

Simplified Speech #6 – Morning routines

Episode Description

Are you a morning person? If so, this episode is for you! Join Andrew and Maura for a conversation about what they do each and every morning. You'll learn more about them than you ever thought you would!

Sample Dialogue

Maura: I don't enjoy getting up very early, but I also don't like to sleep very late because then I waste a lot of the day. So I like to get up between eight and nine o'clock in the morning, when I have a choice. When I have to go to work every day, I don't get to decide.

Andrew: You have to find that **sweet spot** right between waking up too early and too late.

Expressions Included in the Learning Materials

- To get used to something
- A morning person
- The sweet spot
- To bond over something
- A camp
- To carpool / a carpool
- A cuppa joe
- To get something going



Plus comprehension questions and more!

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the detailed explanations section that follows the transcript.

Transcript

Maura: Hello everyone out there. This is your friend, Maura.

Andrew: And I am Andrew, and we are back with another Simplified Speech episode.

Maura: Have you ever been to our website? The website is Culips.com. That is C-U-L-I-P-S.com.

Andrew: We highly recommend that you visit our website, because on our website, you can listen to each and every one of our past episodes. And we have over 300 episodes that you can listen to.

Maura: So don't forget to go to our website. You can also visit us on Facebook or Twitter.

Andrew: And if you are interested in improving your English and you're looking for a new and interesting way to study, we suggest that you sign up and become a Culips member, and you can do this on our website, actually. When you are a member, you get access to our Learning Materials, and they are fantastic. What do you get with the Learning Materials, Maura?

Maura: You get transcripts for every episode. You get detailed explanations of the expressions that we use in our episodes, as well as some notes about grammar and culture. You also get a quiz so that you can test yourself.

Andrew: So sign up and become a member right now.

Maura: So, Andrew, how are you today?

Andrew: I'm pretty good. I'm OK, yeah. How are you?

Maura: I'm good. I'm just **getting used to** my new haircut.

Andrew: Yeah, it's funny that you mention it. I think it looks good.

Maura: Well, this time, I went to a new hairdresser, and I'm always nervous and afraid that the hairdresser is going to cut my hair in a way that I don't like.

Andrew: Yeah, that is a bit of a difficult situation, isn't it? I always feel nervous when I have to get my hair cut by a new person too.

- Maura: I had been going to the same hairdresser for years, but I was getting bored so I tried something new and I'm actually pretty happy.
- Andrew: Yeah, I think in retrospect you had nothing to worry about. It looks good to me.
- Maura: Well, thank you.
- Andrew: How about we get started with today's topic?
- Maura: Yeah, let's do it. Why don't you introduce it?
- Andrew: OK. Well, today we are talking about morning routines, so the things that you do every morning. And everybody has a little bit of a different morning routine, so I'm curious about yours. Are you **a morning person**?
- Maura: Well, I don't enjoy getting up very early, but I also don't like to sleep very late because then I waste a lot of the day. So I like to get up between eight and nine o'clock in the morning, when I have a choice. When I have to go to work every day, I don't get to decide.
- Andrew: You have to find that **sweet spot** right between waking up too early and too late.
- Maura: Yeah, that's right. So, for me, the first thing that I do when I get up is have something to eat. I like to have a little breakfast and I usually drink tea.
- Andrew: Tea? Right on. You're just like Harp.
- Maura: Sometimes I have a coffee, but most of the time, I drink tea. And, yeah, I know that Harp loves tea too; we've **bonded over it**.
- Andrew: So you have some breakfast and you have a cup of tea, and then what? Are you right out the door to go to work, or do you do anything else?
- Maura: Well, at this point, Andrew, I'm still in my pyjamas, so I go to the bathroom and I wash my face and I wet my hair because it's true that many people in Canada shower in the morning, but I prefer to shower at night. So in the morning, I just wash my face and fix my hair because after I sleep on it, it can look a little bit crazy.
- Andrew: I was going to mention that there are two different types of people: people who shower at night and people who shower in the morning. And so you have your showers at night and I'm in the other **camp**; I'm a person who takes a shower in the morning, because if I don't, I feel very sleepy. It wakes me up.

