

TRANSCRIPT · EPISODE 07

Slow English is Calm and Effective English. Meet Peter to Learn and Relax at the same time

Full episode script · English

Your English Toolbox

Welcome to the Slow English Podcast Series — the show where we train your ears step by step.

If you want to speak English with more confidence, more joy, and less stress, you are in the right place.

You don't need to move abroad.

You don't need to study for hours every night.

You don't need to be perfect.

What you need are small, smart steps — steps that fit into your real life.

Today, we begin a new journey.

We will practice English through the moments of a single morning.

And to guide you through this journey, I'm bringing in someone very special.

He is our expert in shadowing, and he will walk with you from beginning to end.

Please welcome... Peter.

Hello, my friends.

I'm Peter.

I'm happy you're here.

Before we begin, let me explain why my voice is so calm and so slow.

It is not an accident.

It is a choice.

When you listen slowly, your brain relaxes.

When your brain relaxes, you notice more.

You hear the melody of English.

You concentrate on every single sound.

And this concentration makes learning deeper.

This is the purpose of our channel.

We are not here to rush.

We are here to learn slowly.

We are here to enjoy the journey.

In a world so full of stress, this is your calm space.

Here, you can learn without pressure.

Here, you can listen without fear.

Here, English can become part of your life, step by step.

That is why my voice is gentle.

Because English grows best in calm soil.

Now let me remind you what shadowing is.

Shadowing means listening and repeating with me at the same time.

Do not stop.

Do not translate word by word.

Do not chase perfection.

Simply follow the rhythm.

Breathe with the language.

Let English become part of your day.

You can choose to shadow only the practice sections.

Or you can shadow everything I say in this episode.

That is why I speak slowly.

So you can repeat everything if you want.

Are you ready?

Let's begin our morning together.

Now let's practice waking up.

This is the very first step of the day, and also the first step of our English.

Listen carefully, repeat with me, and enjoy the calm rhythm.

I open my eyes slowly and stretch my arms.

I take a deep breath and feel the air in my chest.

I sit up on my bed and place my feet on the floor.

I smile to myself and whisper, "Good morning." I rub my eyes gently and blink at the light.

I pull the blanket away and feel the cool air on my skin.

I stretch my legs under the blanket and yawn softly.

I listen to the silence of the room.

I hear the soft sound of the morning outside.

I whisper again, "This is a new day." I repeat softly, "This is a new beginning." I say one more time, "This is my English morning." Well done.

The first minutes of the morning are not only about action.

They are about sound.

They are about attention.

When you repeat slowly, you give each sound its own space.

You are not rushing.

You are not chasing perfection.

You are listening.

You are noticing.

You are allowing English to arrive gently, like light through a window.

Think of each word as a drop of water falling into a quiet pond.

One drop.

Then another.

Slowly, the surface becomes alive with ripples.

Your English grows the same way — one sound at a time.

Do not try to drink the whole pond.

Take one drop.

Repeat it.

Notice it.

Enjoy it.

This is mindful English.

This is why we practice slowly.

Because in a world of noise and speed, your progress will come from calm attention.

Every sound you repeat today is a step forward.

And every step matters.

Now let's open the window together.

This moment is about letting the day, and also the language, flow in.

Repeat with me.

I walk to the window and open the curtains.

Sunlight enters the room and warms my face.

I hear birds singing outside.

The world is waking up, and so am I.

I open the window wide and feel the morning breeze.

I watch the trees moving softly in the wind.

I smell the freshness of a new day.

I notice the quiet rhythm of the street below.

I hear a distant car starting its engine.

I listen to the voices of people walking.

I close my eyes and repeat, "Good morning, English." Well done.

When you open the window, you open your mind.

Fresh air brings new energy.

Fresh sounds bring new learning.

Let English enter like sunlight.

Do not force meaning.

Let meaning arrive on its own.

Just as the day grows brighter, your English will grow clearer.

