

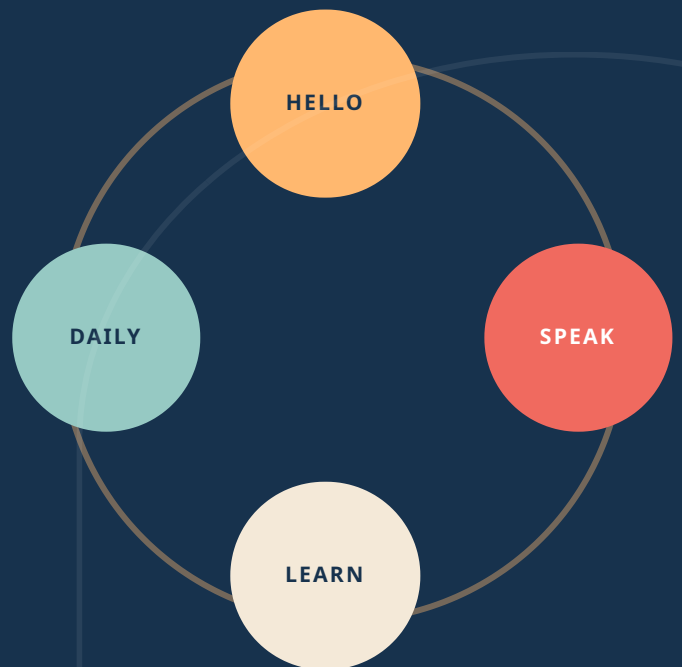
AI ENGLISH TEACHER

Speak English Every Day

Daily Vocabulary & Conversation Practice

150+ useful words and phrases

Roman Urdu meanings • Natural examples • Speaking practice



BEGINNER TO ELEMENTARY

How to use this book

English improves when you use it, not when you only read it. Spend 15-20 minutes with one page each day.

1. **Read** each word and its Roman Urdu meaning.
2. **Listen to yourself** as you say the English example aloud three times.
3. **Change one detail** to make the sentence true for you.
4. **Use it today** in a message, voice note, or short conversation.
5. **Review tomorrow** without looking at the meaning first.

Your daily rule

Learn fewer words, but use every word in a complete sentence.

Inside this book

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Clear speech begins with rhythm

Do not try to sound perfect. Aim to be clear, steady, and easy to understand.

1**Stress the important word**

Say: "I need a **TICKET**." Content words usually carry the strongest beat.

2**Keep short vowels short**

ship is short; **sheep** is longer. Practise: ship-sheep, sit-seat, live-leave.

3**Finish the last sound**

Say the final consonant clearly: work**k**, help**p**, want**t**, need**d**.

4**Join natural word groups**

Say "Can_you help_me?" smoothly, not as four separate words.

30-second warm-up

I am ready. I can do this. Please speak slowly. Could you repeat that?

Morning routine

Start the day with words you can use immediately.

wake up

VERB

neend se uthna

I wake up at six.

Main chhay bajay uthta/uthi hoon.

alarm

NOUN

jaganay wali ghanti

My alarm rings at 6:00.

Mera alarm chhay bajay bajta hai.

stretch

VERB

jism ko kheenchna

I stretch for two minutes.

Main do minute stretch karta/karti hoon.

brush

VERB

brush karna

I brush my teeth.

Main apne daant brush karta/karti hoon.

shower

NOUN/VERB

nahaana

I take a quick shower.

Main jaldi se naha leta/leti hoon.

get dressed

PHRASE

kapray pehenna

I get dressed for work.

Main kaam ke liye kapray pehenta/pehenti hoon.

breakfast

NOUN

nashta

Breakfast is ready.

Nashta tayyar hai.

pack

VERB

samaan rakhna

I pack my bag.

Main apna bag tayyar karta/karti hoon.

leave

VERB

rawana hona

I leave home at eight.

Main aath bajay ghar se nikalta/nikalti hoon.

early

ADVERB

jaldi

She arrives early.

Woh jaldi pohanchti hai.

late

ADVERB

der se

Do not be late.