- Maura: It's funny because I used to take showers in the morning, but ever since I started taking showers at night, it makes me feel sleepy, so when I take a shower, it relaxes me and now it makes me feel like I want to go to sleep.
- Andrew: So we're totally opposites. The shower helps you go to sleep and the shower helps me wake up.
- Maura: Yeah. So, after I get ready in the bathroom, I get dressed, and then I make sure that I have everything I need, like my keys, my sunglasses, my cell phone, and my wallet. And then I'm out the door.
- Andrew: And now, when you go to work, are you driving to work? Are you taking the metro? Do you **carpool**? How do you commute?
- Maura: I drive to work in my car. I could take the metro, but it's much longer in my case, so I prefer to drive. So, Andrew, you've only told us that you take a shower in the morning. You have to tell us the rest of the details in your morning routine.
- Andrew: Well, as I mentioned a few episodes ago, I'm a big coffee drinker, so I definitely have to make sure I have my **cuppa joe** in the morning to help wake me up.
- Maura: Wait. I remember something.
- Andrew: Yeah?
- Maura: In one of our past episodes, I believe you talked about eating eggs every day for breakfast.
- Andrew: Yeah. So I have to eat some eggs, too, have my coffee, have some eggs, have my shower. These are very regular occurrences, and I've started doing something new, too, to help me wake up because, although I like the mornings, it's true that I do still feel sleepy in the morning, so to wake me up, I go on the Internet and I go and play one game of chess before I go to work.
- Maura: That is so surprising and, I have to say, so strange.
- Andrew: It's very geeky, but I've been getting into chess. I've been practising and trying to improve, so I go on the Internet, I drink my coffee, I play one quick game of chess—very fast—and you know what? If anybody else has a hard time waking up in the morning, try this. It **gets your brain going** and you're ready to take on the day.
- Maura: I'm curious about if you heard that playing a game in the morning would help wake you up or if this is your own idea.

- Andrew: You know, I didn't do this with the purpose of trying to wake myself up. I just did it because I've become addicted and I wanted to play a game before I left for work, but I noticed that when I did it, I felt much more alert in the morning so it was kind of a nice, I don't know, surprise, and now I've just kept doing it. So I'm a geek. From the second I wake up, I get right into the game, but it helps me up.
- Maura: Maybe a good way to help our listeners wake up would be to get up, have some coffee, and then listen to a Culips episode.
- Andrew: That is a fantastic idea. I think everybody should do that.
- Maura: Yeah, if you have some trouble waking up, you might as well try it.
- Andrew: Yeah. So these are our morning routines, and I'm very curious about all of our listeners' routines. Are you like us or are you very different? Send us a message and let us know what you do in the mornings.
- Maura: So that is it for this episode, about morning routines, and we hope that you found this episode interesting and also easy to understand, because this is our Simplified Speech episode.
- Andrew: That is right. Thank you for listening, everyone, and we will talk to you again soon.
- Maura: Bye.

Detailed Explanations

To get used to something

When you **get used to something**, you adjust to something new. In this episode, Maura says that she is **getting used to** her new haircut. In other words, she is slowly adjusting to her new hair style.

When you **get used to something**, you adjust to it and it slowly becomes normal. When a new situation becomes comfortable and doesn't feel weird, strange, or foreign, then you have **gotten used to** that situation.

Here are a couple more examples with **to get used to something**:

Sara: How's your new job?

Jessica: It's a big change from the last office I worked at. My new company does everything differently, but I'm slowing **getting used to it**.

Sara: That's good to hear. And what about your coworkers? Are they nice?

Jessica: Yes. They're very friendly and kind.

Sara: That's awesome!

Taylor: I started a new yoga class this week.

Erin: Really? That's pretty cool. How's it going?

Taylor: The instructor is very different than my last instructor.

Erin: How so?

Taylor: She's much stricter.

Erin: That's good though, isn't it?

Taylor: Yeah, it is. At first I found it a little surprising, but I'm **getting used to** her teaching style.

Erin: Sounds good!

A morning person

Someone who enjoys waking up early is **a morning person**. In this episode, Maura shares that she isn't **a morning person**, because she doesn't like to wake up early in the morning.

If you enjoy waking up early in the morning and are fully of energy in the morning, then you are **a morning person**.

The opposite of **a morning person** is a night owl. Night owls stay up late at night and hate waking up early in the morning.

So, someone who wakes up early in the morning and goes to sleep early at night can be described as **a morning person**.

Here are a couple more examples with **a morning person**:

David: Wanna get together for coffee sometime this week?

Camilla: Sure, but my schedule is pretty full. Would you be able to meet Saturday at 8am?

David: No, that's not going to work for me. I'm not **a morning person**, especially on Saturdays when I get the chance to sleep in.

Camilla: We'll have to get together some other time then, I'm busy the rest of the week.

David: No problem. Just send me a text when you have a free moment and we'll figure out a different time to hang out.

Camilla: Sounds good.

Joanna: What's your class schedule like this semester?

Sean: I have computer science Monday and Friday afternoons, biology Tuesday and Thursday evenings, and economics Wednesday and Friday mornings.

Joanna: Gross. You have a morning class? Don't they start at 7:30am?

Sean: Yeah they do, but I'm actually **a morning person** so I don't mind.

Joanna: Really? I avoid taking any classes that start before noon.

Sean: I guess you really love your sleep.

Joanna: You bet I do!

The sweet spot

The sweet spot is the area of something that is the best, most comfortable, or most ideal. In this episode, Andrew and Maura talk about **the sweet spot** of the morning. The time of day when it is best to wake up; when it is not too early and not too late.

