FREE LISTENING GUIDE

M&J

REAL ENGLISH TALK SHOW

EPISODE 01

WHY ARE MORNINGS SO HARD?

LEVEL A2+

32 useful words & everyday expressions

Simple English definitions + natural examples

LISTEN / UNDERSTAND / USE IT

01 / MORNING ROUTINES

Wake up, get up, and get moving

01 **wake up**
Meaning: to stop sleeping
Example: I woke up at six thirty.

02 **get up**
Meaning: to leave your bed after sleeping
Example: I got up at seven fifty.

03 **go back to sleep**
Meaning: to start sleeping again
Example: I turned off my alarm and went back to sleep.

04 **alarm**
Meaning: a sound that tells you it is time to wake up
Example: I set five alarms this morning.

05 **stay up late**
Meaning: to go to bed later than usual
Example: I stayed up late watching videos.

06 **fall asleep**
Meaning: to begin sleeping
Example: I finally fell asleep after midnight.

07 **morning person**
Meaning: someone who likes being awake early
Example: June is a morning person. Mike is not.

08 **the night before**
Meaning: the evening or night before a day or event
Example: I prepared my clothes the night before.

02 / TIME & PLANS

When things do not go as planned

09 **running late**
Meaning: not having enough time; likely to be late
Example: I was running late, so I missed breakfast.

10 **on time**
Meaning: at the planned time; not late
Example: I want to get to work on time.

11 **in a hurry**
Meaning: doing something quickly because you have little time
Example: I put on my shoes in a hurry.

12 **prepare**
Meaning: to get something ready before you need it
Example: I prepare breakfast the night before.

13 **it depends**
Meaning: the answer changes with the situation
Example: What do I eat? It depends on the day.

14 **make a deal**
Meaning: to agree to do something with someone
Example: Let us make a deal about tomorrow morning.

15 **try again**
Meaning: to do something one more time after it did not work
Example: Tomorrow, I can try again.

16 **go wrong**
Meaning: to happen in a bad or unexpected way
Example: A lot of things went wrong that morning.

03 / EVERYDAY STORIES

Food, phones, family, and surprises

17 **spill**
Meaning: to make a drink fall out of its cup by accident
Example: I spilled coffee on my clean shirt.

18 **grab**
Meaning: to take something quickly
Example: I grabbed my bag and ran outside.

19 **look for**
Meaning: to try to find something
Example: I was looking for my keys.

20 **find out**
Meaning: to learn something you did not know before
Example: I want to find out what happened.

21 **put away**
Meaning: to move something to its usual place
Example: I put my phone away before bed.

22 **leftover**
Meaning: food that is still there after a meal
Example: I sometimes eat leftover pizza.

23 **take a bite**
Meaning: to eat a small piece of food
Example: My husband took a bite of the pancake.

24 **sound like**
Meaning: to seem a certain way from what someone says
Example: That sounds like a good idea.

04 / REAL CONVERSATION

Short phrases people actually say

25 **Are you kidding?**
Meaning: said when you are very surprised
Example: Five alarms? Are you kidding?

26 **Of course!**
Meaning: yes; this is what I expected
Example: Do you want coffee? Of course!

27 **No way!**
Meaning: I am very surprised; I can hardly believe it
Example: You wore two different shoes? No way!

28 **Good point.**
Meaning: what you said makes sense
Example: Good point. I should check the date.

29 **That makes sense.**
Meaning: I understand, and it seems right
Example: You were tired because you slept late. That makes sense.

30 **I have no idea.**
Meaning: I really do not know
Example: Where are my keys? I have no idea.

31 **Fair enough.**
Meaning: I understand and accept what you said
Example: One problem at a time? Fair enough.

32 **One problem at a time.**
Meaning: let us deal with one thing before the next
Example: First, I need sleep. One problem at a time.

LISTEN AGAIN / QUICK PRACTICE

You do not need to memorize everything. Listen and notice.

1. Mike heard five alarms. What did he do?

Answer: He turned them off and went back to sleep.

2. What does "running late" mean?

Answer: You do not have enough time and may arrive late.

3. Why did Mike wear two different shoes?

Answer: He was in a hurry and it was dark.

4. What does "That makes sense" mean?

Answer: I understand, and the idea seems right.

5. What will Mike and June try tomorrow?

Answer: To get up at seven, eat breakfast, and leave on time.

M&J / Real conversations. Real laughs. Better English.