

Weekly English Recap: Time, Risk & Better Choices — 38 Shadowing Pairs

English learning resource · EN

Full episode script · English

105 lines

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

Welcome back to Your English Toolbox.

I am Peter, and this is your weekly English recap.

Today we will practise thirty-eight pairs of sentences from episodes one hundred and seventy-five to one hundred and eighty-one.

We will revisit time, risk, online language, choices and everyday responsibility.

First, listen to a sentence with a useful expression.

Then you will have four seconds to repeat it aloud.

After those four seconds, I will express the same idea in different words.

Listen for the meaning and notice which words changed.

You will have a short pause after the second sentence too.

Use that pause to try the alternative phrasing yourself.

Keep your voice relaxed and take the full four seconds.

Let us begin with time and the changing clocks.

We put the clocks back on Sunday, so the morning will feel lighter.

On Sunday we move the clocks one hour earlier, and sunrise will seem earlier.

When we put the clocks forward, I need a day to adjust.

When we move the clocks one hour later, I need some time to adapt.

The autumn clock change gives me an extra hour in bed.

The autumn change lets me sleep for one additional hour.

My body clock does not change as quickly as the clock on the wall.

My natural sleep rhythm takes longer to adjust than the clock.

It takes me a few days to adjust to the new morning light.

I need several days to get used to the different morning light.



Now we move from time to risk and brave decisions.

If you ignore every warning, you are playing with fire.

If you ignore all the warnings, you are taking a dangerous risk.

Do not put all your eggs in one basket when you apply for jobs.

Do not depend on a single job application for your whole plan.

Maya stuck her neck out and defended a new colleague.

Maya took a personal risk by speaking up for a new colleague.

We took a leap of faith and opened the small bookshop.

We made the brave choice to open the bookshop without knowing how it would go.

Changing course was a calculated risk, not a sudden impulse.

Changing course involved a risk that we had considered carefully.

Let us practise for, since, and questions about duration.

I have lived here since twenty twenty-three.

I moved here in twenty twenty-three, and I still live here.

I have worked with Lina for three years.

I started working with Lina three years ago, and we still work together.

How long have you known your neighbour?

When did you first meet your neighbour, and are you still in touch?

She has studied English since January.

She began studying English in January and continues today.

They have been friends for a long time.

Their friendship began long ago and continues now.

Next, we will look at the language of provocative posts online.

That post is rage bait, so I am not going to share it.

That post is designed to make people angry, so I will not pass it on.

The headline was clickbait and promised more than the article gave.

The headline tried to attract clicks with a promise the article did not fulfil.

His hot take started an argument in the comments.

His deliberately bold opinion started a debate in the comments.



I almost reacted before I read the whole story.

I nearly responded without first reading all the information.

Check the context before you repeat that dramatic claim.

Look at the surrounding facts before you pass on that striking claim.

Our next expressions come from a story about desire and difficult choices.

She was content with a modest home near her friends.

She was satisfied with a simple home close to her friends.

They set off at dawn to cross the fields before noon.

They began their journey when the sun first rose.

We ran out of time before we reached the last question.

There was no time left when we got to the final question.

The small garden belongs to the family next door.

The family next door owns the small garden.

We made a detour to avoid the roadworks.

We took a longer route around the roadworks.

I was out of breath after running up the stairs.

I was breathing hard after I ran up the stairs.

Despite the rain, the walkers pressed on.

Although it was raining, the walkers continued.

He wanted more land, but he did not know when to stop.

He kept seeking more land, even when he had enough.

Now let us practise taking responsibility and making things right.

That was my fault; I sent the old version of the file.

I made the mistake and sent an earlier version of the file.

I should have checked the address before I sent the parcel.

I made a mistake by failing to verify the address first.

I booked the wrong table, so let me put it right.

I made the booking mistake, so I will correct it.

I take full responsibility for the missed deadline.



I accept that the missed deadline was my responsibility.

Thanks for flagging it; I had not noticed the missing page.

Thank you for pointing it out; the missing page escaped my attention.

Finally, listen for the language of changing prices and quantities.

The packet looks the same, but it is smaller; that may be shrinkflation.

The packet may contain less product while keeping a similar price.

The company downsized the chocolate bar but kept the old wrapper.

The company made the chocolate bar smaller and kept its previous wrapper.

With this smaller box, you get less for your money.

This smaller box gives you a smaller quantity for the same spending.

I compared the weights before choosing between the two packets.

I looked at how much each packet contained before choosing.

It is the same price, but there is less product inside.

The cost has stayed the same while the quantity has gone down.

You have practised thirty-eight pairs from all seven episodes.

Choose one expression about time, one about choices and one about responsibility.

Make a true sentence about your own life with each of them.

If you want a second round, listen again and say the alternative before I do.

Remember the difference between since and for.

Since points to a starting moment; for describes the length of time.

A hot take is a bold opinion, while rage bait is designed to provoke anger.

And taking responsibility becomes stronger when you say how you will put a mistake right.

The full pairs, transcript and practice are on Your English Toolbox.

Thank you for practising with me.

This is Peter, and I will see you next time.

