

VOCABULARY · EPISODE 39

Seven Days of Calm English Day1

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to slow down

ir más despacio · reducir el ritmo

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.***ES**

Reducir tu velocidad o ritmo; moverse, pensar o hablar de forma más deliberada y sin apresurarse.

Ir más despacio es más difícil que acelerar — requiere intención.

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

Slow down when you speak — clarity matters more than speed. -> Ve más despacio cuando hablas — la claridad importa más que la velocidad.

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

The podcast is designed to help you slow down and actually absorb the English around you. -> El podcast está diseñado para ayudarte a reducir el ritmo y absorber de verdad el inglés que te rodea.

2

to be fully present

estar plenamente presente · estar aquí y ahora de verdad

DEF

to give your complete attention to what is happening right now, without distractions or mental wandering

*Being fully present is the opposite of multitasking — it means your body and mind are in the same place at the same time. Essential for deep listening in any language.***ES**

Prestar tu atención completa a lo que está sucediendo ahora mismo, sin distracciones ni divagaciones mentales.

Estar plenamente presente es lo opuesto de hacer varias cosas a la vez.

Try to be fully present when you listen — not thinking about your to-do list.

Try to be fully present when you listen. -> Intenta estar plenamente presente cuando escuchas.

Being fully present while practising English means you absorb three times as much.

Being fully present while practising English means you absorb three times as much. -> Estar aquí y ahora de verdad mientras practicas inglés significa que absorbes tres veces más.

3

to tune in

sintonizar · conectar de verdad con lo que escuchas

DEF

to give your full attention to something you are listening to; to connect deeply with what you are hearing

Tune in comes from radio — adjusting the dial to find a clear signal. Used figuratively, it means aligning your attention with what you are hearing. The act of tuning in is itself an English-learning superpower.

ES

Prestar toda tu atención a algo que estás escuchando; conectar profundamente con lo que estás oyendo.

Viene de la radio — ajustar el dial para encontrar una señal clara.

Tune in to the rhythm and melody of the language, not just the meaning of the words.

Tune in to the rhythm and melody of the language, not just the meaning of the words. -> Sintoniza el ritmo y la melodía del idioma, no solo el significado de las palabras.

Each time you tune in to this episode, you will notice something new.

Each time you tune in to this episode, you will notice something new. -> Cada vez que conectes de verdad con este episodio, notarás algo nuevo.

4

to be mindful

ser consciente del momento · practicar la atención plena

DEF

to pay deliberate, non-judgmental attention to what is happening in the present moment

Mindful is the adjective from mindfulness. Being mindful in English conversation means listening fully to what the other person is saying, not planning your next sentence while they speak. It is a habit that transforms both relationships and language skills.

ES

Prestar atención deliberada y sin juicio a lo que está ocurriendo en el momento presente.

El adjetivo de mindfulness. Ser consciente en inglés significa escuchar completamente, no planificar tu próxima frase mientras el otro habla.

Try to be mindful when you listen in English — notice the words, the tone, the pauses.

Try to be mindful when you listen in English — notice the words, the tone, the pauses. -> Intenta ser consciente del momento cuando escuchas en inglés — fíjate en las palabras, el tono, las pausas.

Being mindful during a conversation in a second language means you notice far more than you would if you were rushing.

Being mindful during a conversation in a second language means you notice far more than you would if you were rushing. -> Practicar la atención plena durante una conversación en una segunda lengua significa que notas mucho más de lo que notarías si fueras con prisa.

5

to anchor yourself

anclarte en el presente · encontrar un punto de apoyo en el momento actual

DEF

to find a fixed point of focus — a breath, a word, a sensation — that keeps you grounded in the present moment

Anchor yourself is a mindfulness metaphor — a ship needs an anchor to stay in place. In English practice, anchoring yourself before speaking means using one breath, one word, or one focus point to stop the mental spinning and be present.

ES

Encontrar un punto fijo de enfoque — una respiración, una palabra, una sensación — que te mantiene arraigado en el momento presente.

Metáfora de mindfulness — un barco necesita un ancla para quedarse en su lugar. Anclarte antes de hablar detiene el torbellino mental.

When anxiety rises before speaking, anchor yourself with three slow breaths and then begin.

When anxiety rises before speaking, anchor yourself with three slow breaths and then begin. -> Cuando la ansiedad surge antes de hablar, anclate en el presente con tres respiraciones lentas y luego empieza.

She anchored herself by focusing on the speaker's eyes rather than her own internal monologue.

She anchored herself by focusing on the speaker's eyes rather than her own internal monologue. -> Se ancló en el momento actual centrándose en los ojos del hablante en lugar de su propio monólogo interno.

6

to pay attention

prestar atención · fijarse con atención plena

DEF

to focus your mind deliberately on something or someone, giving it your full concentration

Pay attention is a fundamental phrase in English — used by teachers, parents, managers, and mindfulness practitioners. In language learning, paying attention is the difference between passive exposure and active acquisition. You cannot learn by accident.

ES

Enfocar tu mente deliberadamente en algo o alguien, dándole tu concentración total.

