

Italian Daily Pronunciation Practice – BONUS PDF

Welcome to your first 7 days of Italian pronunciation! This guide includes the phrases we covered each day, bonus sentences to help you practice, and useful tips to make Italian part of your daily life.

Day 1 – Greetings and Pleasantries

Phrases:

- Buongiorno – Good morning
- Buonasera – Good evening
- Ciao – Hi / Bye
- Come stai? – How are you?
- Sto bene, grazie – I'm well, thank you

Practice Sentence:

Ciao! Buongiorno, come stai?

Bonus Tip:

Practice greetings in front of a mirror each morning and evening to get used to your pronunciation and facial expressions.

Day 2 – Asking and Responding

Phrases:

- Come ti chiami? – What's your name?
- Mi chiamo Anna – My name is Anna
- Di dove sei? – Where are you from?
- Sono di Roma – I'm from Rome
- Piacere di conoscerti – Nice to meet you

Practice Sentence:

Ciao! Mi chiamo Luca. Sono di Milano. Piacere di conoscerti!

Bonus Tip:

Use these phrases in role-play with a friend or language partner—even better if they're learning too!

Day 3 – Daily Life Basics

Phrases:

- Che ore sono? – What time is it?
- Ho fame – I'm hungry
- Ho sete – I'm thirsty
- Ho sonno – I'm sleepy
- Devo andare – I have to go

Practice Sentence:

Ho fame e ho sete. Devo andare a pranzo!

Bonus Tip:

Say these out loud before meals or bedtime. Linking language to actions helps with retention.

Day 4 – Polite Expressions

Phrases:

- Per favore – Please
- Grazie – Thank you
- Prego – You're welcome
- Mi dispiace – I'm sorry
- Non capisco – I don't understand

Practice Sentence:

Mi dispiace, non capisco. Puoi ripetere, per favore?

Bonus Tip:

Use these when watching Italian shows—pause and repeat when you hear them.

Day 5 – Essential Verbs in Action

Phrases:

- Vado al lavoro – I go to work
- Faccio colazione – I have breakfast
- Studio l'italiano – I study Italian
- Dormo bene – I sleep well
- Parlo con amici – I talk with friends

Practice Sentence:

Ogni giorno studio l'italiano e parlo con amici.

Bonus Tip:

Write your own mini routine in Italian. Even just two lines daily builds fluency.

Day 6 – Getting Around

Phrases:

- Dov'è il bagno? – Where is the bathroom?
- Quanto costa? – How much is it?
- Mi scusi – Excuse me
- Posso aiutarti? – Can I help you?
- Sto cercando un ristorante – I'm looking for a restaurant

Practice Sentence:

Mi scusi, sto cercando un ristorante. Dov'è?

Bonus Tip:

Use Google Maps in Italian or switch your GPS voice to Italian—it's fun and immersive!

Day 7 – Feelings and Responses

Phrases:

- Sono felice – I'm happy
- Sono stanco/a – I'm tired
- Sono arrabbiato/a – I'm angry
- Ho paura – I'm scared
- Mi sento bene – I feel good

Practice Sentence:

Oggi mi sento bene, anche se sono un po' stanco.

Bonus Tip:

Practice using feelings words in a journal entry. Try writing how you feel each evening.

Enjoy!

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Please contact us if you would like to register for our online private or group lessons 😊