

## VOCABULARY · EPISODE 41

## Day 3 of Calm English

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

1

## to appreciate

valorar · agradecer y reconocer

DEF

to recognise the value or quality of something and feel grateful for it; to understand the importance of something fully

*Appreciate sits between 'notice' and 'love' — it implies awareness and gratitude. In language learning, appreciating small progress prevents the discouragement that kills long-term learning.*

ES

Reconocer el valor o calidad de algo y sentirse agradecido por ello; comprender plenamente la importancia de algo.

Está entre 'notar' y 'amar' — implica conciencia y gratitud.

**Appreciate every small step — they add up to something enormous over time.**

Appreciate every small step — they add up to something enormous over time. -> Valora cada pequeño paso — se suman a algo enorme con el tiempo.

**She began to appreciate the beauty of English when she stopped comparing it to her native language.**

She began to appreciate the beauty of English when she stopped comparing it to her native language. -> Empezó a agradecer y reconocer la belleza del inglés cuando dejó de compararlo con su lengua materna.

2

## a silver lining

el lado bueno · la cara positiva de algo negativo

DEF

the positive or hopeful aspect of an otherwise difficult or negative situation

*Silver lining comes from the proverb 'every cloud has a silver lining' — even the worst situations contain something good if you look for it. A key phrase for resilience and positive reframing.*

ES

El aspecto positivo o esperanzador de una situación de otro modo difícil o negativa.

Viene del proverbio 'cada nube tiene un lado bueno' — incluso las peores situaciones contienen algo bueno si lo buscas.

**The silver lining of struggling with grammar is that you never forget the rules you fight hard to learn.**

The silver lining of struggling with grammar is that you never forget the rules you fight hard to learn. -> El lado bueno de luchar con la gramática es que nunca olvidas las reglas que aprendiste con esfuerzo.

**Even a bad week of English practice has a silver lining — at least you showed up.**

Even a bad week of English practice has a silver lining — at least you showed up. -> Incluso una mala semana de práctica de inglés tiene su cara positiva — al menos te presentaste.

3

## to look on the bright side

ver el lado positivo · mirar el lado bueno de las cosas

### DEF

to choose to focus on positive aspects of a situation rather than negative ones

*Look on the bright side is the English idiom for deliberate optimism — choosing positivity when things are hard. In language learning, every mistake has a bright side: you found a gap, you learned something new. This is the phrase for that attitude.*

### ES

Elegir centrarse en los aspectos positivos de una situación en lugar de los negativos.

El modismo inglés para el optimismo deliberado — elegir la positividad cuando las cosas son difíciles.

***Even when learning is slow, look on the bright side — every day you practise is a day you are ahead of yesterday.***

Even when learning is slow, look on the bright side — every day you practise is a day you are ahead of yesterday. -> Aunque el aprendizaje sea lento, mira el lado bueno de las cosas — cada día que practicas es un día por delante de ayer.

***She looked on the bright side when she forgot a word mid-sentence — it gave her a chance to describe it creatively.***

She looked on the bright side when she forgot a word mid-sentence — it gave her a chance to describe it creatively. -> Vio el lado positivo cuando olvidó una palabra a mitad de frase — le dio la oportunidad de describirla de forma creativa.

4

## to bounce back

recuperarse · volver con más fuerza tras una dificultad

### DEF

to recover quickly and successfully from a setback, difficulty, or disappointment

*Bounce back is an energetic, resilience phrase. It captures the way that setbacks do not have to be permanent — you can recover, return, and even come back stronger. Essential vocabulary for discussing learning challenges and resilience in English.*

### ES

Recuperarse rápida y exitosamente de un contratiempo, dificultad o decepción.

Frase energética de resiliencia. Los contratiempos no tienen por qué ser permanentes — puedes recuperarte y volver más fuerte.

***Every learner has bad weeks — what matters is how fast you bounce back and get back to the language.***

Every learner has bad weeks — what matters is how fast you bounce back and get back to the language. -> Todos los estudiantes tienen semanas malas — lo que importa es lo rápido que te recuperas y vuelves con el idioma.

***She had a discouraging conversation in English but bounced back the next day with renewed determination.***

She had a discouraging conversation in English but bounced back the next day with renewed determination. -> Tuvo una conversación desalentadora en inglés pero volvió con más fuerza tras una dificultad al día siguiente con renovada determinación.

5

## to turn something around

darle la vuelta a algo · transformar una situación negativa en positiva

### DEF

to change a negative or failing situation into a positive or successful one

*Turn something around is the verb of transformation — you take what was going wrong and redirect it. In language learning, turning things around means changing a bad habit, a wrong approach, or a losing streak into something that works.*

### ES

Cambiar una situación negativa o fallida en una positiva o exitosa.

El verbo de la transformación — tomas lo que estaba yendo mal y lo rediriges.

***She turned her English plateau around by switching from passive listening to active speaking every day.***

She turned her English plateau around by switching from passive listening to active speaking every day. -> Le dio la vuelta a su meseta de inglés pasando de la escucha pasiva al habla activa todos los días.

***If your studying feels stuck, the power to turn it around is entirely in your hands.***

If your studying feels stuck, the power to turn it around is entirely in your hands. -> Si tu estudio se siente estancado, el poder de transformar esa situación negativa en positiva está completamente en tus manos.