When you shadow, listen for connections.

Listen to how words join together.

Notice the music between them.

This noticing is a seed.

One seed each day creates a garden of language.

Now let's prepare ourselves for the day.

These small routines are also chances for small sentences.

Shadow them with me.

I walk to the bathroom and wash my face with cool water.

I brush my teeth slowly and carefully.

I look in the mirror and say, "Today will be a good day." I comb my hair and feel ready to begin.

I wash my hands and feel the freshness on my skin.

I put cream on my face and smile softly at my reflection.

I look into my eyes and say, "I can learn." I whisper again, "I am learning." I repeat once more, "I am learning slowly." Well done.

These simple actions are not small.

They are signals to your brain.

They say, "I care for myself.

I am awake.

I am present." When you connect English with daily care, you build habits that last.

Every smile in the mirror is also a smile for your English.

Think of English as your reflection.

It is always there.

It grows clearer when you pay attention.

It shines brighter when you speak kindly to yourself.

Now let's practice breakfast together.

This is not only about food.

It is about beginning your day with energy in language.

Repeat with me.

I walk into the kitchen and fill a glass with water.

I drink slowly and feel the freshness inside.

I prepare a cup of hot coffee.

I take a sip and enjoy the warm taste.

I place bread in the toaster and wait for the sound.

I spread butter on my toast and take a bite.

I cut some fruit and put it on a small plate.

I take another sip of coffee and feel more awake.

I look out the window as I eat.

I say softly, "This is my English breakfast." I repeat again, "This is my English time." Well done.

Breakfast is more than food.

It is fuel for your body.

It is also fuel for your language.

While you eat, you can listen.

While you drink, you can repeat.

English does not need extra hours.

It needs small moments.

Breakfast can be one of those moments.

Every bite can be a sentence.

Every sip can be a sound.

Every word can be a seed.

Now let's include technology in our morning.

But this time, we use it with care and purpose.

Repeat with me.

I check my phone, but only for a short time.

I read one message and then put it away.

I choose to focus on myself this morning.

I play a short podcast and let the words flow.

I listen to a calm voice and feel more relaxed.

I put my phone down and take another deep breath.

I whisper, "English is my calm." I say again, "English is my practice." Well done.

Technology can steal your peace.

But it can also serve your growth.

You decide how to use it.

One podcast.

One slow minute.

That is enough to plant a seed.

Later, the seed will grow.

Think of every notification as a choice.

Ignore the noise.

Choose the words.

Shadow the sounds.

That is how you create progress.

Now let's get ready to leave the house.

This is the last practice of the morning.

Shadow these actions with me.

I stand up and stretch my body again.

I roll my shoulders back and take another deep breath.

I look outside once more and notice the changing sky.

I feel grateful for a new day.

I put on my clothes and tie my shoes.

I pick up my bag and check that I have my keys.

I take one last look at the mirror before leaving.

I step outside and feel the air on my face.

I walk down the street and hear the sounds of the city waking up.

I see a neighbor and say, "Good morning." I hear the sound of a bus driving past.

I walk forward and say, "This is my English walk." Well done.

Leaving the house is like entering the world of English.

You carry with you the calm you created.

You carry with you the words you repeated.

When you step outside, remember: English can walk with you.

It is not only in books.

It is in your breath.

It is in your steps.

It is in your voice.

You have practiced your entire morning in English.

From waking up, to breakfast, to leaving home.

That is beautiful work.

Now I want to hear from you.

Which sentence felt most natural to you today?

Which sentence felt hardest — and why?

Share your answers in the comments.

Your words can help another learner who feels exactly like you.

This show is more than a podcast.

It is a community.

We learn together.

We grow together.

Don't forget to subscribe and join us again.

Next time, Julia will guide you deeper into shadowing practice with new parts of the day.

You don't want to miss it.

Listen slowly.

Learn deeply.

Speak confidently.
