50 Essential Verbs

Core vocabulary for Month 1 - organized by theme, with past tense forms

Learn these in the groups below rather than all at once. Say each sentence out loud, not just silently - that builds the habit of producing full sentences, not just recognizing words. Verbs in **orange** have an irregular past tense - these don't follow the normal "-ed" pattern and are worth extra repetition.

Daily Routine & Everyday Life

Verb	Past Simple	Example Sentence
wake up	**woke up**	I wake up at seven o'clock.
get up	**got up**	She gets up early on weekdays.
go	**went**	I go to work by bike.
have	**had**	We have breakfast together.
eat	**ate**	He eats lunch at 1 pm.
drink	**drank**	I drink coffee every morning.
sleep	**slept**	She sleeps eight hours a night.
cook	cooked	I cook dinner on weekdays.
clean	cleaned	We clean the apartment on Saturdays.
shower	showered	He showers before breakfast.

Work & Study

Verb	Past Simple	Example Sentence
work	worked	I work from Monday to Friday.
study	studied	She studies English every day.
learn	learned/learnt	We are learning new grammar.
teach	**taught**	He teaches at a language school.
finish	finished	I finish work at 5 pm.
start	started	The meeting starts at nine.
write	**wrote**	She writes emails every morning.
read	**read**	I read the news before work.
understand	**understood**	Do you understand this word?
explain	explained	Could you explain that again?

Communication & Giving Opinions

Verb	Past Simple	Example Sentence
say	**said**	She said the meeting is at 3 pm.
tell	**told**	He told me about his weekend.
ask	asked	I asked her a question.
think	**thought**	I think that's a good idea.
believe	believed	I believe practice is important.
agree	agreed	I agree with you.
disagree	disagreed	I disagree, but that's okay.
mean	**meant**	What do you mean by that?
speak	**spoke**	She speaks two languages.
listen	listened	Please listen carefully.

Movement & Travel

Verb	Past Simple	Example Sentence
come	**came**	She comes to class on time.
leave	**left**	I leave home at eight.
arrive	arrived	We arrived at the airport early.
drive	**drove**	He drives to work every day.
walk	walked	I walk to the station.
travel	traveled/travelled	They travel a lot for work.
stay	stayed	We stayed in a small hotel.
visit	visited	I want to visit my family.
meet	**met**	I met a friend for coffee.
wait	waited	We waited for the bus.

General High-Frequency Verbs

Verb	Past Simple	Example Sentence
be	**was/were**	I am tired today.

do	**did**	What do you do on weekends?
make	**made**	She makes dinner every night.
get	**got**	I got a new phone.
give	**gave**	Could you give me that, please?
take	**took**	It takes ten minutes to walk there.
find	**found**	I found a great restaurant.
need	needed	I need more time to practice.
want	wanted	She wants to improve her English.
like	liked	I like learning new words.

How to practice: Pick 10 verbs a day and write one true sentence about yourself for each - then say it out loud. For irregular verbs (orange), cover the past tense column and try to recall it from memory before checking.