

## A Typical Day for Emma - Everyday Phrasal Verbs

In the morning my alarm **goes off (sounded)** at around 7am. I **wake up (you stop sleeping)** and **turn it off**. I then **pick up** my phone, and check to see if I have any messages and emails. After checking some messages and **getting back to (answer/reply)** people, I **get up ("leave" the bed)**. After that, I (**put on** clothes) get dressed and go make some breakfast. I **turn on** the kettle to boil some water for my coffee, **put** some cereal **into** a bowl, and then add some milk. After my morning coffee has **kicked in (it's started to have an effect)**, I **wash up** the dishes and **tidy up** the living room and kitchen, ready for my classes. I plan my lessons and enjoy **looking up (searching for)** some interesting topics which I can discuss with my students. If I have the afternoon free, I sometimes use this time to **meet up with** friends and **catch up on** how things are going with them. Sometimes my friends **ask** me to come **over (to ask you to come to their home)** and chat there instead, but they live quite far, so I sometimes have to **get on (ride/take/hop on-hop off)** a bus. At the end of the day, I **hang out with** my boyfriend and we tell each other how our days have been. After that, I **whip up (prepare some food very quickly but you don't necessarily eat it)** something and **head off (go)** to bed. I sometimes read for a little while and then **switch off (turn off)** the light before **nodding off (falling asleep - but not always when we want to)**.