

VOCABULARY · EPISODE 07

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

Key words & expressions · English + Español

Your English Toolbox

1

shadowing

técnica sombra · sombra fonética

DEF

a language learning technique where you listen and repeat what you hear almost simultaneously

Unlike dictation (write what you hear) or repetition after a pause, shadowing happens in real time — you follow the speaker like a shadow.

ES

Técnica de aprendizaje de idiomas en la que escuchas y repites casi simultáneamente.

A diferencia del dictado o la repetición con pausa, el shadowing ocurre en tiempo real.

Shadowing with native-speed audio forces your brain to process English at its real rhythm.

Shadowing with native-speed audio forces your brain to process English at its real rhythm. -> El shadowing con audio a velocidad nativa obliga a tu cerebro a procesar el inglés en su ritmo real.

Start shadowing with slow, clear recordings before moving to natural-speed conversations.

Start shadowing with slow, clear recordings before moving to natural-speed conversations. -> Empieza con el shadowing usando grabaciones lentas y claras antes de pasar a conversaciones a velocidad natural.

2

to stretch

estirarse · hacer estiramientos

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.

ES

Extender el cuerpo, las extremidades o los músculos hasta su longitud total, especialmente tras el sueño.

El estiramiento matutino le dice al cuerpo que el día está comenzando.

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

I stretch my arms above my head the moment I wake up. -> Estiro los brazos por encima de la cabeza en el momento de despertar.

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

A five-minute stretch in the morning sets your body up for the whole day. -> Un estiramiento de cinco minutos por la mañana prepara tu cuerpo para todo el día.

3

mindful

consciente · atento al momento presente

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.

ES

Prestar plena atención y tranquila al momento presente sin distracción ni juicio.

La atención plena es tanto una cualidad como una práctica.

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

Being mindful while brushing your teeth takes practice. -> Ser consciente mientras te lavas los dientes requiere práctica.

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

A mindful morning routine means doing each task with full attention. -> Una rutina matutina consciente significa hacer cada tarea con plena atención.

4

to brew

preparar infusión · hacer el café

DEF

to make tea or coffee by adding hot water and leaving it to develop flavour

Brewing is patient — you don't rush it. The word implies time, heat, and slow development, unlike 'making instant coffee'.

ES

Preparar té o café añadiendo agua caliente y dejando que desarrolle su sabor.

Preparar es paciente — no se hace con prisa. La palabra implica tiempo, calor y desarrollo lento.

He brewed a pot of strong coffee and sat quietly before the house woke up.

He brewed a pot of strong coffee and sat quietly. -> Preparó una cafetera de café fuerte y se sentó tranquilamente.

Let the tea brew for at least four minutes to get the full flavour.

Let the tea brew for at least four minutes to get the full flavour. -> Deja que el té se infusione al menos cuatro minutos para obtener todo su sabor.

5

to exhale

exhalar · espirar

DEF

to breathe out slowly; to release air from your lungs

Exhalation is the calming half of the breathing cycle — mindfulness teachers focus on the exhale because it activates the body's rest response.

ES

Respirar despacio hacia afuera; liberar el aire de los pulmones.

La exhalación es la mitad calmante del ciclo respiratorio.

Exhale slowly through your mouth and feel your shoulders drop.

Exhale slowly through your mouth and feel your shoulders drop. -> Exhala despacio por la boca y siente cómo caen los hombros.

She exhaled deeply at the end of the practice and felt her whole body relax.

She exhaled deeply at the end of the practice and felt her whole body relax. -> Exhaló profundamente al final de la práctica y sintió que todo su cuerpo se relajaba.

6

a breeze

una brisa · algo sencillo

DEF

a gentle, light wind; informally, something very easy to do

Two core meanings: literal (a soft wind on a morning walk) and figurative ('it was a breeze' = it was very easy). Both are common.

ES

Un viento suave y ligero; informalmente, algo muy fácil de hacer.

Dos significados principales: literal (viento suave) y figurado (fue facilísimo).

She opened the window and felt the morning breeze on her face.

She opened the window and felt the morning breeze on her face. -> Abrió la ventana y sintió la brisa matutina en su cara.

The vocabulary test was a breeze — we had practised everything the week before.

The vocabulary test was a breeze. -> El test de vocabulario fue pan comido.

7 to linger

quedarse más de lo necesario · demorarse

DEF

to stay somewhere or continue doing something longer than necessary, usually because you are enjoying it

Lingering is the opposite of rushing — a beautiful word for the quality of slowing down and savouring a moment.

ES

Permanecer en algún lugar o continuar haciendo algo más tiempo del necesario, generalmente porque lo estás disfrutando.

Quedarse es lo contrario de correr — una palabra hermosa para la calidad de ir más despacio y saborear un momento.

She lingered over her morning coffee, listening to the birds outside.

She lingered over her morning coffee, listening to the birds outside. -> Se demoró con su café de la mañana, escuchando los pájaros afuera.

Don't linger in bed too long, or the whole morning slips away.

Don't linger in bed too long, or the whole morning slips away. -> No te quedes demasiado tiempo en la cama, o toda la mañana se esfumará.

8 to murmur

murmurar · susurrar suavemente

DEF

to speak or make a sound in a low, soft, gentle voice

Murmuring is quieter and gentler than whispering — it can be the sound of a person, water, or a crowd at a distance. Perfect for calm morning English.

ES

Hablar o hacer un sonido con una voz baja, suave y gentil.

Murmurar es más silencioso y suave que susurrar — puede ser el sonido de una persona, el agua o una multitud a distancia.

She murmured good morning without fully opening her eyes.

She murmured good morning without fully opening her eyes. -> Murmuró buenos días sin abrir del todo los ojos.

The stream murmured softly as he stood at the window.

The stream murmured softly as he stood at the window. -> El arroyo murmuraba suavemente mientras él estaba de pie en la ventana.

9 to emerge

emerger · salir gradualmente

DEF

to come out from a place or situation, especially slowly and after a period inside

The word carries a sense of gradual appearance — you emerge from sleep, from a difficult time, from inside a building. Full of possibility.

ES

Salir de un lugar o situación, especialmente de forma lenta y después de un período adentro.

La palabra conlleva un sentido de aparición gradual — emerges del sueño, de un momento difícil, del interior de un edificio.

She emerged from the bathroom feeling fresh and ready for the day.

She emerged from the bathroom feeling fresh and ready for the day. -> Salió del baño sintiéndose fresca y lista para el día.

He emerged slowly from a deep sleep, unsure for a moment of where he was.

He emerged slowly from a deep sleep. -> Emergió lentamente de un sueño profundo.

10 to wander

deambular · vagar

DEF

to walk slowly and without a specific destination; to let your mind move without direction

Wandering is relaxed and unstructured — it can be physical (wander around campus) or mental (let your mind wander). Both are restful.

ES

Caminar despacio y sin un destino específico; dejar que tu mente se mueva sin dirección.

Deambular es relajado y no estructurado — puede ser físico o mental.

On Sunday mornings she wanders around the market without any particular goal.

On Sunday mornings she wanders around the market without any particular goal. -> Los domingos por la mañana deambula por el mercado sin ningún objetivo concreto.

Let your mind wander for a few minutes — sometimes the best ideas arrive that way.

Let your mind wander for a few minutes. -> Deja que tu mente divague unos minutos.