

# Daily Routine Flashcards

Traditional Chinese Characters | Jyutping | English

Flashcards (no jyutping) | pages 3-7

Flashcards with Jyutping | pages 8-12

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Sweet Note  
LEARNING

# Daily Routine Flashcards

Traditional Chinese Characters | Jyutping | English

Spoken Cantonese

hei<sup>2</sup> san<sup>1</sup>  
起身

wake up



Sweet Note  
LEARNING

hei<sup>2</sup> cong<sup>4</sup>  
起床

Standard Written Chinese

Sweet Note  
LEARNING

# 起身

wake up



Sweet Note  
LEARNING

起床

# 換衫

change clothes



Sweet Note  
LEARNING

換衣服

# 著睡衣

wear pyjamas



Sweet Note  
LEARNING

穿睡衣

# 瞓覺

sleep



Sweet Note  
LEARNING

瞓覺

# 食早餐

eat breakfast



Sweet Note  
LEARNING

吃早餐

# 食小食

eat snack

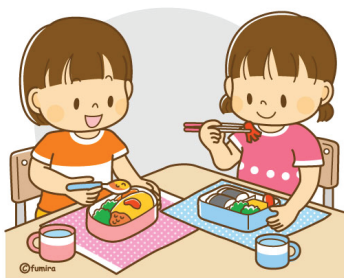


Sweet Note  
LEARNING

吃小吃

# 食晏

eat lunch



Sweet Note  
LEARNING

吃午餐

# 食小食

eat snack



Sweet Note  
LEARNING

吃小吃

# 食晚餐

eat dinner



Sweet Note  
LEARNING

吃晚餐

# 準備返學

ready for school



Sweet Note  
LEARNING

準備上學

# 著鞋

wear shoes



Sweet Note  
LEARNING

穿鞋

# 返學

go to school



Sweet Note  
LEARNING

上學

# 做功課

do homework



Sweet Note  
LEARNING

# 戴口罩

wear face mask



Sweet Note  
LEARNING

# 睇書

read a book



Sweet Note  
LEARNING

看書

# 返屋企

go home



Sweet Note  
LEARNING

回家

# 瞓晏覺

afternoon nap



Sweet Note  
LEARNING

午睡

# 換尿片

change diaper



Sweet Note  
LEARNING

換尿布

# 執野

clean up



Sweet Note  
LEARNING

收拾

# 執房

clean room



Sweet Note  
LEARNING

整理房間

# 梳頭

brush hair



Sweet Note  
LEARNING

# 洗衫

wash clothes



Sweet Note  
LEARNING

洗衣服

# 洗碗

wash dishes



Sweet Note  
LEARNING

# 掃地

sweep the floor



Sweet Note  
LEARNING

# 執床

make the bed



Sweet Note  
LEARNING

整理床鋪

# 彈鋼琴

play piano



Sweet Note  
LEARNING

# 家庭時間

family time



Sweet Note  
LEARNING



# 踩單車

ride a bike

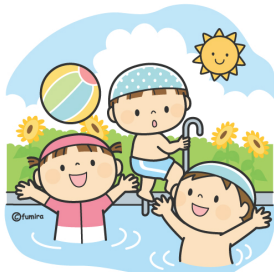


Sweet Note  
LEARNING

騎腳踏車

# 游水

swim



Sweet Note  
LEARNING

游泳

# 屏幕時間

screen time



Sweet Note  
LEARNING

# 出去玩

play outside



Sweet Note  
LEARNING

# 一齊睇書

read together



Sweet Note  
LEARNING

一起看書

# 睇電視

watch TV



Sweet Note  
LEARNING

看電視

# 做運動

exercise



Sweet Note  
LEARNING

# 玩玩具

play toys



Sweet Note  
LEARNING

# 唱歌

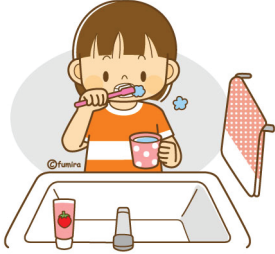
sing songs



Sweet Note  
LEARNING

# 刷牙

brush teeth



Sweet Note  
LEARNING

# 刷牙

brush teeth



Sweet Note  
LEARNING

# 刷牙

brush teeth



Sweet Note  
LEARNING

# 去廁所

go to washroom



Sweet Note  
LEARNING

上廁所

# 去廁所

go to washroom



Sweet Note  
LEARNING

上廁所

# 去廁所

go to washroom



Sweet Note  
LEARNING

上廁所

# 洗面

wash face



Sweet Note  
