ENGLISH STORY PODCAST

Think in English Every Day

A clean read-along transcript and practical English-learning workbook

Episode 01 Level A2-B1	**HOW TO USE THIS PACK** Listen once without reading. Listen again while following the transcript. Then complete the activities.

In this episode, you will learn to:

- ✓ reduce the habit of translating before you speak
- ✓ connect English words directly to objects and actions
- ✓ learn useful chunks and explain words you forget
- ✓ follow a simple ten-minute daily practice plan

Listen. Read. Repeat. Speak.

Complete Transcript

The performance directions and audio-production tags have been removed so you can focus on natural English.

Mia Hello everyone, and welcome back to the English Story Podcast. I'm Mia.

Jake And I'm Jake. It's so good to have you here today.

Mia Jake, I have a question for you.

Jake Of course. Go ahead.

Mia When someone asks you a question in a new language, what happens in your head first?

Jake Oh, I know this one. When I started learning Spanish, I always translated everything. I heard the question, I changed it into English, I thought of my answer in English, and then I changed every single word back into Spanish.

Mia And how long did all that take?

Jake Too long. By the time I was ready to answer, the other person was already talking about something else.

Mia I did the same thing with French. So today's episode is for everyone who has ever felt that little delay in their head.

Jake Today we are going to talk about how to think in English every day, without translating. And here is the good news. You do not need to live in an English speaking country to do it.

Mia That's right. By the end of this episode, you will know five simple ways to start thinking in English, and you will have a small ten minute plan that you can start today.

Jake So make yourself comfortable. Get a cup of tea, or coffee, or water. And just listen to us talk. You don't need to write anything down. Your brain will learn while you listen.

Mia Let's begin.

Jake Mia, let's start with the problem. Why is translating so slow?

Mia Good question. Imagine someone asks you, "What did you do yesterday?" If you translate, your brain does five jobs. First, you hear the English question. Second, you change it into your own language. Third, you think of the answer in your own language. Fourth, you change every word back into English. And fifth, you finally speak.

Jake That is a lot of work for one small question.

Mia And the other person is already waiting. Maybe they are looking at their phone.

Jake Or talking to someone else.

Mia But here is something important. Translating is not a mistake. Every learner does it at the beginning. It is a normal step. We just don't want to stay there forever.

Jake Exactly. When you think in English, you skip the middle jobs. You hear the question in English, you think in English, and you answer in English. It is faster, and it feels much more natural.

Mia And it can start with very small steps. So let's talk about way number one.

Jake Way number one. Name the things around you.

Mia This is the easiest way, and you can start right now. Look around the room. What can you see?

Jake Let me try. I can see a cup, a window, a plant, a laptop, and a pen.

Mia Perfect. Notice what Jake did. He did not think about the word in his own language first. He saw a cup and he said the English word, cup.

Jake Right. The picture goes straight to the English word. No middle step.

Mia Now let's make it a little bit harder. Don't only name the thing. Say a small sentence about it. For example, the cup is on the table.

Jake The plant is next to the window. The pen is under my notebook.

Mia Very good. And if you don't know a word, that is also useful. It means you found a word to learn today.

Jake I like that. A missing word is not a failure. It is a small lesson.

Mia Exactly. So here is your first challenge. Today, name five things around you in English. Then say one small sentence about each one.

Jake And you can do it anywhere. In the kitchen, on the bus, or at your desk.

Mia Now, before we go to way number two, it's time for our Word Box. These are useful words from this part of the episode. Listen, and then repeat after us.

Jake The first word is translate. To translate means to change words from one language into another.

Mia Translate. For example, I translate the word in my head before I speak.

Jake The next word is automatic. When something is automatic, you do it without thinking.

Mia Automatic. For example, walking is automatic for most people. We don't think about each step.

Jake The next word is habit. A habit is something you do again and again, usually every day.

Mia Habit. For example, drinking water in the morning is a good habit.

Jake And the last word is chunk. A chunk is a small group of words that go together.