Frase fundamental en inglés. En el aprendizaje de idiomas, prestar atención es la diferencia entre la exposición pasiva y la adquisición activa.

Pay attention to the rhythm of the sentences — not just the meaning, but the music of the language.

Pay attention to the rhythm of the sentences — not just the meaning, but the music of the language. -> Presta atención al ritmo de las frases — no solo al significado, sino a la música del idioma.

She paid attention to every nuance in Peter's voice and noticed patterns she had never noticed before.

She paid attention to every nuance in Peter's voice and noticed patterns she had never noticed before. -> Se fijó con atención plena en cada matiz en la voz de Peter y notó patrones que nunca antes había notado.

7 to be aware

ser consciente · darse cuenta de algo en el momento presente

DEF

to have knowledge or understanding of something in the present moment — the state of noticing without judging

Being aware is the quieter form of mindfulness. You are aware of your breathing, your tension, your level of English confidence in that moment. Awareness is the first step to change — you cannot shift what you have not noticed.

ES

Tener conocimiento o comprensión de algo en el momento presente — el estado de notar sin juzgar. La forma más silenciosa de mindfulness. La conciencia es el primer paso hacia el cambio — no puedes cambiar lo que no has notado.

Be aware of how tense your jaw and shoulders are when you speak English — relaxing them can transform your accent.

Be aware of how tense your jaw and shoulders are when you speak English — relaxing them can transform your accent. -> Sé consciente de cuánto tensas la mandíbula y los hombros cuando hablas inglés — relajarlos puede transformar tu acento.

She became more aware of her own speaking patterns and started to consciously change the habits that were holding her back.

She became more aware of her own speaking patterns and started to consciously change the habits that were holding her back. -> Se volvió más consciente de sus propios patrones de habla y empezó a cambiar conscientemente los hábitos que la frenaban.

8 to observe

observar · prestar atención deliberada a algo

DEF

to watch, notice, or study something carefully and deliberately, without necessarily intervening

Observe is more deliberate and focused than 'see' or 'notice'. In language learning, observing is how you absorb vocabulary and patterns from real native speech — you watch, you notice, you remember.

Observing before imitating is the core of shadowing.

ES

Mirar, notar o estudiar algo cuidadosa y deliberadamente, sin necesariamente intervenir.

Más deliberado y enfocado que 'ver' o 'notar'. En el aprendizaje de idiomas, observar es cómo absorbes vocabulario y patrones del habla nativa real.

Observe how native speakers use pauses — the silence is as important as the words.

Observe how native speakers use pauses — the silence is as important as the words. -> Observa cómo los hablantes nativos usan las pausas — el silencio es tan importante como las palabras.

She spent her first week in London just observing conversations around her before trying to speak herself.

She spent her first week in London just observing conversations around her before trying to speak herself. -> Pasó su primera semana en Londres simplemente prestando atención deliberada a las conversaciones a su alrededor antes de intentar hablar ella misma.

9

stillness

la quietud · el estado de calma y silencio interior

DEF

the quality of being calm, quiet, and motionless — both physically and mentally

Stillness is rare in the modern world, and in English it carries a sense of both peace and power. In language learning, moments of stillness — before speaking, after listening — allow the mind to process and retain what it has absorbed.

ES

La cualidad de estar tranquilo, silencioso e inmóvil — tanto física como mentalmente.

Rara en el mundo moderno y en inglés lleva un sentido de paz y poder. Los momentos de quietud permiten que la mente procese y retenga lo que ha absorbido.

There is power in stillness — the pause before you speak is what gives your words weight.

There is power in stillness — the pause before you speak is what gives your words weight. -> Hay poder en la quietud — la pausa antes de hablar es lo que da peso a tus palabras.

She discovered that practising English in the early morning, in complete stillness, was far more effective than studying at night.

She discovered that practising English in the early morning, in complete stillness, was far more effective than studying at night. -> Descubrió que practicar inglés a primera hora de la mañana, en completo estado de calma y silencio interior, era mucho más efectivo que estudiar por la noche.

10

to savour

saborear · disfrutar algo con plena atención y sin prisa

DEF

to experience or enjoy something slowly and fully, without rushing — the opposite of consuming something too quickly

Savour is the opposite of rush — it means letting yourself fully experience something. In English learning, you savour a beautiful sentence, a perfect pronunciation, a real connection with someone. It is the mindful verb of enjoyment.

ES

Experimentar o disfrutar algo lentamente y plenamente, sin prisas — lo opuesto a consumir algo demasiado rápido.

Lo opuesto de la prisa — significa dejarse experimentar algo plenamente. El verbo mindful del disfrute.

Savour every English conversation you have — each one is practice, connection, and progress at once.

Savour every English conversation you have — each one is practice, connection, and progress at once. -> Saborea cada conversación en inglés que tengas — cada una es práctica, conexión y progreso a la vez.

She learned to savour small moments: a word she finally pronounced perfectly, a joke she made in English.

She learned to savour small moments: a word she finally pronounced perfectly, a joke she made in English. -> Aprendió a disfrutar con plena atención y sin prisa los pequeños momentos: una palabra que por fin pronunció perfectamente, un chiste que hizo en inglés.