So, we can describe the best or most effective aspect of something as being **the sweet spot**. For example, the lighting in a house has to be set to **the sweet spot** in between brightness and darkness. If the room is too bright, you'll have to constantly squint and it will be uncomfortable. On the other hand, if the house is too dark, you won't be able to see anything. **The sweet spot** is where the ideal balance between too bright and too dark is found.

So, when someone talks about **the sweet spot**, they are talking about the best, most comfortable, or ideal aspect of something.

Here are a couple more examples with **the sweet spot**:

Lee: I just love the fall.

Melvin: Yeah, me too. Autumn is definitely my favorite season.

Lee: Totally! The colours are beautiful and the temperature is right at **the sweet spot**.

Melvin: Definitely. Not too hot, not too cold. That's why I love it!

Sara: What did you do this weekend?

Rich: I bought a new tennis racket and spent all day Saturday playing.

Sara: Cool. Did you win?

Rich: I did! I had a great match. I was able to find **the sweet spot** on my new racket and smash out some really powerful serves.

Sara: Good for you. You'll have to tell me next time you play. I'd love to come watch you.

Rich: Absolutely!

To bond over something

When you and someone else **bond over something**, your relationship grows closer based on something you have in common or something you both like. In this episode, Maura says that she and Harp have **bonded over tea**. In other words, their shared love of tea has helped their relationship to grow stronger.

This expression can be used with both friendships and romantic relationships. When a mutual interest or something in common brings you and someone else closer together, you have **bonded over that thing**. For example, if you and your best friend grew to be close friends because you both enjoyed playing and talking about video games, then you **bonded over video games**.

Here are a couple more examples with *to bond over something*:

Yasmin: How's the new employee in your office? Is he fitting in all right?

Val: Oh yeah. He's great! We had coffee on our break the other day. Turns out he's a big action movie fan, just like me.

Yasmin: Nice.

Val: Yeah, so we **bonded over that**. I think he'll be a good addition to our team.

Yasmin: That's great!

Peter: How did you meet your husband?

Helga: Funnily enough, it was in chemistry class. We **bonded over our love** of science.

Peter: No way!

Helga: True story.

Peter: That's so cute.

Helga: Yeah, and now we've been married for 25 years.

Peter: What a story!

A camp

In this episode, Andrew says that there are two **camp**s of people: those who shower in the morning, and those who shower at night. **A camp** is a group of people who have something similar in common, like a shared belief, way of thinking, or way of doing something. In other words, Andrew explains that there are two groups of people who exist, and they take showers at different times of the day.

The word **camp** can mean many different things depending on the context. It is most commonly used to talk about the outdoor activity many people enjoy participating in. However, it is also frequently used to describe groups of people who share a trait or characteristic in common, such as a political or religious belief.

So, a group of people who think or act in a similar way can be referred to as **a camp**.

Here are a couple more examples with **a camp**:

Travis: What activities does your son participate in at school?

Renee: Well, he usually is involved in the school band, but this year the Art Department's funding got cut and the school isn't having a band.

Travis: That's terrible. I'm in **the camp** that believes that music is a very important part of a student's education.

Renee: I completely agree with you.

Garrett: Did you see the big protest downtown today?

Lisa: No. What happened?

Garrett: Well, there was a big student demonstration.

Lisa: Let me guess. The protest was about tuition, right?

Garrett: Exactly. There were protesters out from two **camp**s: those who support tuition cuts and those who believe that tuition rates are fine as they are.

Lisa: That's wild! How many people turned out?

Garrett: They estimated that more than 10,000 students protested.

Lisa: Wow. That's a huge protest!

To carpool / a carpool

A **carpool** is when a group of people travel to work together in the same car. The cost of gas is shared by everyone and traffic improves because fewer cars are on the road. In this episode, Andrew asks Maura whether she **carpools** to work. In other words, he is curious whether she rides to work with her colleagues.

According to a 2009 study, **carpooling** is a popular method of commuting in the USA. Approximately 10% of the American workforce gets to work by **carpool**. Economic factors are one of the major reasons why Americans **carpool**. As gas, insurance, and car prices rise, more and more people are willing to share their vehicles with co-workers.

So, a **carpool** is a group of people who commute to the workplace together and share the costs of the trip equally. And **carpooling** is the act of participating in a **carpool**.

Here are a couple more examples with **to carpool** and **a carpool**:

Leslie: Quick question for you.

Blair: Sure.

Leslie: Could I get a ride with you to work tomorrow? My car will be in the garage.

Blair: I'd love to give you a ride but I **carpool** to work with several other people. Unfortunately, there are no free seats in the car.

Leslie: Oh really? That's too bad.

Blair: Yeah. Sorry about that.

Leslie: No problem! I'll just take the bus.