Mia Chunk. For example, "how are you doing" is a chunk. We say it all together, almost like one word.

Jake Let's say them one more time. Translate.

Mia Translate.

Jake Automatic.

Mia Automatic.

Jake Habit.

Mia Habit.

Jake Chunk.

Mia Chunk.

Jake Great job, everyone. These words will help you understand the next part of the episode.

Mia Okay, way number two. Talk to yourself in English.

Jake Now this one sounds a little bit funny, but it works very well.

Mia It does. The idea is simple. While you do something, say what you are doing in English, out loud or quietly in your head. We call this narrating your day.

Jake Let me show you. I'm making tea. The water is hot. I need a cup. I'm putting the tea bag in the cup. Now I'm waiting for it to get ready.

Mia Jake, that was a very exciting tea moment.

Jake It was the best tea moment of my life. But do you see what happened? I did not translate anything. I just said what was happening, right then, in simple English.

Mia And that is why it works. You are connecting English to real actions, not to your own language.

Jake Some people feel shy about this. They think, what if someone hears me?

Mia That's a normal feeling. So you can do it quietly. You can do it in the shower, in the car, while you walk, or in your head when you are standing in line.

Jake You can also use very short sentences. I'm walking to the bus stop. It's cold today. I'm tired, but I feel okay.

Mia Short and simple is perfect. You are not giving a speech. You are building a habit.

Jake And over time, something interesting happens. You start to hear English voices in your head, even when you don't plan it.

Mia That is the moment when you start to really think in English.

Jake So the challenge for way number two is this. Tomorrow morning, choose one small activity, like brushing your teeth or making breakfast, and narrate it in English. Just two or three sentences.

Mia That's all. Two or three sentences. Let's move to way number three.

Jake Way number three. Think in chunks, not in single words.

Mia This one is very powerful. Remember our new word, chunk?

Jake Yes. A chunk is a group of words that go together. And native speakers use chunks all the time.

Mia Here is an example. If you learn the words I am running late one by one, you have to build the sentence slowly. But if you learn the whole chunk, I'm running late, you can say it quickly, and it comes out naturally.

Jake Let me give you a few more. I can't wait for the weekend. It's been a long day. Let me think about it. I'm not sure yet.

Mia And these chunks are useful, because we use them in real life every day.

Jake Right. And when you learn a chunk, you also learn the grammar inside it, without studying the rules.

Mia So here is a tip. When you hear a useful phrase, don't write only one word. Write the whole chunk, and say it out loud three times.

Jake Let's practice together. This is our segment called Say It Like This. Repeat after us. I'm running late.

Mia I'm running late.

Jake I can't wait for the weekend.

Mia I can't wait for the weekend.

Jake It's been a long day.

Mia It's been a long day.

Jake Let me think about it.

Mia Let me think about it.

Jake Very good. Now your brain has four new chunks. And next time you want to say one of these ideas, you won't need to translate.

Mia Okay Jake, I think it's time for a little break from the ways. Let's talk about something we all feel. What do you do when you forget a word?

Jake I freeze. I look at the ceiling. And I say, um, um, um.

Mia I think we all do that. But there is a better way, and that is way number four.

Jake Okay, tell us. Way number four.

Mia Way number four. Use simple English to explain the word you forgot.

Jake I like this. So I don't stop the whole conversation. I just go around the word.

Mia Exactly. For example, imagine you forget the word umbrella. You can say, "It's the thing you use when it rains."

Jake That's a great example. Or imagine I forget the word fridge. I can say, "It's the big machine in the kitchen that keeps food cold."

Mia And the other person usually says, "Oh, you mean the fridge." Then you learn the word, and the conversation keeps going.

Jake This is smart, because it keeps your brain in English. You are not stopping to search for a word in your own language.

Mia Right. You are solving the problem in English. And that is real thinking in English.

Jake Here are some helpful phrases for this. It's the thing you use for. It's a kind of. It's like a. I forgot the word, but it's something that.

