

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

English learning resource · EN

Key words & expressions · English

12 learning entries

Study task: Listen again and notice the expressions you studied.

1

step by step

DEF

little by little, calmly

paints a picture: walking, moving forward, no rush.

Fluency is built step by step, not overnight.

I'm building my confidence step by step.

2

word by word

DEF

One word at a time, slowly and progressively.

A fixed adverbial phrase used for gradual reading, speaking or learning.

Build the sentence word by word.

She translated the message word by word.

3

to pay attention

DEF

to focus your mind deliberately on something or someone, giving it your full concentration

Pay attention is a fundamental phrase in English — used by teachers, parents, managers, and mindfulness practitioners. In language learning, paying attention is the difference between passive exposure and active acquisition. You cannot learn by accident.

Pay attention to the rhythm of the sentences — not just the meaning, but the music of the language.

She paid attention to every nuance in Peter's voice and noticed patterns she had never noticed before.

4

to pick something up

DEF

to learn a skill, language, or habit naturally over time, without formal study

Pick up is the opposite of formal drilling — it describes the effortless absorption that happens through exposure, conversation, and experience.

She picked up French just by living in Paris for six months.

Children pick up their first language without any grammar lessons at all.



5

to put on

DEF

to organise and present a show, event, or performance

Putting on a show involves everything invisible — lighting, sound, choreography, costumes, crew — not just the performance itself.

They put on the most spectacular show I have ever seen in my life.

Putting on a world tour costs millions and takes years to plan.

6

shadowing

DEF

a technique where you listen to speech and repeat it immediately, copying rhythm, melody, and timing

Also called 'the mirror tool' in this episode; the goal is to copy the sound pattern, not just the words.

Shadowing helped Carlos stop freezing when native speakers talked fast.

Try shadowing a ten-second clip three times: slow, natural, then quicker.

7

to stretch

DEF

to extend your body, limbs, or muscles to their full length, especially after sleep or rest

Morning stretching signals the body that the day is beginning — a gentle physical reset that improves blood flow and reduces stiffness.

I stretch my arms above my head the moment I wake up.

A five-minute stretch in the morning sets your body up for the whole day.

8

mindful

DEF

paying full, calm attention to the present moment without distraction or judgment

Mindfulness is both a quality and a practice — being mindful means choosing to notice what is happening right now instead of running on autopilot.

Being mindful while brushing your teeth takes practice — your brain wants to plan the day instead.

A mindful morning routine means doing each task with full attention, not rushing.

9

to notice

DEF

To become aware of something or someone by seeing, hearing, or feeling them.

To pay attention to something or someone.

'To notice' implies a conscious act of becoming aware, often used in everyday contexts to describe the act of perceiving something that might not be immediately obvious.

Just noticing.

So two phrases here: "to notice", and "to flow".



10

relax

DEF

to make or become less tense or anxious

to rest or take it easy

*Relaxing is important for mental and physical well-being.**Relax your shoulders if you can.**Take a breath with me. Relax.*

11

connect

DEF

to join or link together

to establish a relationship or bond

*Connecting with others is essential for building relationships.**It's about noticing the things people reveal without meaning to reveal them, not to judge, but to connect.**Empathy replaces distance with connection.*

12

confidence

DEF

belief in your own ability; the feeling that you can do something well

*Confidence in language learning is built through repetition and small successes — it grows, not given. Speaking slowly and correctly builds more confidence than speaking fast and wrong.**Each time you shadow correctly, your confidence grows a little more.**Real confidence comes from preparing well, not from pretending to know more than you do.*