Der se mat aana.

routine

NOUN

roz ka mamool

This is my morning routine.

Yeh mera subah ka mamool hai.

At home

Talk about chores, rooms, and everyday needs.

tidy

VERB

saaf-suthra karna

Please tidy your room.

Meherbani se apna kamra theek karein.

sweep

VERB

jhaaru dena

I sweep the floor daily.

Main roz farsh par jhaaru deta/deti hoon.

wash

VERB

dhona

Wash your hands.

Apne haath dho lein.

laundry

NOUN

dhulne walay kapray

The laundry is dry.

Kapray sookh gaye hain.

shelf

NOUN

taak / shelf

Put it on the shelf.

Isay shelf par rakh dein.

drawer

NOUN

daraz

The keys are in the drawer.

Chabiyan daraz mein hain.

borrow

VERB

udhaar lena

Can I borrow your pen?

Kya main aapka pen le sakta/sakti hoon?

return

VERB

wapas karna

Please return it tomorrow.

Meherbani se kal wapas kar dein.

switch on

PHRASE

chalu karna

Switch on the fan.

Pankha chalu kar dein.

switch off

PHRASE

band karna

Switch off the light.

Batti band kar dein.

comfortable

ADJECTIVE

araam-deh

This chair is comfortable.

Yeh kursi aaram-deh hai.

neighbour

NOUN

hamsaya

Our neighbour is friendly.

Hamara hamsaya milansaar hai.

Food and kitchen

Order, cook, and talk about food with confidence.

hungry

ADJECTIVE

bhooka / bhooki

I am hungry.

Mujhe bhook lagi hai.

thirsty

ADJECTIVE

pyasa / pyasi

Are you thirsty?

Kya aapko pyas lagi hai?

boil

VERB

ubaalna

Boil the water first.

Pehle pani ubaal lein.

chop

VERB

kaatna

Chop the onions finely.

Piyaz bareek kaat lein.

stir

VERB

hilana

Stir the tea slowly.

Chai ko ahista hilayein.

serve

VERB

pesh karna

Please serve the food.

Khana pesh kar dein.

spicy

ADJECTIVE

teekha

This curry is spicy.

Yeh salan teekha hai.

delicious

ADJECTIVE

lazeez

The soup is delicious.

Soup lazeez hai.

fresh

ADJECTIVE

taaza

These vegetables are fresh.

Yeh sabziyan taaza hain.

meal

NOUN

khana

We had a light meal.

Hum ne halka khana khaya.

recipe

NOUN

tarkeeb

This recipe is easy.

Yeh tarkeeb aasaan hai.

bill

NOUN

hisab / bill

Could we have the bill?

Kya humein bill mil sakta hai?

Shopping and money

Ask for prices, sizes, and choices politely.

price

NOUN

qeemat

What is the price?

Is ki qeemat kya hai?

cost

VERB

qeemat hona

How much does it cost?

Yeh kitne ka hai?

cheap

ADJECTIVE

sasta

This bag is cheap.

Yeh bag sasta hai.

expensive

ADJECTIVE

mehnga

That watch is expensive.

Woh ghari mehngi hai.

discount

NOUN

riyat

Is there a discount?

Kya koi riyat hai?

receipt

NOUN

raseed

Please give me the receipt.

Meherbani se raseed dein.

cash

NOUN

naqad

I will pay in cash.

Main naqad ada karoon ga/gi.

change

NOUN

baqi raqam

Keep the change.

Baqi raqam rakh lein.

size

NOUN

nap / size

Do you have a larger size?

Kya bara size hai?

try on

PHRASE

pehen kar dekhna

Can I try this on?

Kya main yeh pehen kar dekh sakta/sakti hoon?

choose

VERB

chunna

Choose the blue one.

Neela wala chun lein.

available

ADJECTIVE

dastiyab

Is this available in black?

Kya yeh kaalay rang mein dastiyab hai?

Travel and directions

Move around town and ask for help.

station

NOUN

station

Where is the station?

Station kahan hai?

ticket

NOUN

ticket

I need one ticket.

Mujhe aik ticket chahiye.

platform

NOUN

platform

Which platform is it?

