



## WORD LIST PDF

# Top 50 Daily Use Phrasal Verbs for Beginners

Learn 50 essential daily use phrasal verbs for beginners with meanings and practical example sentences for real-life English communication.

**CATEGORY**

Daily Life Vocabulary

**LEVEL**

Basic

**WORDS**

50

Daily use phrasal verbs are essential for understanding natural English in real-life communication. Phrasal verbs are verb phrases made by combining a verb with one or more small words, usually an adverb or a preposition, to create a specific meaning. This Top 50 Daily Use Phrasal Verbs for Beginners list is designed to help learners improve everyday English by focusing on practical phrasal verbs that appear regularly in conversations, messages, emails, classrooms, workplaces, online communication, and daily routines. From beginner-friendly phrasal verbs like “get up,” “look for,” and “turn on” to highly useful communication and daily-life phrases like “find out,” “deal with,” “look after,” and “get back,” this resource supports better fluency, comprehension, and confidence in natural English. Use this page and PDF resource for self-study, revision, speaking practice, writing improvement, classroom learning, and long-term vocabulary development. Each phrasal verb is selected to be practical, clear, and useful for beginners, English learners, students, professionals, and anyone who wants to improve daily communication in English.



## OVERVIEW

## Resource Summary

A quick overview of this LVF resource before you move into the lesson or vocabulary pages.

### At a glance

- **Resource Type:** Word List PDF
- **Category:** Daily Life Vocabulary
- **Level:** Basic
- **Total Words:** 50
- **Basic Words:** 50
- **Intermediate Words:** 0
- **Advanced Words:** 0
- **Brand:** LearnVocabularyFree.com

### How to use this PDF

1. Read the definitions carefully.
2. Review examples and usage notes.
3. Try the practice section independently.
4. Check the answer key for self-review.

## STARTER LIST

## Words you will meet in this PDF (but not limited to)

- **Ask for** — To request something.
- **Back up** — To support someone or save a copy of data.
- **Break down** — To stop working or become very upset.
- **Bring up** — To mention a topic in conversation.
- **Call back** — To return someone's phone call.
- **Calm down** — To become relaxed or less angry.
- **Carry on** — To continue doing something.
- **Check in** — To register your arrival at a hotel, airport, or event.

## VOCABULARY PAGE 1

# Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

## Ask for

PHRASAL VERB

BASIC

**MEANING**

To request something.

**EXAMPLE**

You can ask for help if you do not understand.

**SYNONYMS**

request

seek

**ANTONYMS**

give

offer

## Back up

PHRASAL VERB

BASIC

**MEANING**

To support someone or save a copy of data.

**EXAMPLE**

Please back up your files before updating the computer.

**SYNONYMS**

support

copy

**ANTONYMS**

oppose

delete

## Break down

PHRASAL VERB

BASIC

**MEANING**

To stop working or become very upset.

**EXAMPLE**

The car broke down on the way to work.

**SYNONYMS**

fail

collapse

**ANTONYMS**

work

function

## Bring up

PHRASAL VERB

BASIC

**MEANING**

To mention a topic in conversation.

**EXAMPLE**

She brought up an important point in the meeting.

**SYNONYMS**

mention

raise

**ANTONYMS**

avoid

ignore

## VOCABULARY PAGE 2

# Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

## Call back

PHRASAL VERB

BASIC

### MEANING

To return someone's phone call.

### EXAMPLE

I will call you back after lunch.

### SYNONYMS

return call

phone back

### ANTONYMS

ignore

avoid

## Calm down

PHRASAL VERB

BASIC

### MEANING

To become relaxed or less angry.

### EXAMPLE

Please calm down and explain the problem slowly.

### SYNONYMS

relax

settle down

### ANTONYMS

panic

get upset

## Carry on

PHRASAL VERB

BASIC

### MEANING

To continue doing something.

### EXAMPLE

Carry on with your work while I check the report.

