know and it's funny too  
we don't actually need an

article here um I see a lot of students saying you know I stayed in the bed I stayed in my bed um really just stayed in bed go to bed stayed in bed laid in bed now laid is the physical action of laying down and stay is to not move but they mean the same thing we didn't move from our bed we just laid in bed for a bit laid in bed stayed in bed now I did finally get up at some point I did finally get up I brushed my teeth brushed brushed my teeth and headed straight to the kitchen now I the more that I speak normally in my classes I

realize that the verb head I've used this a lot and it usually when we're talking about heading somewhere we mean mean going okay get ahead go ahead do something go straight head straight head north head south this verb is very common and it simply means to go so I headed straight to the kitchen headed straight to the kitchen straight to the kitchen so I got up brushed my teeth H I'm so hungry I headed straight to the kitchen I didn't stop just went straight to the kitchen headed also a more American phrase I think I don't say

headed uh in fact I often think of this phrase in the question where are you headed where are you headed where are you going where are you headed where are you going so to head to go maybe it's an easier verb because yeah I go and yesterday I went now I head yesterday I headed yeah so a little bit easier but uh again as a British person I probably wouldn't say that okay I would say I got up brushed my teeth and went straight to the kitchen not the bathroom not the bedroom straight to the kitchen maybe because I'm really hungry um



Kat actually got to use a cool phrase when she talked about breakfast can you read about what you yeah I uh I whipped up some toast and scrambled eggs I whipped up um you know it's funny we when you whip up something you think of um kind of making something very quickly uh you know I'm not really interested in a recipe right now it doesn't have to be perfect I'm just GNA okay I'm just GNA uh yep yep I'm awake uh sure I'll just put some toast in there and I'll just do this simple easy just whip something up okay so I

whipped up some toast I  
whipped up some toast so  
whipped up whipped up  
whipped up some toast  
whipped up some toast and  
scrambled eggs yes uh  
imagine you open your fridge  
and you only have three  
ingredients and they're all  
very random you're hungry  
and you need to make  
something if you take random  
different ingredients and you  
just put them together and  
make a meal you whipped up  
something so whip up is  
speed it's doing it quickly and  
whip up sounds like you're  
not following a recipe you're

just using what you have in  
your house at the time so yeah  
I Just Whipped something up  
for lunch it's a few vegetables  
and some leftover meat from  
yesterday so if you whip  
something up we use this in  
the morning because often  
you don't have time to make a  
really nice meal you have to  
wake up get ready go to work  
so time is important so I think  
that's why we put whipped up  
some toast and scrambled  
eggs my version was very  
normal I said I made some  
toast and scrambled eggs it  
has the same meaning cats  
one whipped up scrambled

eggs and toast that sounds a bit like she had a bit less time or she was in more of a hurry so if you whip up something you're in a hurry maybe in the morning or maybe yeah some last minute change to your schedule uh another British American example was the next one uh cat what did you have with your scrambled eggs and toast I poured myself if even if I don't eat breakfast I have to have a cup of coffee whether if I don't have time to make it at home then I'll pick it up on my way or I'll visit the cafe that's really close to our house

so if I poured myself a fresh  
cup of coffee so um that's  
kind of the act of taking the  
hot of coffee and pouring  
myself so I poured I didn't  
pour Mark a cup of coffee I  
didn't pour my cats a cup of  
coffee I poured it for myself  
so it's kind of a weird setup  
there I poured myself almost  
sounds like I poured me into a  
cup of coffee but I poured  
myself a cup of coffee I  
poured my friend a cup of  
coffee so I poured myself a  
fresh cup of coffee I need it I  
have to have my cup of coffee  
Americans are pretty addicted  
to cups of coffee in the

morning so I poured myself a  
fresh cup of coffee and Mark  
in typical British fashion had  
a cup of tea yes a cup of tea I  
could also say poured myself  
a cup of tea uh I made it just  
for me I'm not sharing it I  
poured myself a cup of tea  
another verb that you can use  
it with is made myself I made  
myself a cup of tea or I made  
myself a cup of coffee uh  
when you're making food you  
can also use made myself  
maybe I made myself some  
toast and scrambled eggs  
again that is for me I didn't  
make enough to feed my or  
children or whoever it's just

for me I made a small portion

I made myself some toast I  
poured myself some coffee I  
made myself a cup of tea yes  
classic British drink you can  
drink tea in the morning in the  
afternoon in the evening some  
people drink tea before bed I

think we have a slight tea  
addiction of course there are  
loads of people who also  
drink coffee coffee is super  
popular in the UK we have  
Starbucks we have big coffee  
chains but tea uh is still

number one just about us aink

British yes very true uh it's  
probably something you drink  
at home you go in England I



think you go out for coffee or  
you meet in a coffee shop um  
but at home everyone has tea  
or tea bags if you have guests  
you always offer them a cup  
of tea or coffee so you go out  
if you went out for tea um  
that's a a separate meal that's a  
separate occasion we usually  
have tea at home and coffee  
when you go out usually i's  
say and you know it's funny  
to think of um you know a  
fresh cup of coffee most  
people are separating all three  
words cup of coffee but kind  
of when we're saying it quite  
quickly a fresh Cupa cup of  
coffee cup of coffee cup of

coffee and I would also I  
always hear you because you  
even have a word for it Mark  
right like aa aa oh yeah right  
so it's a cup of tea the of  
becomes uh cup tea cup tea of  
transforms cup te and then we  
ditched the third word and  
then became CER a CER do  
you want a copper do you  
fancy a copper if you go to a  
British person's house and  
they say do you want a cupper  
do you want a cup of tea do  
you want a cupper so be ready  
for that question because it's  
not always obvious as Cat  
knows and it's not even  
obvious for me and I'm I'm an