Yeh kis platform par hai?

fare

NOUN

kiraya

What is the fare?

Kiraya kitna hai?

straight

ADVERB

seedha

Go straight ahead.

Seedha aagay jayein.

turn

VERB

murna

Turn left here.

Yahan baen murein.

nearby

ADVERB

qareeb

Is there a bank nearby?

Kya qareeb koi bank hai?

far

ADJECTIVE

door

Is it far from here?

Kya yahan se door hai?

arrive

VERB

pohanchna

We arrive at noon.

Hum dopahar ko pohanchte hain.

depart

VERB

rawana hona

The bus departs at nine.

Bus nau bajay rawana hoti hai.

delay

NOUN

taakhir

There is a short delay.

Thori si taakhir hai.

luggage

NOUN

samaan

My luggage is heavy.

Mera samaan bhaari hai.

Work and study

Use clear language in class and at work.

task

NOUN

kaam

I finished the task.

Main ne kaam mukammal kar liya.

deadline

NOUN

aakhri waqt

The deadline is Friday.

Aakhri waqt Jumma hai.

meeting

NOUN

mulaqat / meeting

The meeting starts at ten.

Meeting das bajay shuru hoti hai.

schedule

NOUN

waqt ka plan

Check the schedule.

Waqt ka plan dekh lein.

explain

VERB

samjhana

Please explain this again.

Meherbani se dobara samjhayen.

understand

VERB

samajhna

I understand the lesson.

Main sabaq samajhta/samajhti hoon.

repeat

VERB

dobara kehna

Could you repeat that?

Kya aap dobara keh sakte hain?

improve

VERB

behtar karna

I want to improve my English.

Main apni English behtar karna chahta/chahti hoon.

practice

VERB/NOUN

mashq

Practice every day.

Roz mashq karein.

prepare

VERB

tayyari karna

I will prepare tonight.

Main aaj raat tayyari karoon ga/gi.

question

NOUN

sawal

I have a question.

Mera aik sawal hai.

answer

NOUN/VERB

jawab

Please answer clearly.

Meherbani se saaf jawab dein.

Phone and social life

Connect, invite, and make plans naturally.

call

VERB/NOUN

phone karna

I will call you later.

Main aapko baad mein phone karoon ga/gi.

message

NOUN/VERB

paigham

Send me a message.

Mujhe paigham bhej dein.

reply

VERB

jawab dena

Please reply soon.

Meherbani se jaldi jawab dein.

busy

ADJECTIVE

masroof

I am busy right now.

Main abhi masroof hoon.

free

ADJECTIVE

farigh

Are you free tonight?

Kya aap aaj raat farigh hain?

invite

VERB

dawat dena

I want to invite you.

Main aapko dawat dena chahta/chahti hoon.

join

VERB

saath shamil hona

Would you like to join us?

Kya aap hamaray saath shamil hon ge?

cancel

VERB

mansookh karna

We need to cancel the plan.

Humein plan mansookh karna hai.

confirm

VERB

tasdeeq karna

Please confirm the time.

Meherbani se waqt ki tasdeeq karein.

meet

VERB

milna

Let us meet tomorrow.

Chaliye kal milte hain.

enjoy

VERB

lutf uthana

Enjoy your weekend.

Apne haftay ke aakhir ka lutf uthayein.

welcome

EXPRESSION

khush aamdeed

You are always welcome.

Aap hamesha khush aamdeed hain.

Feelings and health

Describe how you feel and ask for basic help.

happy

ADJECTIVE

khush

I feel happy today.

Main aaj khush hoon.

worried

ADJECTIVE

fikrmand

Do not be worried.

Fikrmand na hon.

tired

ADJECTIVE

thaka / thaki

I am very tired.

Main bohat thaka/thaki hoon.

excited

ADJECTIVE

purjosh

We are excited about the trip.

Hum safar ke liye purjosh hain.

calm

ADJECTIVE

pur-sukoon

Try to stay calm.

Pur-sukoon rehne ki koshish karein.

pain

NOUN

dard

I have pain in my back.

