



French words for talking about your daily routine

KS4 FRENCH

MODERN LANGUAGES

Ages 11-16 ⌚ 3 min read

Why learn daily routine words?

When you're learning **French**, one of the most useful things to describe is your **daily routine**—what you do every single day. Whether you're talking to a French exchange student or visiting **France**, people will always ask you about your day. Learning these words helps you have real conversations.

Think of it like learning the soundtrack to your own life story—these words are the chapters that make up your day.

Morning and getting ready

Your day starts with **se réveiller** (to wake up) and **se lever** (to get up). Then comes **se laver** (to wash), **se doucher** (to shower), and **s'habiller** (to get dressed). You might **prendre le petit-déjeuner** (have breakfast) and **se brosser les dents** (brush your teeth). These **reflexive verbs**—words with "se" in front—describe things you do to yourself.

School and activities

Aller à l'école means to go to school, and **les cours** are lessons. You might **étudier** (study), **travailler** (work), or **jouer** (play). **Manger** is to eat, so **déjeuner** is lunch time. After school, you could **faire du sport** (do sport), **jouer de la musique** (play music), or **voir des amis** (see friends).

Evening and bedtime

In the evening, you might **rentrer à la maison** (come home), **faire les devoirs** (do homework), and **dîner** (have dinner). Before bed, you **se coucher** (go to bed), **s'endormir** (fall asleep), and maybe **lire** (read) or **regarder la télévision** (watch TV).

Think of it like building blocks—each small word is a block, and together they build your complete daily story.

Time words you'll need

To place activities in time, learn **le matin** (morning), **l'après-midi** (afternoon), and **le soir** (evening). **D'abord** means first, **puis** means then, and **enfin** means finally. These **connectives** help you describe the order of your day naturally.

Master these **60-80 core vocabulary words**, and you'll be able to tell a French person almost anything about how you spend your time!