

Calm Morning English — Easy Shadowing to Start Your Day

English learning resource · EN

Key words & expressions · English

10 learning entries

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

1

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.

2

to double-check

DEF

to verify something a second time to make sure it is correct — especially when in doubt

Double-check is the habit of verification. In language use, you double-check: a word you are not sure about, the meaning of a phrase that seems off, the spelling of a word before sending. Developing the double-check habit prevents confident errors — which are worse than uncertain ones.

When you are not sure whether a word means what you think, double-check before using it.

She always double-checked words that looked like her native language before including them in writing.

3

to breathe in

DEF

To draw air into the lungs.

Inhale is the more formal one-word equivalent.

Breathe in slowly through your nose.

She breathed in before answering.

4

to glance at

DEF

to look quickly at something without studying it carefully

Glance implies speed and lightness — you get just enough information without stopping to focus. Opposite of 'stare at' or 'study'.

She glanced at her planner and saw she had three deadlines that week.

He glanced at his phone just long enough to check the time.



5

to adjust to

DEF

to become used to a new situation, environment, or condition over time

Adjusting is gradual — your eyes adjust to light, you adjust to a new schedule, to a new country. It implies time and a process of change.

Give your eyes a moment to adjust to the morning light before getting up.

It took her two weeks to adjust to the early morning lectures.

6

to slow down

DEF

to reduce your speed or pace; to move, think, or speak more deliberately and without rushing

Slowing down is harder than speeding up — it requires intention. In English learning, slowing down your listening or speaking reveals details you miss when rushing.

Slow down when you speak — clarity matters more than speed.

The podcast is designed to help you slow down and actually absorb the English around you.

7

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.

8

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.

9

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.

10

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.