Meri kamar mein dard hai.

headache

NOUN

sar dard

I have a headache.

Mere sar mein dard hai.

rest

NOUN/VERB

araam

You need some rest.

Aapko kuch araam chahiye.

medicine

NOUN

dawa

Take your medicine on time.

Apni dawa waqt par lein.

appointment

NOUN

mulaqat ka waqt

I have a doctor's appointment.

Mera doctor se waqt tay hai.

better

ADJECTIVE

behtar

I feel better now.

Main ab behtar mehsoos karta/karti hoon.

careful

ADJECTIVE

ehtiyat se

Please be careful.

Meherbani se ehtiyat karein.

Essential verbs: actions 1

ask poochna

Ask me a question.

bring lana

Bring your notebook.

buy khareedna

I need to buy milk.

come aana

Come here, please.

do karna

What do you do?

find dhoondhna

I cannot find my keys.

give dena

Give me a minute.

go jana

I go to work by bus.

help madad karna

Can you help me?

keep rakhna

Keep this safe.

know jaanna

I know the answer.

learn seekhna

We learn from practice.

Speaking drill

Choose one verb. Say it in the present, past, and future.

Example: I go to work. / I went to work yesterday. / I will go to work tomorrow.

Essential verbs: actions 2

listen sunna

Listen carefully.

make banana

I make tea every morning.

need zaroorat hona

I need more time.

open kholna

Open the window.

read parhna

Read this sentence aloud.

remember yaad rakhna

Remember my name.

say kehna

What did you say?

see dekhna

I can see the bus.

speak bolna

Please speak slowly.

take lena

Take your umbrella.

wait intezar karna

Wait for me.

write likhna

Write your address here.

Question drill

Turn each example into a question.

Example: You speak English. → Do you speak English?

Useful describing words: 1

easy aasaan

The lesson is easy.

difficult mushkil

This word is difficult.

fast tez

The train is fast.

slow ahista

Please speak slowly.

clean saaf

The room is clean.

dirty ganda

My shoes are dirty.

full bhara hua

The glass is full.

empty khali

The box is empty.

easy

OPPOSITE

difficult

fast

OPPOSITE

slow

full

OPPOSITE

empty

right

OPPOSITE

wrong

Useful describing words: 2

right *durust*

Your answer is right.

wrong *ghalat*

This number is wrong.

safe *mehfooz*

This place is safe.

ready *tayyar*

I am ready now.

important *aham*

English is important for my work.

possible *mumkin*

Is it possible today?

different *mukhtalif*

These two words are different.

similar *milta-julta*

Their ideas are similar.

easy

OPPOSITE

difficult

fast

OPPOSITE

slow

full

OPPOSITE

empty

right

OPPOSITE

wrong

Power phrases: greetings and manners

Good morning.

Subah bakhair.

Greeting someone before noon.

How are you?

Aap kaise hain?

A friendly greeting.

I am fine, thank you.

Main theek hoon, shukriya.

A simple reply.

Nice to meet you.

Aap se mil kar khushi hui.

Use on a first meeting.

Please come in.

Meherbani se andar aayein.

Welcoming a visitor.

Have a seat.

Baith jaiye.

Offering someone a chair.

Excuse me.

Maaf kijiye.

Getting attention politely.

I am sorry.

Mujhe afsos hai.

Apologizing.

No problem.

Koi masla nahi.

Accepting an apology.

Thank you very much.

Bohat shukriya.

Showing gratitude.

You are welcome.

Koi baat nahi.

Replying to thanks.

See you soon.

Jald milte hain.

Ending a conversation.

Power phrases: help and clarification

Could you help me?

Kya aap meri madad kar sakte hain?

Asking politely.

Please speak slowly.

Meherbani se ahista boliye.

When speech is too fast.

Could you repeat that?

Kya aap dobara keh sakte hain?

Asking to hear again.

What does this mean?

Is ka kya matlab hai?

Asking for meaning.

How do you say this in English?

Isay English mein kya kehte hain?

Asking for a word.

I do not understand.

Main samjha/samjhi nahi.

Being honest about confusion.