Jodie: I've got a proposition for you. You, I, and a couple of our colleagues all live in the same neighbourhood. I was thinking that it could save us money and be good for the environment if we organized a **carpool** to work.

Ben: That's a great idea! How would it work?

Jodie: Well, I'd be happy to use my car. I could drive everyone to work and back each day and we could split the gas costs evenly between everyone.

Ben: I'm definitely interested. Let's do this!

A cuppa joe

A cuppa joe is a cup of coffee. In this episode, Andrew says that he loves coffee and that he always makes sure to drink **a cuppa joe** each morning. In other words, Andrew enjoys drinking a cup of coffee in the mornings.

This expression has an interesting origin. **Cuppa** is an invented word that combines *cup* and *of* together. The word **joe** was originally a blended word too. In the 1930s, soldiers in the American military called coffee jamoke, which was a combination of the words *java* and *mocha*. Eventually this was shortened to **joe** and these days we can call a cup of coffee **a cuppa joe**.

In the UK, the word **cuppa** means cup of tea. So next time you're in London and you'd like to have a cup of tea, you can ask your server at a cafe for a hot cuppa. On the other hand, if you're in North America and would like a cup of coffee, you can request **a cuppa joe**.

The expression **a cuppa joe** can be spelled various ways. Some popular variations include **cup-a-joe**, **cup o' joe**, and **cup of joe**.

Here are a couple more examples with the expression **a cuppa joe**:

Marc:	Do you have time to grab some breakfast before you have to leave for work?
Helen:	No, I'm already running late. I'm just going to drink a quick cuppa joe and then I'm out the door.
Marc:	Ah OK, I'll see you later tonight once you get off work.
Helen:	Yup, for sure.

Noah:	How are you enjoying the conference?
Gina:	It's really great. All of the lectures have been really interesting so far.
Noah:	Hey, there's about 15 minutes left before the next talk. Wanna grab a cuppa joe or something?
Gina:	Great idea. Let's do it!

To get something going

In this episode, Andrew talks about the fact that he likes to play a game of chess each morning on the Internet. He says that it really **gets his brain going**. When you **get something going**, you warm it up and prepare it for use. In other words, Andrew believes that a game of chess in the morning warms up his brain, makes him feel alert, and prepares him for the day.

So, when you warm something up by using it a little bit at first and then gradually start to use it at full capacity, you **get that thing going**.

Here are a couple more examples with **to get something going**:

Robert: Wow. It sure snowed a lot overnight! The roads are going to be very slippery. We'd better leave early or we'll be late for work.

Calla: You're right. I'll go **get the car going** so it'll be nice and warmed up for when we're ready to go.

Robert: Perfect!

Zoe: Can you show me a copy of the sales report you wrote last month?

Dan: Yes, no problem. It's just on my computer. Give me two minutes **to get my computer going** and I'll be happy to show you.

Zoe: Sounds good. Thanks!

Dan: You're welcome.

Quiz

Multiple Choice

1. **When you and another person bond over something, what happens to your relationship?**
 - a) It ends.
 - b) It gets weaker.
 - c) It grows stronger.
 - d) nothing

2. **The zone or area that is the best is called what?**
 - a) the sugar spot
 - b) the sweat spot
 - c) the slime spot
 - d) the sweet spot

3. **Which verb means to adjust?**
 - a) to get used to
 - b) to get into
 - c) to get behind
 - d) to get away from

4. **What can we call someone who loves waking up early?**
 - a) a day person
 - b) a morning person
 - c) a dawn person
 - d) a sun person

5. **What is a group of people who share a similar belief called?**
 - a) a camp
 - b) a carpool
 - c) a carp
 - d) a creed

6. What will you receive if you order a cuppa joe at a café?

- a) tea
- b) hot chocolate
- c) coffee
- d) lemonade

7. People who commute to work together participate in what?

- a) hitch hiking
- b) a park and ride
- c) a car share
- d) a carpool

8. Which verb means to warm up?

- a) to get into something
- b) to get something sinking
- c) to get something going
- d) to get on something

Comprehension

- 1. Is Maura satisfied with her new haircut?**
- 2. What is the first thing Maura does after she wakes up?**
- 3. What did Harp and Maura bond over?**
- 4. When does Maura take showers? What about Andrew?**
- 5. What does Andrew eat for breakfast?**
- 6. What game does Andrew play before he leaves for work?**

Quiz Answers

Multiple Choice:

1.c 2.d 3.a 4.b 5.a 6.c 7.d 8.c

Comprehension:

1. Yes. She says she is “pretty happy” with it.
2. The first thing Maura does is get something to eat.
3. Harp and Maura bonded over tea.
4. Maura showers in the evening and Andrew showers in the morning.
5. Andrew eats eggs for breakfast.
6. Andrew plays chess before work.

Episode Credits

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