Mia Let's repeat them. It's the thing you use for.

Jake It's the thing you use for.

Mia It's a kind of.

Jake It's a kind of.

Mia I forgot the word, but it's something that.

Jake I forgot the word, but it's something that.

Mia Perfect. Now you have a safety net the next time a word disappears.

Jake And remember, native speakers forget words too. It happens to everyone, in every language.

Mia So please don't be hard on yourself. A small pause is okay.

Jake Okay Mia, one more way. This is way number five.

Mia Way number five. Listen and repeat every day, even for a few minutes.

Jake This is the one that you are already doing right now, as you listen to this episode.

Mia That's true. So give yourself a little credit.

Jake Listening gives your brain English sounds, English rhythm, and English chunks. And repeating, we call it shadowing, helps your mouth get used to the sounds.

Mia Shadowing is simple. You listen to a short part of English, then you repeat it right after, with the same rhythm and the same feeling. Like a shadow that follows you.

Jake For example, you can take just one minute of this episode, play it, and say the lines along with us. First slowly, then a little faster.

Mia And you don't need a long time. Ten minutes a day is better than one long hour once a week.

Jake Because your brain learns from repetition. Small and regular practice is stronger than big and rare practice.

Mia So let's put everything together into a simple ten minute plan.

Jake Yes, let's do it. Mia, what is the plan?

Mia Minutes one to three, name things around you. Say five objects and one small sentence for each.

Jake Minutes four to six, narrate what you are doing. Make tea, tidy your desk, or walk around the room, and describe it in English.

Mia And minutes seven to ten, listen and repeat. Choose a short part of a podcast like this one, and shadow it.

Jake That's three parts. Name, narrate, and repeat.

Mia Name, narrate, and repeat. You can remember it that way.

Jake And if you want one more tip, you can do the plan at the same time every day. After breakfast, or before bed. That helps it become a habit.

Mia Our word again, habit. And a good habit becomes automatic.

Jake Look at that, we used our vocabulary.

Mia We are very good teachers. Now, before your turn, it's time for our Mini Story. This is a short story with today's new words inside it.

Jake I love this part. Go ahead, Mia.

Mia Our story today is about a student called Lucia. Lucia loved English, but she had one problem. Every time someone spoke to her, she translated every word in her head. One morning, she saw her friend Tom at the bus stop. Tom smiled and said, "Hi Lucia, how's it going?" Lucia froze. She translated the question, she translated her answer, and by the time she was ready, the bus had already arrived.

Mia On the bus, Lucia felt a little sad. But that evening, she remembered a small tip. Learn chunks, and say them without thinking. So while she made her tea, she practiced one chunk, "I'm running late." Then she practiced another, "Let me think about it." She said them again and again, until they felt easy.

Mia The next morning, Tom asked, "How's it going?" This time, Lucia smiled and said, "Pretty good. I'm running late, but I'm happy to see you." Tom laughed and said, "Your English sounds great today." Lucia thought, I did not translate. It was automatic. And from that day, she kept practicing a little every day, and her new habit grew stronger.

Jake I love that story. Poor Lucia and the bus.

Mia That bus was very fast that day.

Jake Did you notice our words? Translate, chunk, automatic, and habit were all in the story.

Mia That is why we tell stories. When you hear new words inside a story, they are easier to remember.

Jake Can you remember one chunk from the story?

YOUR TURN	Pause and answer in your own words.

Mia Maybe it was, I'm running late, or maybe it was, let me think about it. Both are very useful.

Jake And now it's time for our last segment, called Your Turn.

Mia Okay, now it's your turn. Let's practice together.

Jake I'm going to ask Mia some quick questions, and you can answer in your head at the same time. Don't translate. Just say the first English words that come.

Mia Ready. Let's go.

Jake Question one. What are you doing right now?

YOUR TURN	Pause and answer in your own words.

Mia I'm sitting at a table, I'm talking into a microphone, and I'm drinking a little bit of water.