Let me think.

Mujhe sochnay dein.

Buying time.

Just a moment, please.

Aik lamha, meherbani.

Asking someone to wait.

That sounds good.

Yeh acha lagta hai.

Agreeing with a plan.

I am not sure.

Mujhe yaqeen nahi.

Expressing uncertainty.

What do you recommend?

Aap kya mashwara dete hain?

Asking for advice.

Take care.

Apna khayal rakhein.

A warm goodbye.

Ten patterns you can reuse

Replace the coloured part with your own word. One pattern can create dozens of sentences.

01

I am + adjective

I am ready. / I am tired.

Main tayyar hoon. / Main thaka/thaki hoon.

02

I have + noun

I have a question.

Mera aik sawal hai.

03

I need + noun

I need a ticket.

Mujhe aik ticket chahiye.

04

I want to + verb

I want to learn English.

Main English seekhna chahta/chahti hoon.

05

I can + verb

I can help you.

Main aapki madad kar sakta/sakti hoon.

06

I cannot + verb

I cannot come today.

Main aaj nahi aa sakta/sakti.

07

Do you + verb...?

Do you speak English?

Kya aap English bolte hain?

08

Can you + verb...?

Can you wait?

Kya aap intezaar kar sakte hain?

09

Where is + noun?

Where is the station?

Station kahan hai?

10

How much is + noun?

How much is this bag?

Yeh bag kitne ka hai?

Try it: Make one true sentence about yourself with patterns 1, 3, 4, and 5.

Real English in everyday situations

At a shop

CUSTOMER

Excuse me. How much is this shirt?

SHOPKEEPER

It is two thousand rupees.

CUSTOMER

Do you have it in a larger size?

SHOPKEEPER

Yes. You can try this one on.

CUSTOMER

It fits well. Is there a discount?

SHOPKEEPER

Yes, there is a ten percent discount.

CUSTOMER

Great. I will take it.

Use: How much is this...? | Do you have it in...? | I will take it.

Asking for directions

VISITOR

Excuse me. Where is the bus station?

LOCAL

Go straight and turn right at the bank.

VISITOR

Is it far from here?

LOCAL

No. It is about a five-minute walk.

VISITOR

Thank you very much.

LOCAL

You are welcome.

Use: Where is...? | Go straight. | Is it far from here?

On the phone

AYESHA

Hello, this is Ayesha. May I speak to Sara?

SARA

Speaking. How are you?

AYESHA

I am fine. Are you free tomorrow afternoon?

SARA

Yes, I am. What is the plan?

AYESHA

Would you like to have tea at five?

SARA

That sounds good. See you tomorrow.

AYESHA

See you. Take care.

Useful language

May I speak to...?

Are you free...?

That sounds good.

Your turn Read both roles once. Then read only your role and pause for the missing reply.

At work or class

LEARNER

Excuse me. I have a question.

TEACHER

Of course. What would you like to ask?

LEARNER

What does "deadline" mean?

TEACHER

It means the final time for finishing something.

LEARNER

Could you repeat the example slowly?

TEACHER

Certainly. The deadline is Friday.

LEARNER

Now I understand. Thank you.

Useful language

I have a question.

What does ... mean?

Could you repeat that?

Your turn Read both roles once. Then read only your role and pause for the missing reply.

Pronunciation practice

Short i / long ee

ship - sheep

sit - seat

live - leave

Keep the first word shorter.

v / w

vest - west

vine - wine

very - wary

For **v**, touch your lower lip with your top teeth.

t / d endings

wait - weighed

seat - seed

write - ride

Let your voice vibrate for **d**.

Word stress

TAble

beGIN

imPORtant

Make one syllable stronger.

Read aloud three times

"Please leave the green seat free. We begin the meeting at three. Write the important details clearly."

Ten mistakes to stop making

~~Not: I am agree.~~

Say: I agree.

Agree is a verb; do not add am.

~~Not: He go to work.~~

Say: He goes to work.

Use -s with he, she, or it in the present simple.

~~Not: I did not went.~~

Say: I did not go.

After did not, use the base verb.