### SYNONYMS

continue

proceed

### ANTONYMS

stop

quit

## Check in

PHRASAL VERB

BASIC

### MEANING

To register your arrival at a hotel, airport, or event.

### EXAMPLE

We checked in at the hotel before dinner.

### SYNONYMS

register

sign in

### ANTONYMS

check out

leave

## VOCABULARY PAGE 3

# Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

## Check out

PHRASAL VERB

BASIC

**MEANING**

To leave a hotel after paying or to examine something.

**EXAMPLE**

We need to check out before noon.

**SYNONYMS**

leave

examine

**ANTONYMS**

check in

enter

## Clean up

PHRASAL VERB

BASIC

**MEANING**

To make a place clean and tidy.

**EXAMPLE**

Please clean up your room before you go out.

**SYNONYMS**

tidy

organize

**ANTONYMS**

mess up

dirty

## Come across

PHRASAL VERB

BASIC

**MEANING**

To find something by chance.

**EXAMPLE**

I came across an interesting article online.

**SYNONYMS**

find

discover

**ANTONYMS**

miss

overlook

## Come back

PHRASAL VERB

BASIC

**MEANING**

To return.

**EXAMPLE**

She will come back from work at six.

**SYNONYMS**

return

reappear

**ANTONYMS**

leave

go away

## VOCABULARY PAGE 4

# Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

## Come in

PHRASAL VERB

BASIC

### MEANING

To enter a place.

### EXAMPLE

Please come in and take a seat.

### SYNONYMS

enter

step in

### ANTONYMS

go out

leave

## Come out

PHRASAL VERB

BASIC

### MEANING

To appear or become available.

### EXAMPLE

The results will come out tomorrow.

### SYNONYMS

appear

be released

### ANTONYMS

disappear

stay hidden

## Count on

PHRASAL VERB

BASIC

### MEANING

To depend on someone or something.

### EXAMPLE

You can count on me for support.

### SYNONYMS

depend on

rely on

### ANTONYMS

distrust

doubt

## Cut down on

PHRASAL VERB

BASIC

### MEANING

To reduce the amount of something.

### EXAMPLE

I am trying to cut down on sugar.

### SYNONYMS

reduce

decrease

### ANTONYMS

increase

add

## VOCABULARY PAGE 5

# Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

## Deal with

PHRASAL VERB

BASIC

### MEANING

To handle a problem, task, or situation.

### EXAMPLE

We need to deal with this issue today.

### SYNONYMS

handle

manage

### ANTONYMS

avoid

ignore

## Dress up

PHRASAL VERB

BASIC

### MEANING

To wear formal or special clothes.

### EXAMPLE

They dressed up for the wedding.

### SYNONYMS

wear formally

get ready

### ANTONYMS

dress down

underdress

## Drop by

PHRASAL VERB

BASIC

### MEANING

To visit someone for a short time.

### EXAMPLE

I may drop by your office later.

### SYNONYMS

visit

stop by

### ANTONYMS

avoid

skip

## Eat out

PHRASAL VERB

BASIC

### MEANING

To eat at a restaurant.

### EXAMPLE

We usually eat out on Fridays.

### SYNONYMS

dine out

eat outside

### ANTONYMS

eat in

cook at home

## VOCABULARY PAGE 6

## Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

### Fill in

PHRASAL VERB

BASIC

**MEANING**

To complete a form or provide missing information.

**EXAMPLE**

Please fill in your name and address.

**SYNONYMS**

complete

write in

**ANTONYMS**

leave blank

omit

### Find out

PHRASAL VERB

BASIC

**MEANING**

To discover information.

**EXAMPLE**

I need to find out the meeting time.

**SYNONYMS**

discover

learn

**ANTONYMS**

ignore

miss

### Get along

PHRASAL VERB

BASIC

**MEANING**

To have a friendly relationship.

**EXAMPLE**

I get along well with my classmates.

**SYNONYMS**

cooperate

be friendly

**ANTONYMS**

argue

disagree

### Get back

PHRASAL VERB

BASIC

**MEANING**

To return or reply later.

