

Talking About Your Morning Routine

Tham Txog Thaum Koj Sawv

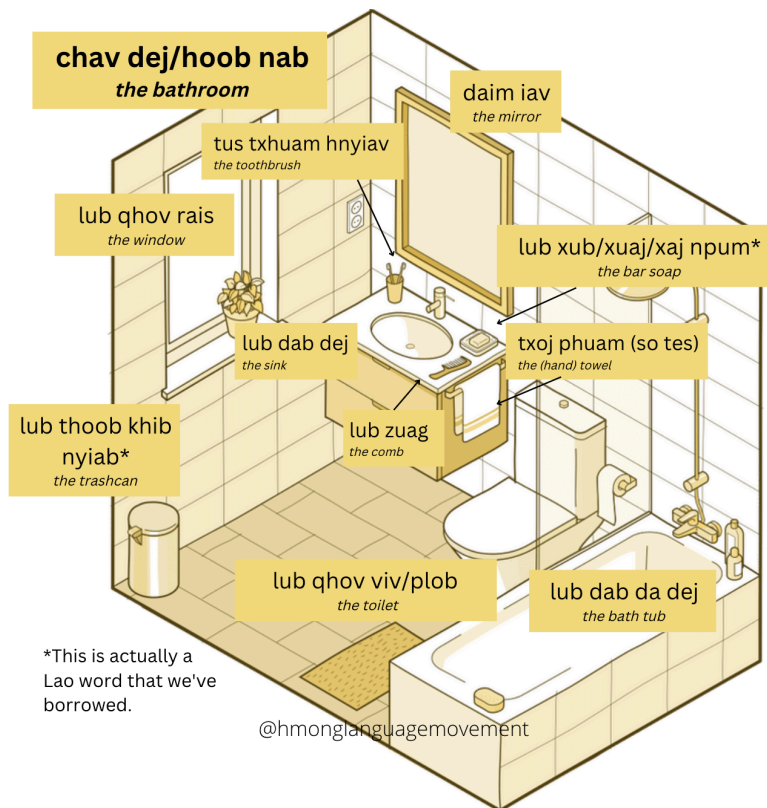
Directions: Print this sheet out and tape it or place it in a location you will be in everyday (bathroom, kitchen, car, etc.). Practice at least once a day until you memorize this before moving on.

Vocabulary that you'll need:

Bedroom [[pronunciation](#)]



Bathroom [[pronunciation](#)]



Vocabulary

sawv	to wake up
ntxuav muag	to wash your face
txhuam hnyiaiv	to brush your teeth
tso zis	to pee (literally, "to release urine")
tso quav	to poop (literally, "to release poop")
ntsis plaub hau	to comb/brush your hair
thas	to brush on or put on
hnav khaub ncaws	to put on clothes
rau khau	to put on shoes
noj tshais	to eat breakfast
haus ib khob coffee	to drink a cup of coffee
haus ib khob tea/tshuaj yej	to drink a cup of tea

Other vocabulary words you might need [\[pronunciation\]](#)

sawv ntxov	morning; to wake up early
kho txaj	make the bed
nta (teeb)	to turn on (the light)
tso (dej)	to turn on (the water)

ces	then
siv	to use
tag	to be done with (“tag” usually comes after the verb to show that you are done doing that action)
teev/moos*	hour

* “moos” is a Lao word

Talking about your morning routine [[pronunciation](#)]

Kuv sawv thaum [insert number 1-12] teev/moos.	I wake up at [insert number 1-12] o'clock.
<i>Kuv sawv thaum yim moos.</i>	<i>I wake up at eight o'clock.</i>

Thaum sawv ntxov, kuv...	In the morning, I...
verb.	verb.
verb + noun.	verb + noun.

<i>Thaum sawv ntxov, kuv sawv.</i>	<i>In the morning, I wake up.</i>
<i>Kuv kho txaj tag ces kuv siv hoob nab.</i>	<i>After I make the bed, I use the bathroom.</i>
<i>Kuv ntxuav muag thiab txhuam hnyiaiv.</i>	<i>I wash my face and brush my teeth.</i>
<i>Ces kuv mus noj tshais.</i>	<i>Then I go eat breakfast.</i>