

VOCABULARY · EPISODE 11

Calm Morning English — Easy Shadowing to Start Your Day

Key words & expressions · English + Español

Your English Toolbox

1 to wake up mindfully

despertar conscientemente · levantarse con atención plena

DEF

to begin the day with calm, intentional awareness rather than immediately rushing into activity

The opposite of jumping out of bed and grabbing your phone — waking up mindfully means pausing, breathing, and noticing the morning.

ES

Comenzar el día con conciencia tranquila e intencional en lugar de precipitarse inmediatamente.

Lo contrario de saltar de la cama y coger el móvil.

She tries to wake up mindfully every morning: no alarm snooze, no phone, just breathing.

She tries to wake up mindfully every morning. -> Intenta despertar conscientemente cada mañana.

Waking up mindfully takes only two minutes but changes the tone of the entire day.

Waking up mindfully takes only two minutes but changes the tone of the entire day. -> Despertar conscientemente solo toma dos minutos pero cambia el tono de todo el día.

2 to adjust to

adaptarse a · acostumbrarse a

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.

ES

Acostumbrarse gradualmente a una nueva situación, entorno o condición.

Adaptarse es gradual — los ojos se adaptan a la luz, te acostumbras a un nuevo horario.

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

Give your eyes a moment to adjust to the morning light. -> Dale a tus ojos un momento para adaptarse a la luz de la mañana.

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

It took her two weeks to adjust to the early morning lectures. -> Le llevó dos semanas acostumbrarse a las clases tempranas.

3

a rhythm

un ritmo · una cadencia

DEF

a regular pattern of sounds, movements, or events; the natural beat or flow of something

Rhythm applies to music, speech, walking, daily life — a key concept in language learning. Following the rhythm of English is central to shadowing practice.

ES

Un patrón regular de sonidos, movimientos o eventos; el latido o flujo natural de algo.

El ritmo se aplica a la música, el habla, caminar, la vida cotidiana.

Find the rhythm of the sentence and let your voice follow it naturally.

Find the rhythm of the sentence and let your voice follow it naturally. -> Encuentra el ritmo de la frase y deja que tu voz lo siga naturalmente.

Once you find your daily rhythm, everything from work to sleep becomes easier.

Once you find your daily rhythm, everything becomes easier. -> Una vez que encuentras tu ritmo diario, todo se vuelve más fácil.

4

confidence

confianza · seguridad en uno mismo

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.

ES

Creencia en la propia capacidad; sensación de que puedes hacer algo bien.

La confianza en el aprendizaje de idiomas se construye mediante la repetición y los pequeños éxitos.

Each time you shadow correctly, your confidence grows a little more.

Each time you shadow correctly, your confidence grows a little more. -> Cada vez que haces shadowing correctamente, tu confianza crece un poco más.

Real confidence comes from preparing well, not from pretending to know more than you do.

Real confidence comes from preparing well. -> La confianza real viene de prepararse bien.

5

to tiptoe

caminar de puntillas · ir de puntillas

DEF

to walk very quietly on the tips of your toes to avoid making noise

A beautiful morning word — tiptoeing is the physical act of being considerate, of not disturbing others. Full of gentleness.

ES

Caminar muy silenciosamente sobre las puntas de los pies para evitar hacer ruido.

Una hermosa palabra matutina — caminar de puntillas es el acto físico de ser considerado.

He tiptoed past the sleeping children and quietly made himself a cup of tea.

He tiptoed past the sleeping children. -> Caminó de puntillas junto a los niños dormidos.

She tiptoed downstairs in the dark, careful not to wake anyone.

She tiptoed downstairs in the dark. -> Bajó de puntillas las escaleras en la oscuridad.

6

to sip**sorber · beber a pequeños sorbos**

DEF

to drink something very slowly, taking small amounts at a time

Sipping is deliberate and conscious — the opposite of gulping. You sip hot drinks, wine, or anything you want to savour.

ES

Beber algo muy despacio, tomando pequeñas cantidades cada vez.

Sorber es deliberado y consciente — lo contrario de tragar de golpe.

She sat by the window, slowly sipping her tea and watching the garden.

She sat by the window, slowly sipping her tea. -> Se sentó junto a la ventana, bebiendo su té a pequeños sorbos.

Sip your morning coffee slowly — it will keep you warm longer and you'll enjoy it more.

Sip your morning coffee slowly. -> Bebe tu café mañanero a pequeños sorbos.

7

to settle into**asentarse en · aclimatarse a**

DEF

to gradually become comfortable and established in a new routine, place, or situation

Settling in is a gradual process — you don't settle in overnight. It's the opposite of feeling unsettled or anxious about something new.

ES

Ir sintiéndose cómodo y establecido en una nueva rutina, lugar o situación.

Asentarse es un proceso gradual — no ocurre de la noche a la mañana.

After two weeks, she began to settle into her new morning routine.

After two weeks, she began to settle into her new morning routine. -> Después de dos semanas, empezó a asentarse en su nueva rutina matutina.

Give yourself time to settle into the pace of the shadowing practice.

Give yourself time to settle into the pace of the shadowing practice. -> Date tiempo para aclimatarte al ritmo de la práctica de shadowing.

8

to flow**fluir · circular suavemente**

DEF

to move smoothly and continuously, without interruption or effort; to come naturally

Flow in language means the words come without struggling. A key concept in fluency — you aim for flow, not perfection.

ES

Moverse suave y continuamente, sin interrupción ni esfuerzo; surgir naturalmente.

El flujo en el idioma significa que las palabras vienen sin esfuerzo.

Once you relax, the English starts to flow more naturally.

Once you relax, the English starts to flow more naturally. -> Una vez que te relajas, el inglés empieza a fluir más naturalmente.

Let the words flow without stopping to correct yourself.

Let the words flow without stopping to correct yourself. -> Deja que las palabras fluyan sin parar para corregirte.

9

to inhale

inhalar · inspirar

DEF

to breathe in; to draw air into your lungs

Paired naturally with exhale — inhale is the energising half of the breath, bringing oxygen in. Key in mindfulness and speaking practice.

ES

Respirar hacia adentro; tomar aire hacia los pulmones.

Se combina naturalmente con exhalar — inhalar es la mitad energizante de la respiración.

Inhale deeply through your nose before you begin speaking.

Inhale deeply through your nose before you begin speaking. -> Inhala profundamente por la nariz antes de empezar a hablar.

She inhaled the fresh morning air and felt instantly more awake.

She inhaled the fresh morning air and felt instantly more awake. -> Inhaló el fresco aire matutino y se sintió al instante más despierta.

10

to ease into something

entrar poco a poco en algo · adaptarse gradualmente a algo

DEF

to begin something gradually and without rushing, allowing yourself to adjust comfortably

Ease into suggests a gentle, deliberate entry — the opposite of jumping in. Essential for learners who feel anxious about speaking: you ease into conversation rather than diving in and panicking.

ES

Comenzar algo de forma gradual y sin prisa, permitiéndote ajustarte cómodamente.

Sugiere una entrada suave y deliberada — lo opuesto a lanzarse de golpe.

Don't try to speak perfectly from day one — ease into it, one sentence at a time.

Don't try to speak perfectly from day one — ease into it, one sentence at a time. -> No intentes hablar perfectamente desde el primer día — entra poco a poco, una frase a la vez.

Peter eases into the morning by stretching slowly before he gets out of bed.

Peter eases into the morning by stretching slowly before he gets out of bed. -> Peter se adapta gradualmente a la mañana estirándose despacio antes de levantarse.