American Native English speaker and the first time someone offered me a Cupa and I was like a cup of what and everyone looked at me like I was crazy and I said what' you think yeah rude yeah sorry uh yes whatever it is a cup of whatever you want to give me sure but when they're asking w a Cupa they mean a cup of tea now that's not as common in the US we would say hi can I get you a coffee can I get you a tea so if you were invited to my house I would be like would you like a cup of coffee would you like a cup of tea would

you like some water we'll  
offer you a refreshment but  
it's not always coffee and it's  
could be water um it is  
common to ask them if they  
want something to drink  
would you like anything to  
drink can I get you something  
to drink but we don't use that  
Kaa nearly as often as um  
they do in the UK H okay um  
yeah later on in the script we  
saw another example of the  
American verb head head and  
go yeah but uh C used it as a  
phrasal verb instead um can  
you see the line yeah so  
before heading out before  
heading out to head out is to

leave hey guys nice party um  
we're going to be heading out  
okay uh yep we're heading out  
see you next week okay so  
before heading out to head out  
is to leave okay so leaving my  
house leaving my home  
before heading out before  
heading out oh yeah I quite  
like that because Mark would  
say something a little bit  
different yeah there is a  
British version of this uh as  
the phrasal verb if I say o look  
at the time I've got to head off  
cat said head out I would say  
head off you even said that in  
an American accent head out  
head out it went straight up

my nose head out and head  
off head off head off head off  
yes right yeah uh it's a good  
example where it's a phrasal  
verb so there's the verb head  
and the second word is called  
the particle and that has more  
meaning head is go head out  
out of the building out of the  
room so leave um off and out  
can mean the same thing  
when it's a phrasal verb  
particle so head out head off  
there are a few variations as  
well some older British  
people might say pop off I  
was about to pop off means  
go in this case off means out  
so I've got to pop off sry

goodbye um so yeah we I  
maybe think the only time  
Brits will use head is with this  
phrasal verb head off before  
heading off to work I checked  
my emails or before we  
headed off we packed our  
suitcases and checked our  
pockets um one more  
example it's a phrasal verb  
right head off if you change  
off you can make it mean  
something different again  
because the particle has more  
meaning head in head in  
means enter a building so  
head out is leave or head off  
is leave let's head in let's head  
into the restaurant or let's



head into town let's head into  
the city let's enter the city let's  
go into the city so you can  
play with that particle and you  
can actually make different  
meanings with one word and  
you can see that it is quite  
common for Americans I've  
I've naturally used it to say  
that I headed into the kitchen  
I headed straight to the  
kitchen so I went to the  
kitchen I headed straight to  
the kitchen I before heading  
out before leaving before  
going out before going to  
work before leaving before  
heading out I did something  
else so I naturally use this

twice in here and it is such a common verb to replace going doing something going in going out leaving entering these words we don't use them as often so if you want to kind of upgrade your conversation a little bit start start using some of these uh phrasal verbs head in head out head off yeah uh so the very last lines or the last line of this script I said uh had a quick look at my emails I had a quick look quick look at my emails quick look so maybe just 30 seconds email okay check check finished 10 seconds 20 seconds I had a

quick look at my emails you  
can use quick before lots of  
verbs I had a quick bite to eat  
a quick visit a quick trip uh a  
quick look I looked at it just  
for a few seconds and then I

went to work again in the  
morning you don't have a lot  
of time to hang around you  
have to go to be on time so  
this is a simple phrase had a  
quick look at my emails and

for me while Mark had a  
quick look at his emails I  
checked my emails now if I'm  
checking my emails I feel like  
I'm spending a little bit more  
time looking through them  
reading them maybe replying

but um I am heading out right  
so before heading out I  
checked my emails one last  
time so before heading out  
okay I'm just going to make  
sure let me check if there's  
anything important no it looks  
okay so I'm G to head out I'm  
going to go I'm G to leave for  
the day I'm G to get started  
with my day outside of the  
house and uh to end our  
lesson today that's about it  
really that's about it that's all  
that happened all right we  
about to head out or I well  
you're about to head out I'm  
about to head off yes um  
thank you for joining us today

everyone this is our very first episode so we'd love to hear your feedback we'd love to hear um what you thought about the lesson what you thought about all the vocabulary and if you have any questions about how to use this vocabulary um some good questions might be what's the difference between this and this can I say this what can I use here how can I use this phrase so that would be great to use in the future um you can check out our chat messages here on the side and you can leave us a message and we'll try to get

back to you or we'll be able to have a look and for our next episode we might be able to share some common questions or some frequently asked questions just to help our students make sure that they understand everything so we hope that you benefited from this and you should visit us at highle listening to improve your English listening understanding and speaking skills yes uh one more thing you can also get uh the an MP3 version of our morning routine script we've also put it on our website highling.com and I put the link in

the messages so if you click  
that link you'll go to our  
website you will see two  
MP3s of me and Cat plus the  
transcript so if you don't catch  
every word you can read  
along and see any words or  
phrases you missed and we'll  
be doing this for every future  
episode we'll have the main  
idea the main topic and then  
we'll support it with these live  
classes where you can join in  
we'll dive deep into the  
different phrases grammar  
and vocabulary and uh yeah  
take your English to the next  
level yes absolutely and we'll  
share a little bit of culture

along the way um since I'm  
born and raised in America  
and Mark is from the UK you  
get two different perspectives  
of very common English  
accents so thank you so much  
everyone we're gonna head  
off and we'll see you for our  
next episode next week on  
Monday same time same  
place bye everyone thank you  
guys byebye.

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