**EXAMPLE**

I will get back to you after checking the details.

**SYNONYMS**

return

reply

**ANTONYMS**

ignore

delay indefinitely

## VOCABULARY PAGE 7

## Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

### Get up

PHRASAL VERB

BASIC

**MEANING**

To rise from bed or a sitting position.

**EXAMPLE**

I get up early every morning.

**SYNONYMS**

wake up

stand up

**ANTONYMS**

lie down

sleep

### Give up

PHRASAL VERB

BASIC

**MEANING**

To stop trying or stop doing something.

**EXAMPLE**

Do not give up on learning English.

**SYNONYMS**

quit

stop

**ANTONYMS**

continue

persist

### Go ahead

PHRASAL VERB

BASIC

**MEANING**

To start or continue something.

**EXAMPLE**

You can go ahead and start the presentation.

**SYNONYMS**

proceed

continue

**ANTONYMS**

stop

wait

### Go back

PHRASAL VERB

BASIC

**MEANING**

To return to a place or previous situation.

**EXAMPLE**

We should go back before it gets dark.

**SYNONYMS**

return

revisit

**ANTONYMS**

leave

move forward

## VOCABULARY PAGE 8

# Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

## Go out

PHRASAL VERB

BASIC

### MEANING

To leave home for social activity.

### EXAMPLE

They go out for dinner every weekend.

### SYNONYMS

leave

socialize

### ANTONYMS

stay in

remain home

## Grow up

PHRASAL VERB

BASIC

### MEANING

To become an adult.

### EXAMPLE

She grew up in a small town.

### SYNONYMS

mature

develop

### ANTONYMS

remain young

regress

## Hand in

PHRASAL VERB

BASIC

### MEANING

To submit something.

### EXAMPLE

Please hand in your assignment by Monday.

### SYNONYMS

submit

turn in

### ANTONYMS

keep

withhold

## Hang out

PHRASAL VERB

BASIC

### MEANING

To spend time relaxing with others.

### EXAMPLE

We like to hang out after class.

### SYNONYMS

relax

spend time

### ANTONYMS

work

isolate

## VOCABULARY PAGE 9

# Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

## Hold on

PHRASAL VERB

BASIC

**MEANING**

To wait for a short time.

**EXAMPLE**

Hold on, I am checking the file.

**SYNONYMS**

wait

pause

**ANTONYMS**

rush

proceed

## Keep on

PHRASAL VERB

BASIC

**MEANING**

To continue doing something.

**EXAMPLE**

Keep on practicing and you will improve.

**SYNONYMS**

continue

persist

**ANTONYMS**

stop

quit

## Look after

PHRASAL VERB

BASIC

**MEANING**

To take care of someone or something.

**EXAMPLE**

She looks after her younger brother.

**SYNONYMS**

care for

protect

**ANTONYMS**

ignore

neglect

## Look for

PHRASAL VERB

BASIC

**MEANING**

To search for something.

**EXAMPLE**

I am looking for my phone.

**SYNONYMS**

search

seek

**ANTONYMS**

ignore

overlook

## Top 50 Daily Use Phrasal Verbs for Beginners

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### Look forward to

PHRASAL VERB

BASIC

**MEANING**

To feel excited about something in the future.

**EXAMPLE**

I look forward to meeting you.

**SYNONYMS**

anticipate

expect eagerly

**ANTONYMS**

dread

fear

### Make up

PHRASAL VERB

BASIC

**MEANING**

To invent something or become friends again.

**EXAMPLE**

He made up a funny story for the children.

**SYNONYMS**

invent

reconcile

**ANTONYMS**

separate

argue

### Pick up

PHRASAL VERB

BASIC

**MEANING**

To collect someone or something.

**EXAMPLE**

I will pick up my brother from school.

**SYNONYMS**

collect

lift

**ANTONYMS**

drop

leave

### Point out

PHRASAL VERB

BASIC

**MEANING**

To show or mention something important.

**EXAMPLE**

The teacher pointed out my mistake.

