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# day 12 my day

Chinese HSK 1 in 30 days
unit 3 · time, meals & money

**Describe your day: when you get up, go to work, rest and go to bed.**

“What’s your day like?” is classic small talk, and today’s word order unlocks hundreds of sentences.

## words

| word | pinyin | meaning | how it’s built |
|---|---|---|---|
| 早上 | zǎoshang | early morning | 早 early + 上 up, above |
| 中午 | zhōngwǔ | noon, midday | 中 middle + 午 noon |
| 晚上 | wǎnshang | evening, night | 晚 late; evening + 上 up, above |
| 早 | zǎo | early; morning! | The sun 日 is only just up: it’s early! |
| 晚 | wǎn | late; evening | The sun has escaped. Late again! |
| 白天 | báitiān | daytime | 白 white + 天 sky, day |
| 起床 | qǐchuáng | to get up | 起 to rise + 床 bed |
| 睡 | shuì | to sleep | Heavy eyes 目 drooping 垂: you’re falling asleep. |
| 睡觉 | shuìjiào | to sleep; go to bed | 睡 to sleep + 觉 a sleep |
| 休息 | xiūxi | to rest; to have time off | 休 to rest + 息 breath |
| 上班 | shàngbān | to go to work | 上 up, on + 班 shift, class |
| 下班 | xiàbān | to finish work | 下 down, off + 班 shift, class |

## pattern who + when + where + do what

who | when | where | do what

The time goes right after the person (or at the very start), and the action comes last. A place with 在 sits between the time and the action. So it’s “I afternoon at school study”, never “I study at school in the afternoon”.

我早上六点起床。 **Wǒ zǎoshang liù diǎn qǐchuáng.** I get up at six in the morning.

我下午在学校学习汉语。 **Wǒ xiàwǔ zài xuéxiào xuéxí Hànyǔ.** I study Chinese at school in the afternoon.

晚上我在家休息。 **Wǎnshang wǒ zài jiā xiūxi.** In the evening I rest at home.

## dialogue anna’s day

**teacher wang** 安娜，你早上几点起床?
**Ānnà, nǐ zǎoshang jǐ diǎn qǐchuáng?** · Anna, what time do you get up in the morning?

**anna** 我早上六点起床。
**Wǒ zǎoshang liù diǎn qǐchuáng.** · I get up at six.

**teacher wang** 六点？很早！
**Liù diǎn? Hěn zǎo!** · Six? That's early!

**anna** 是，我七点在家学习汉语，八点去学校。
**Shì, wǒ qī diǎn zài jiā xuéxí Hànyǔ, bā diǎn qù xuéxiào.** · Yes. At seven I study Chinese at home, and at eight I go to school.

**teacher wang** 你中午休息吗?
**Nǐ zhōngwǔ xiūxi ma?** · Do you rest at noon?

**anna** 休息。中午我睡一个小时！
**Xiūxi. Zhōngwǔ wǒ shuì yí gè xiǎoshí!** · I do. At noon I sleep for an hour!

**teacher wang** 晚上呢？你几点睡觉?
**Wǎnshang ne? Nǐ jǐ diǎn shuìjiào?** · And at night? What time do you go to bed?

**anna** 晚上十点。不晚！
**Wǎnshang shí diǎn. Bù wǎn!** · Ten o'clock. Not late!

## write it trace the grey, then write your own

白
bái
white

床
chuáng
bed

**good to know** · A short nap after lunch is normal in China. Many schools and offices have a quiet noon rest. 早！ on its own is a quick "morning!" for neighbours and classmates. For your teacher, put the title first: 王老师早!

**You can tell anyone how your day goes, from getting up to going to bed. That's a real conversation!** Do this day interactively, with audio and games, free at **wishyou.today/learning**