6

## to see the good in something

ver lo bueno en algo · encontrar lo positivo en cualquier situación

### DEF

to notice and focus on positive qualities even in an imperfect or difficult situation

*See the good in something is the daily practice of appreciation — broader than silver linings, it is the habit of looking for what is valuable rather than what is wrong. Applied to English, you see the good in every awkward moment as data, not failure.*

### ES

Notar y enfocarse en cualidades positivas incluso en una situación imperfecta o difícil.

La práctica diaria de la apreciación — el hábito de buscar lo valioso en lugar de lo que está mal.

***Try to see the good in every difficult conversation — you walked in nervous and you walked out with experience.***

Try to see the good in every difficult conversation — you walked in nervous and you walked out with experience. -> Intenta ver lo bueno en cada conversación difícil — entraste nervioso y saliste con experiencia.

***She made a point of seeing the good in every lesson, even the ones that felt frustrating.***

She made a point of seeing the good in every lesson, even the ones that felt frustrating. -> Se propuso encontrar lo positivo en cada lección, incluso en las que se sentían frustrantes.

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## a setback

### un contratiempo · un obstáculo temporal en el camino

#### DEF

a problem or difficulty that delays progress or makes things worse temporarily

*Setback is essential vocabulary for any learner — it names the experience of going backwards, being stuck, or hitting a wall. Knowing the word means you can name the experience without catastrophising it. A setback is temporary; it is not the end.*

#### ES

Un problema o dificultad que retrasa el progreso o empeora las cosas temporalmente.

Vocabulario esencial para cualquier estudiante — nombra la experiencia de retroceder o quedarse atascado. Nombrarlo evita catastrofizarlo.

**Every setback in language learning is a sign that you are pushing beyond your comfort zone.**

Every setback in language learning is a sign that you are pushing beyond your comfort zone. -> Cada contratiempo en el aprendizaje de idiomas es señal de que estás yendo más allá de tu zona de confort.

**Her biggest setback was losing confidence after a bad week, but she recovered and came back stronger.**

Her biggest setback was losing confidence after a bad week, but she recovered and came back stronger. -> Su mayor obstáculo temporal en el camino fue perder la confianza tras una mala semana, pero se recuperó y volvió más fuerte.

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## resilience

### la resiliencia · la capacidad de recuperarse y seguir adelante

#### DEF

the ability to recover from difficulties, adapt to setbacks, and keep going despite challenges

*Resilience is not the absence of difficulty — it is the ability to move through difficulty without breaking. For English learners, resilience means continuing to show up for the language on the hard days, the boring days, the embarrassing days. It is what separates those who reach fluency from those who stop.*

#### ES

La capacidad de recuperarse de las dificultades, adaptarse a los contratiempos y seguir adelante pese a los desafíos.

No es la ausencia de dificultad — es la capacidad de atravesarla sin romperse. Lo que separa a los que llegan a la fluidez de los que se detienen.

**Resilience in language learning means showing up even on the days when nothing seems to stick.**

Resilience in language learning means showing up even on the days when nothing seems to stick. -> La resiliencia en el aprendizaje de idiomas significa aparecer incluso los días en que nada parece quedarse.

**Her resilience was what made the difference — she failed, reset, and kept going, every single time.**

Her resilience was what made the difference — she failed, reset, and kept going, every single time. -> Su capacidad de recuperarse y seguir adelante fue lo que marcó la diferencia — falló, se reinició y siguió, cada vez.

9

## to keep your chin up

**mantener el ánimo · no desanimarse y seguir con la cabeza alta**

### DEF

to remain optimistic and cheerful during a difficult time

*Keep your chin up is a classic piece of British encouragement — the image is of holding your head up proudly rather than looking down in defeat. It is what you say to a friend who is struggling. In English culture, it is warm, direct, and personal.*

### ES

Mantenerse optimista y alegre durante un momento difícil.

Ánimo clásico británico — la imagen es mantener la cabeza levantada con orgullo en lugar de mirar hacia abajo derrotado.

**Keep your chin up — language plateaus are normal, and you will get through this one just like you got through the last.**

Keep your chin up — language plateaus are normal, and you will get through this one just like you got through the last. -> Mantén el ánimo — las mesetas lingüísticas son normales, y superarás esta igual que superaste la anterior.

**She told herself to keep her chin up every morning before practice, and it genuinely helped.**

She told herself to keep her chin up every morning before practice, and it genuinely helped. -> Se decía a sí misma que no se desanimara y siguiera con la cabeza alta cada mañana antes de practicar, y realmente ayudaba.

10

## to draw strength from something

**sacar fuerza de algo · encontrar motivación o valor en algo**

### DEF

to find motivation, courage, or energy from a source — a memory, a person, a belief

*Draw strength from is a metaphor of extraction — you pull something valuable out of a resource. In language learning, you draw strength from progress you have made, from people who believe in you, from moments of real connection in the language. Very useful for motivational English.*

### ES

Encontrar motivación, coraje o energía en una fuente — un recuerdo, una persona, una creencia.

Metáfora de extracción — sacas algo valioso de un recurso. Muy útil para el inglés motivacional.

**Draw strength from how far you have come — not from how far you still have to go.**

Draw strength from how far you have come — not from how far you still have to go. -> Sacar fuerza de lo lejos que has llegado — no de lo lejos que aún tienes que llegar.

**She drew strength from the memory of the first time she had a full conversation in English without stopping.**

She drew strength from the memory of the first time she had a full conversation in English without stopping. -> Encontró motivación o valor en el recuerdo de la primera vez que tuvo una conversación completa en inglés sin parar.