LEARNING

# 洗手

wash hands



Sweet Note  
LEARNING

# 沖涼

bath/shower



Sweet Note  
LEARNING

洗澡

hei<sup>-2</sup> san<sup>-1</sup>

起 身

wake up



Sweet Note  
LEARNING

hei<sup>-2</sup> cong<sup>-4</sup>  
起 床

wun<sup>-6</sup> saam<sup>-1</sup>

換 衫

change clothes



Sweet Note  
LEARNING

wun<sup>-6</sup> ji<sup>-1</sup> fuk<sup>-6</sup>  
換 衣 服

zoek<sup>-6</sup> seoi<sup>-6</sup> ji<sup>-1</sup>

著 睡 衣

wear pyjamas



Sweet Note  
LEARNING

cyun<sup>-1</sup> seoi<sup>-6</sup> ji<sup>-1</sup>  
穿 睡 衣

fan<sup>-3</sup> gaau<sup>-3</sup>

瞓 覺

sleep



Sweet Note  
LEARNING

seoi<sup>-6</sup> gaau<sup>-3</sup>  
睡 覺

sik<sup>-6</sup> zou<sup>-2</sup> caan<sup>-1</sup>

食 早 餐

eat breakfast



Sweet Note  
LEARNING

hek<sup>-3</sup> zou<sup>-2</sup> caan<sup>-1</sup>  
吃 早 餐

sik<sup>-6</sup> siu<sup>-2</sup> sik<sup>-6</sup>

食 小 食

eat snack



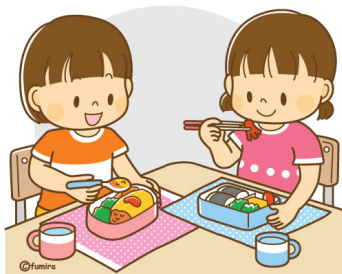
Sweet Note  
LEARNING

hek<sup>-3</sup> siu<sup>-2</sup> hek<sup>-3</sup>  
吃 小 吃

sik<sup>-6</sup> aan<sup>-3</sup>

食 晏

eat lunch



Sweet Note  
LEARNING

hek<sup>-3</sup> ng<sup>-5</sup> caan<sup>-1</sup>  
吃 午 餐

sik<sup>-6</sup> siu<sup>-2</sup> sik<sup>-6</sup>

食 小 食

eat snack



Sweet Note  
LEARNING

hek<sup>-3</sup> siu<sup>-2</sup> hek<sup>-3</sup>  
吃 小 吃

sik<sup>-6</sup> maan<sup>-5</sup> caan<sup>-1</sup>

食 晚 餐

eat dinner



Sweet Note  
LEARNING

hek<sup>-3</sup> maan<sup>-5</sup> caan<sup>-1</sup>  
吃 晚 餐



zeon<sup>-2</sup> bei<sub>-6</sub> faan<sup>-1</sup> hok<sub>-6</sub>

準備返學

ready for school



Sweet Note  
LEARNING

zeon<sup>-2</sup> bei<sub>-6</sub> soeng<sub>-5</sub> hok<sub>-6</sub>  
準備上學

zoek<sup>-3</sup> haai<sub>-4</sub>

著鞋

wear shoes



Sweet Note  
LEARNING

cyun<sup>-1</sup> haai<sub>-4</sub>  
穿鞋

faan<sup>-1</sup> hok<sub>-6</sub>

返學

go to school



Sweet Note  
LEARNING

soeng<sub>-5</sub> hok<sub>-6</sub>  
上學

zou<sub>-6</sub> gung<sup>-1</sup> fo<sup>-3</sup>

做功課

do homework



Sweet Note  
LEARNING

daai<sup>-3</sup> hau<sup>-2</sup> zaau<sup>-3</sup>

戴口罩

wear face mask



Sweet Note  
LEARNING

tai<sup>-2</sup> syu<sup>-1</sup>

睇書

read a book



Sweet Note  
LEARNING

hon<sup>-3</sup> syu<sup>-1</sup>  
看書

faan<sup>-1</sup> uk<sup>-1</sup> kei<sup>-2</sup>

返屋企

go home



Sweet Note  
LEARNING

wui<sub>-4</sub> gaa<sup>-1</sup>  
回家

fan<sup>-3</sup> aan<sup>-3</sup> gaau<sup>-3</sup>

瞓晏覺

afternoon nap



Sweet Note  
LEARNING

ng<sub>-5</sub> seoi<sub>-6</sub>  
午睡

wun<sub>-6</sub> niu<sub>-6</sub> pin<sup>-2</sup>

換尿片

change diaper



Sweet Note  
LEARNING

wun<sub>-6</sub> niu<sub>-6</sub> bou<sup>-3</sup>  
換尿布

zap<sup>-1</sup> je<sub>5</sub>  