~~Not: She have a car.~~

Say: She has a car.

Use has with he, she, or it.

~~Not: I am here since two hours.~~

Say: I have been here for two hours.

Use for with a length of time.

~~Not: Discuss about the plan.~~

Say: Discuss the plan.

Discuss does not need about.

~~Not: Return back tomorrow.~~

Say: Return tomorrow.

Return already means come or give back.

~~Not: I have a good news.~~

Say: I have good news.

News is uncountable; do not use a.

~~Not: Where you are going?~~

Say: Where are you going?

Put the helping verb before the subject.

~~Not: Explain me this word.~~

Say: Explain this word to me.

Use explain something to someone.

Seven-day speaking challenge

Day 1

Introduce yourself

Say your name, city, work or study, and one goal. Record 30 seconds.

Done

Day 2

Describe your morning

Use six words from "Morning routine." Speak for one minute.

Done

Day 3

Talk about your home

Describe one room and three chores. Use there is / there are.

Done

Day 4

Order a meal

Role-play customer and server. Ask for food, water, and the bill.

Done

Day 5

Ask for directions

Explain how to reach a nearby place using straight, turn, near, and far.

Done

Day 6

Make a phone plan

Invite someone, suggest a time, confirm it, and say goodbye.

Done

Day 7

Tell your week

Use past, present, and future: I did / I do / I will do.

Done

Keep your recordings. Repeat Day 1 after one week and compare your clarity, speed, and confidence.

Match the word to the meaning

Write the correct letter beside each word.

- | | |
|------------------|----------------------|
| 1. receipt ____ | A. jawab dena |
| 2. delay ____ | B. qareeb |
| 3. hungry ____ | C. raseed |
| 4. borrow ____ | D. araam |
| 5. confirm ____ | E. udhaar lena |
| 6. tidy ____ | F. taakhir |
| 7. nearby ____ | G. tasdeeq karna |
| 8. deadline ____ | H. bhooka / bhooki |
| 9. reply ____ | I. saaf-suthra karna |
| 10. rest ____ | J. aakhri waqt |

Use any four words in your own sentences.

Complete the sentences

Use the words in the box. Change the form if needed.

available • explain • luggage • spicy • improve • switch off • appointment • cash

1. Please _____ this word again.
2. I want to _____ my English.
3. My _____ is very heavy.
4. Is this shirt _____ in blue?
5. This curry is too _____ for me.
6. Please _____ the fan before you leave.
7. I have a doctor's _____ at three.
8. I will pay in _____.

Say it your way

Choose three completed sentences. Change one detail in each sentence and say the new version aloud.

Build and speak

A. Put the words in order

1. you / free / are / tonight / ?
2. this / how much / bag / is / ?
3. repeat / could / that / you / ?
4. English / improve / want to / I / my
5. station / where / the / is / ?

B. Choose the natural reply

1. "Thank you." a) You are welcome. b) I am a ticket.
2. "Could you repeat that?" a) Certainly. b) It is nearby.
3. "Are you free tomorrow?" a) Yes, I am. b) I am spicy.
4. "How much is this?" a) It is blue. b) It is 500 rupees.

C. One-minute role-play

Choose one situation: buying a shirt, asking for directions, ordering tea, or calling a friend. Use at least five phrases from this book.

Answer key

Practice 1

1-C, 2-F, 3-H, 4-E, 5-G, 6-I, 7-B, 8-J, 9-A, 10-D.

Practice 2

1. explain
2. improve
3. luggage
4. available
5. spicy
6. switch off
7. appointment
8. cash

Practice 3A

1. Are you free tonight?
2. How much is this bag?
3. Could you repeat that?
4. I want to improve my English.
5. Where is the station?

Practice 3B

1-a, 2-a, 3-a, 4-b.

Do not stop at the answer.

Say every correct sentence aloud. Then change one word to create a new sentence.

My personal word bank

Add useful words from your own life. Review this page at the end of every week.

English word	Roman Urdu	My example	Reviewed

Your next step

Choose ten words from this book. Use all ten in a one-minute voice note today.

Small daily practice creates confident English.