

Slow English Podcast. Vocabulary Focus — 10 Idioms That Make English Flow

English learning resource · EN

Full episode script · English

99 lines

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

Idioms are like tiny stories hidden inside language.

When you learn them slowly — not by memorizing, but by feeling them — they make your English sound alive.

Exactly.

Today we'll explore ten idioms that appeared across our episodes — words and phrases that native speakers use every day to show emotion, advice, and rhythm.

And if you stay with us till the end, you'll discover how using just a few of these idioms can make your conversations warmer, clearer, and more natural.

So let's slow down and listen closely.

Ten idioms — ten small pieces of real life.

□ PART 1 — make up your mind

This one means "to decide." Simple, right?

But make up your mind has personality — it shows hesitation, thought, and finally, action.

Compare it with decide.

Decide sounds like paperwork.

Make up your mind feels human — a little frustration, a little courage.

Example: "I couldn't make up my mind about which podcast to listen to first." Or, "Just make up your mind and start speaking English."

It's perfect when you've been overthinking — like many of us do.

□ PART 2 — give it a try

Our next one sounds friendly and positive — give it a try.

It means "try something new, even if you're not sure."

In the "Morning Routines" episode, Peter said, "Just give it a try — one sentence at a time." It's the opposite of fear.

Compare it with attempt — that's too formal.

Give it a try feels like a friend's voice.



You can say, “I’ve never recorded my voice before, but I’ll give it a try.”

It’s encouragement in three small words.

□ PART 3 — step by step

Here comes the philosophy of slow learning in three beats: step by step.

It means “little by little, calmly.”

In “Calm Shadowing,” we said: “Fluency is built step by step, not overnight.”

Compare it with gradually — that’s academic.

Step by step paints a picture: walking, moving forward, no rush.

Example: “I’m building my confidence step by step.”

It’s not about speed — it’s about staying on the path.

□ PART 4 — sooner or later

Everyone who studies English needs this one — sooner or later.

It means “eventually, it will happen.”

It’s perfect when you’re patient but hopeful.

“Sooner or later, all that listening will pay off.”

Compare it with eventually — similar meaning, but sooner or later has warmth and rhythm.

It sounds like experience speaking — not a grammar book.

□ PART 5 — keep an open mind

This one is all about curiosity — keep an open mind.

It means “stay ready for new ideas.”

In “Broken Language Learning,” we said: “You have to keep an open mind about how adults learn.”

Compare it with be flexible — open mind sounds deeper, like empathy and wisdom.

Example: “I didn’t like podcasts at first, but I kept an open mind and now I love them.”

It’s a beautiful reminder for every learner: the more open your mind, the more English fits inside it.

□ PART 6 — get out of your comfort zone

This one has energy — get out of your comfort zone.

It means to do something new or uncomfortable to grow.

In “Shadowing Practice,” Peter used it perfectly: “You grow faster when you get out of your comfort zone.”

Compare it with challenge yourself.

Same idea, but this idiom is visual — you can see the zone, and you’re stepping out.



Example: "I joined a conversation group to get out of my comfort zone."

It's courage in one sentence.

☐ PART 7 — go with the flow

From courage to calmness — go with the flow.

It means to relax and accept things as they come.

When we recorded "Calm English," you said: "Stop forcing it — just go with the flow." It fits perfectly with slow learning.

Compare it with relax — that's passive.

Go with the flow means you still move — but gently.

Example: "When my plan changed, I went with the flow and enjoyed it."

It's the art of adapting.

☐ PART 8 — don't beat yourself up

Here's an idiom every learner needs — don't beat yourself up.

It means "don't be too hard on yourself."

In "Broken Language Learning," we said: "Students beat themselves up for small mistakes."

Compare it with forgive yourself — similar, but don't beat yourself up is emotional and common in speech.

Example: "I made a mistake during the call, but I'm not going to beat myself up about it."

It's the voice of self-kindness.

☐ PART 9 — practice makes perfect

The classic one — practice makes perfect.

It means "the more you practice, the better you get."

It appeared in almost every episode — our philosophy in one line.

But remember: in slow learning, we change it slightly.

We like to say "practice makes progress." Because perfection is impossible, but progress is beautiful.

Example: "Keep shadowing every morning.

Practice makes progress."

That small change turns pressure into patience.

☐ PART 10 — it's never too late

And finally — it's never too late.

The most hopeful idiom in the list.



It means “you can start again anytime.” In “Morning Routines,” we reminded listeners that it’s never too late to rebuild your habits.

Compare it with you still have time — true, but it’s never too late feels stronger, like encouragement from a friend.

Example: “It’s never too late to learn English slowly — and enjoy it.”

It’s optimism in four words.

□ CLOSING REFLECTION

Ten idioms, ten emotions.

Make up your mind, give it a try, step by step, sooner or later, keep an open mind, get out of your comfort zone, go with the flow, don’t beat yourself up, practice makes perfect, it’s never too late.

Each one describes a moment in your learning life.

Together, they sound like advice from an older friend — gentle but real.

So, let me ask you something.

Which of these idioms feels closest to your life right now?

And second — which one would you like to live by this week?

Maybe you need to get out of your comfort zone.

Or maybe it’s time to go with the flow.

Whatever you choose, remember: slow learning isn’t about memorizing idioms — it’s about feeling them until they become yours.

So take them, repeat them softly, and let them live in your stories.

Thanks for listening, friends.

In our next episode, we’ll slow down again — this time with ten grammar structures that make English flow like music.

Until then, keep an open mind... and remember — it’s never too late.