執 野  
clean up



Sweet Note  
LEARNING

sau<sup>-1</sup> sap<sup>-6</sup>  
收 拾

zap<sup>-1</sup> fong<sup>-2</sup>  
執 房  
clean room



Sweet Note  
LEARNING

zing<sup>-2</sup> lei<sub>5</sub> fong<sup>-4</sup> gaan<sup>-1</sup>  
整 理 房 間

so<sup>-1</sup> tau<sub>4</sub>  
梳 頭  
brush hair



Sweet Note  
LEARNING

sai<sup>-2</sup> saam<sup>-1</sup>  
洗 衫  
wash clothes



Sweet Note  
LEARNING

sai<sup>-2</sup> ji<sup>-1</sup> fuk<sub>6</sub>  
洗 衣 服

sai<sup>-2</sup> wun<sup>-2</sup>  
洗 碗  
wash dishes



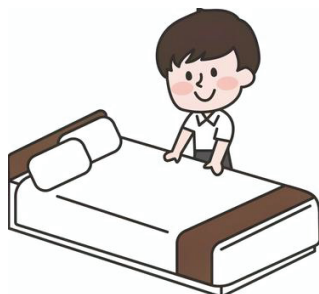
Sweet Note  
LEARNING

sou<sup>-3</sup> dei<sub>6</sub>  
掃 地  
sweep the floor



Sweet Note  
LEARNING

zap<sup>-1</sup> cong<sub>4</sub>  
執 床  
make the bed



Sweet Note  
LEARNING

zing<sup>-2</sup> lei<sub>5</sub> cong<sub>4</sub> pou<sup>-1</sup>  
整 理 床 鋪

daan<sub>6</sub> gong<sup>-3</sup> kam<sub>4</sub>  
彈 鋼 琴  
play piano



Sweet Note  
LEARNING

gaa<sup>-1</sup> ting<sub>4</sub> si<sub>4</sub> gaan<sup>-3</sup>  
家 庭 時 間  
family time



Sweet Note  
LEARNING

caai<sup>-2</sup> daan<sup>-1</sup> ce<sup>-1</sup>  
踩 單 車

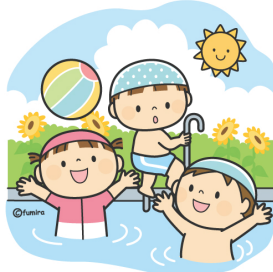
ride a bike



Sweet Note  
LEARNING 騎 腳 踏 車

jau<sup>-4</sup> seoi<sup>-2</sup>  
游 水

swim



Sweet Note  
LEARNING 游 泳

ping<sup>-4</sup> mok<sup>-6</sup> si<sup>-4</sup> gaan<sup>-3</sup>  
屏 幕 時 間

screen time



Sweet Note  
LEARNING

ceot<sup>-1</sup> heoi<sup>-3</sup> waan<sup>-2</sup>  
出 去 玩

play outside



Sweet Note  
LEARNING

jat<sup>-1</sup> cai<sup>-4</sup> tai<sup>-2</sup> syu<sup>-1</sup>  
一 齊 睇 書

read together



Sweet Note  
LEARNING 一 起 看 書

tai<sup>-2</sup> din<sup>-6</sup> si<sup>-6</sup>  
睇 電 視

watch TV



Sweet Note  
LEARNING 看 電 視

zou<sup>-6</sup> wan<sup>-6</sup> dung<sup>-6</sup>  
做 運 動

exercise



Sweet Note  
LEARNING

waan<sup>-2</sup> wun<sup>-6</sup> geoi<sup>-6</sup>  
玩 玩 具

play toys



Sweet Note  
LEARNING

coeng<sup>-3</sup> go<sup>-1</sup>  
唱 歌

sing songs



Sweet Note  
LEARNING

caat-3 ngaa-4

刷牙

brush teeth



Sweet Note  
LEARNING

caat-3 ngaa-4

刷牙

brush teeth

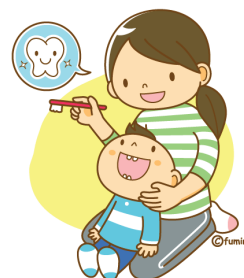


Sweet Note  
LEARNING

caat-3 ngaa-4

刷牙

brush teeth



Sweet Note  
LEARNING

heoi-3 ci-3 so-2

去廁所

go to washroom



Sweet Note  
LEARNING

soeng-6 ci-3 so-2  
上廁所

heoi-3 ci-3 so-2

去廁所

go to washroom



Sweet Note  
LEARNING

soeng-6 ci-3 so-2  
上廁所

heoi-3 ci-3 so-2

去廁所

go to washroom



Sweet Note  
LEARNING

soeng-6 ci-3 so-2  
上廁所

sai-2 min-6

洗面

wash face



Sweet Note  
LEARNING

sai-2 sau-2

洗手

wash hands



Sweet Note  
LEARNING

cung-1 loeng-4

沖涼

bath/shower



Sweet Note  
LEARNING

sai-2 cou-3  
洗澡