**SYNONYMS**

highlight

indicate

**ANTONYMS**

hide

ignore

## Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

### Put away

PHRASAL VERB

BASIC

#### MEANING

To place something in its proper place.

#### EXAMPLE

Put away your books after studying.

#### SYNONYMS

store

organize

#### ANTONYMS

take out

scatter

### Put off

PHRASAL VERB

BASIC

#### MEANING

To delay something.

#### EXAMPLE

Do not put off your homework until tomorrow.

#### SYNONYMS

delay

postpone

#### ANTONYMS

do immediately

advance

### Run out of

PHRASAL VERB

BASIC

#### MEANING

To have no more of something left.

#### EXAMPLE

We ran out of milk this morning.

#### SYNONYMS

use up

finish

#### ANTONYMS

have plenty

stock

### Set up

PHRASAL VERB

BASIC

#### MEANING

To arrange or prepare something.

#### EXAMPLE

They set up the chairs before the event.

#### SYNONYMS

arrange

organize

#### ANTONYMS

take down

remove

## Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

### Show up

PHRASAL VERB

BASIC

**MEANING**

To arrive or appear.

**EXAMPLE**

He showed up late for the meeting.

**SYNONYMS**

arrive

appear

**ANTONYMS**

disappear

miss

### Take off

PHRASAL VERB

BASIC

**MEANING**

To remove clothing or for a plane to leave the ground.

**EXAMPLE**

Please take off your shoes before entering.

**SYNONYMS**

remove

depart

**ANTONYMS**

put on

land

### Take care of

PHRASAL VERB

BASIC

**MEANING**

To look after or handle something.

**EXAMPLE**

She takes care of her plants every morning.

**SYNONYMS**

manage

care for

**ANTONYMS**

neglect

ignore

### Turn off

PHRASAL VERB

BASIC

**MEANING**

To stop a machine, light, or device.

**EXAMPLE**

Please turn off the fan before leaving.

**SYNONYMS**

switch off

stop

**ANTONYMS**

turn on

start

## Top 50 Daily Use Phrasal Verbs for Beginners

Definitions, examples, and related vocabulary prepared in a structured LVF format.

### Turn on

PHRASAL VERB

BASIC

#### MEANING

To start a machine, light, or device.

#### EXAMPLE

Can you turn on the light?

#### SYNONYMS

switch on

start

#### ANTONYMS

turn off

stop

### Wake up

PHRASAL VERB

BASIC

#### MEANING

To stop sleeping.

#### EXAMPLE

I wake up at six every morning.

#### SYNONYMS

wake

get up

#### ANTONYMS

sleep

rest

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PRACTICE

## Mini Worksheet

Use the meanings and context from this PDF to answer the following practice questions.

1. Write the meaning of *Ask for* and use it in one sentence.

.....  
.....

2. Write the meaning of *Back up* and use it in one sentence.

.....  
.....

3. Write the meaning of *Break down* and use it in one sentence.

.....  
.....

4. Write the meaning of *Bring up* and use it in one sentence.

.....  
.....

5. Write the meaning of *Call back* and use it in one sentence.

.....  
.....

6. Write the meaning of *Calm down* and use it in one sentence.

.....  
.....

## ANSWER KEY

## Suggested Answers

These answer points are designed to support self-review and classroom guidance.

**1. Ask for****Meaning:**

To request something.

**Example:**

You can ask for help if you do not understand.

**2. Back up****Meaning:**

To support someone or save a copy of data.

**Example:**

Please back up your files before updating the computer.

**3. Break down****Meaning:**

To stop working or become very upset.

**Example:**

The car broke down on the way to work.

**4. Bring up****Meaning:**

To mention a topic in conversation.

**Example:**

She brought up an important point in the meeting.

**5. Call back****Meaning:**

To return someone's phone call.

**Example:**

I will call you back after lunch.

**6. Calm down****Meaning:**

To become relaxed or less angry.

**Example:**

Please calm down and explain the problem slowly.