CHINESE BOOST

Daily routine Chinese vocabulary: Elementary (HSK 1-3)

31 words with pinyin, 繁體 and meanings, 31 of them with an example sentence.
Every word here links to its entry on the site.

Daily routine Chinese vocabulary: Elementary (HSK 1-3) on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

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Words

起床
qǐchuáng to get out of bed / to get up

> 他七点起床。
> Tā qī diǎn qǐchuáng.
> He gets up at seven.

睡觉 睡覺
shuìjiào to sleep / to go to bed
shuìjué to wake up from sleep

> 他们在睡觉。
> Tāmen zài shuìjiào.
> They're sleeping.

吃饭 吃飯
chīfàn to have a meal / to eat / to make a living

> 吃饭了吗?
> Chīfànle ma?
> Have you eaten?

早上
zǎoshang early morning

> 今天早上冷。
> Jīntiān zǎoshang lěng.
> It's cold this morning.

晚上
wǎnshang evening / night / in the evening

> 晚上吃什么?
> Wǎnshang chī shénme?
> What do we eat tonight?

中午
zhōngwǔ noon / midday

> 让她中午过来。
> Ràng tā zhōngwǔ guòlái.
> Tell her to come at noon.

上班
shàngbān to go to work / to be on duty / to start work / to go to the office

> 他去上班。
> Tā qù shàngbān.
> He goes to work.

下班
xiàbān to finish work / to get off work / next service (train, bus etc)

> 你今天几点下班?
> Nǐ jīntiān jǐdiǎn xiàbān?
> What time do you finish work today?

上课 上課
shàngkè to go to class / to attend class / to have lessons / to go to teach a class

> 学校九点上课。
> Xuéxiào jiǔ diǎn shàngkè.
> School begins at nine.

下课 下課
xiàkè to finish class / to get out of class / (esp. of a sports coach) to be dismissed / to be fired

> 你们明天几点下课?
> Nǐmen míngtiān jǐdiǎn xiàkè?
> What time does your class finish tomorrow?

早饭 早飯
zǎofàn breakfast

> 早饭吃什么?
> Zǎofàn chī shénme?
> What's for breakfast?

午饭 午飯
wǔfàn lunch

> 吃午饭了吗?
> Chī wǔfàn le ma?
> Have you finished eating your lunch?

晚饭 晚飯
wǎnfàn evening meal / dinner / supper

> 一起吃晚饭吧。
> Yìqǐ chī wǎnfàn ba.
> Let's have dinner together.

早
zǎo early / morning / long ago / prematurely / Good morning!

> 你起床早吗?
> Nǐ qǐchuáng zǎo ma?
> Did you get up early?

晚
wǎn late / evening / night / late years / old age / closing stage of a period

> 他很晚回家。
> Tā hěn wǎn huíjiā.
> He came home very late.

睡
shuì to sleep / to lie down

> 他快要睡了。
> Tā kuàiyào shuìle.
> He was just on the verge of going to sleep.

每天
měitiān every day

> 天气冷，不要每天洗头。
> Tiānqì lěng, búyào měitiān xǐtóu.
> When it's cold, don't wash your hair every day.

经常 經常
jīngcháng frequently / constantly / regularly / often / day-to-day / everyday / daily

> 您经常去吗?
> Nín jīngcháng qù ma?
> Do you go often?

洗澡
xǐzǎo to bathe / to take a shower

> 刚开始洗澡。
> Gāng kāishǐ xǐzǎo.
> Just started taking a shower.

习惯 習慣
xíguàn to be used to / habit / custom / usual practice

> 你会习惯的。
> Nǐ huì xíguàn de.
> You'll get used to it.

刷牙
shuāyá to brush one's teeth

> 睡觉前别忘了刷牙!
> Shuìjiào qián bié wàngle shuāyá!
> Don't forget to brush your teeth before bed!

洗脸 洗臉
xǐliǎn to wash the face

> 你先刷牙还是先洗脸?
> Nǐ xiān shuāyá háishi xiān xǐliǎn?
> Do you brush your teeth first or wash your face first?

睡着 睡著
shuìzháo to fall asleep

> 孩子睡着了，请小声一点。
> Háizi shuìzháole, qǐng xiǎoshēng yìdiǎn.
> The baby has fallen asleep, so please keep it down.

迟到 遲到
chídào to arrive late

> 你总是迟到。
> Nǐ zǒngshì chídào.
> You are always late.

锻炼 鍛鍊
duànliàn to engage in physical exercise / to work out / to develop one's skills / to train oneself / to toughen / to temper

> 你还锻炼吗?
> Nǐ hái duànliàn ma?
> Do you still work out?

总是 總是
zǒngshì always

> 他总是在笑。
> Tā zǒngshì zài xiào.
> He is always laughing.

一般
yībān general / generally / in general / same / ordinary / so-so / common

> 我一般六点起床。
> Wǒ yìbān liù diǎn qǐchuáng.
> I usually get up at six.

洗手
xǐshǒu to wash one's hands / to go to the toilet

> 吃饭前要先洗手。
> Chīfàn qián yào xiān xǐshǒu.
> You need to wash your hands before eating.

洗头 洗頭
xǐtóu to wash one's hair / to have a shampoo

> 天气冷，不要每天洗头。
> Tiānqì lěng, búyào měitiān xǐtóu.
> When it's cold, don't wash your hair every day.

脏
zāng dirty / filthy / to get (sth) dirty
zàng viscera / organ

> 你的衬衫脏了。
> Nǐ de chènshān zāngle.
> Your shirt is stained.

牙刷
yáshuā toothbrush

> 哪把是我的牙刷?
> Nǎ bǎ shì wǒ de yáshuā?
> Which one is my toothbrush?