Jake Question two. What can you see around you?

YOUR TURN	Pause and answer in your own words.

Mia I can see a window, a notebook, and Jake, who is making a funny face.

Jake I'm not making a funny face. This is my normal face.

Mia Of course.

Jake Question three. What did you eat today?

YOUR TURN	Pause and answer in your own words.

Mia Today I had toast with honey for breakfast, and a big salad for lunch.

Jake Question four. How do you feel right now?

YOUR TURN	Pause and answer in your own words.

Mia I feel calm, and a little bit happy, because I love talking with you, and with all of you listening.

Jake That is a lovely answer. And remember, it does not need to be perfect. Short, simple sentences are exactly right.

Mia And if you could answer, even a little, in English, without translating, then you just thought in English. Congratulations.

Jake Let's finish with a quick review of the five ways, so you remember them.

Mia Way number one. Name the things around you.

Jake Way number two. Talk to yourself and narrate your day.

Mia Way number three. Learn chunks, not single words.

Jake Way number four. Explain the word you forgot, using simple English.

Mia And way number five. Listen and repeat a little every day.

Jake And remember the ten minute plan. Name, narrate, and repeat.

Mia You don't need to do everything in one day. Choose one way, and start with it today. Then add another one next week.

Jake And here is something I want you to remember. Thinking in English is not about being perfect. It is about giving English a little space in your day, again and again.

Mia I love that. Small steps, every day.

Mia Before we go, here is Today's Small Win. A small win is a very small task that you can finish today, and it makes you feel good.

Jake Today's Small Win is this. Name five things around you in English, and say one small sentence about each one. It only takes two minutes.

Mia You can do it now, or you can do it when you finish listening. Then you can say, I did it, I thought in English today.

Jake Now, we have a question for you in the comments. Look around you right now, and write one sentence about something you can see, in English. For example, the cup is on the desk.

Mia We read the comments, and we love to see your sentences. So please write one, even if you feel shy. You can do it.

Jake And if this episode helped you today, please give it a like, and share it with a friend who is learning English.

Mia And if you haven't subscribed yet, please subscribe, so you can find our next episode. We are here to help you learn English, one small step at a time.

Jake Thank you so much for spending this time with us.

Mia Keep listening, keep practicing, and remember, your English is already better than it was yesterday.

Jake Take care, everyone.

Mia Goodbye, and see you in the next episode.

Learning Activities

Complete these activities after listening and reading.

1. Word Box - Match the meanings

Word	Meaning
1. translate	A. something you do regularly
2. automatic	B. a useful group of words learned together
3. habit	C. change words from one language to another
4. chunk	D. done naturally without conscious thought

2. Check your understanding

1. Why can translating make a conversation feel slow?

2. What are two things you can do while naming objects around you?

3. Why are chunks more useful than learning only single words?

4. What can you do when you forget an English word?

5. What are the three parts of the ten-minute plan?

3. Complete the useful chunks

• I'm running _____.

• I can't wait for the _____.

• It's been a long _____.

• Let me think _____ it.

• I forgot the word, but it's something _____.

4. Think in English challenge

Look around you. Write five objects in English and one short sentence about each object. Do not translate first.

5. Speaking practice

Speak for one minute. Describe what you are doing now, what you can see, and how you feel. Use at least two chunks from the episode.

Answer Key & Model Answers

1. Word Box: 1-C, 2-D, 3-A, 4-B

1. Translating adds extra mental steps: hear, translate, plan, translate back, and speak.

2. Name the object and say a short sentence about its location, color, size, or use.

3. Chunks help you speak quickly and naturally because the words are stored together.

4. Explain it with simple English, such as: 'It's the thing you use when it rains.'

5. Name, narrate, and repeat.

3. Chunks: late; weekend; day; about; that

Model speaking answer: I'm sitting at my desk. I can see a notebook and a cup. It's been a long day, but I feel calm. Let me think about what I need to do next.

Keep listening. Keep practicing. Your English is already better than it was yesterday.