ENGLISH STORY PODCAST

Talk About Your Day

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

Episode 02 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:

- ✓ replace one-word answers with short, interesting details
- ✓ use common past-tense verbs to describe daily activities
- ✓ connect ideas with and, but, and because
- ✓ use a five-step plan to keep a conversation moving

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. We're so happy you're here again.

Mia Jake, I have a quick question. What did you do today?

Jake Nothing.

Mia Nothing? Jake, you woke up, you made breakfast, you walked to the studio, and you ate two bananas on the way.

Jake Okay, okay. That is true. I did a lot of things. But when someone asks me about my day, my brain says, nothing, or good, or fine.

Mia And that is exactly the problem for today's episode. Many English learners do the same thing. Someone asks, "How was your day?" and the answer is, "Good." And then the conversation stops.

Jake Today we are going to fix that. We are going to learn how to talk about your day in English, with simple sentences and a little bit of personality.

Mia By the end of this episode, you will know five easy steps to describe your day, and you will be ready to use them tonight.

Jake Last time, we talked about how to think in English. If you missed that episode, you can find it on our channel. But you don't need it for today. Just make yourself comfortable. Get a cup of tea, or coffee, or water, and listen to us talk.

Mia And remember, you don't need to write anything down. Your brain will learn while you listen.

Jake Mia, let's start with the problem. Why does the word good end a conversation?

Mia Because it gives the other person nothing to ask about. Imagine you ask your friend about their day, and they say, "Good." What can you say next?

Jake Great. And then we both look at our phones.

Mia Exactly. But what if your friend says, "I had a busy day, but I had a lovely lunch with my sister." Now you can ask about the lunch, or the sister, or why the day was busy.

Jake So the secret is to give a small piece of your day, not the whole day.

Mia Right. A small piece is enough. And here is a simple plan with five steps. Time, action, detail, feeling, and ask back.

Jake Time, action, detail, feeling, ask back. That is easy to remember.

Mia Let's go step by step. Step one. Start with the time.

Jake This one is easy. This morning. In the afternoon. This evening. After work. Before lunch.

Mia These words tell the listener when something happened. For example, "This morning, I woke up late." Or, "In the afternoon, I went to the market." Or, "After work, I called my mother."

Jake And if the day is not finished yet, you can talk about your plans. "Tonight, I'm going to cook pasta."

Mia Perfect. Time words help your story start naturally, like opening a door.

Jake I like that. A door for the listener to walk through.

Mia Now step two. Say what you did.

Jake This is the step where I always make a mistake.

Mia Tell us about it.

Jake I say, "I eated a sandwich."

Mia That is a very common mistake, and it is okay. Many verbs are irregular in the past. We don't say eated. We say ate. I ate a sandwich.

Jake Ate. I ate a sandwich. Okay, I will remember that.

Mia Here are some very useful ones. Go, went. Have, had. See, saw. Meet, met. Make, made.

Jake Go, went. Have, had. See, saw. Meet, met. Make, made. I went to the park. I had coffee. I saw a friend. I met my neighbor. I made soup.

Mia Very good. And for regular verbs, we simply add e d. Walk, walked. Cook, cooked. Work, worked. Clean, cleaned.

Jake I walked to the bus stop. I cooked dinner. I worked from home. I cleaned the kitchen.

Mia Did you really clean the whole kitchen?

Jake Half of it.

Mia Half is still something.

Jake Okay Mia, I think this is a good moment for our Word Box.

Mia Yes. It's time for our Word Box. These are four useful words for describing your day. Listen, and then repeat after us.

Jake The first word is busy. When you are busy, you have a lot to do.

Mia Busy. For example, I had a very busy morning.

Jake The next word is tiring. Something tiring makes you feel tired.

Mia Tiring. For example, the trip was long and tiring.

Jake The next word is relaxing. Something relaxing makes you feel calm.

Mia Relaxing. For example, a quiet walk in the park is very relaxing.

Jake And the last word is proud. When you are proud, you feel good about something you did.

Mia Proud. For example, I felt proud when I finished my homework.

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

Mia Busy.

Jake Tiring.

Mia Tiring.

Jake Relaxing.

Mia Relaxing.

Jake Proud.

Mia Proud.

Jake Great job, everyone. You will hear these words again in a moment.

Mia Now, step three. Add one detail.

Jake This is my favorite step.

Mia Listen to these two sentences. Number one, "I had lunch." Number two, "I had chicken soup for lunch, and it was delicious."

Jake The second one is much more interesting. Now I want to know who made the soup.

Mia Exactly. One detail can be a food, a place, a person, or a small problem. For example, "I went to the market, and it was very crowded." Or, "I met a friend, and we talked for two hours." Or, "I missed the bus, but I walked and enjoyed the fresh air."

Jake I like that last one. I miss the bus a lot.

Mia I know you do.

Jake And here is a helpful tip. Use the little words and, but, and because to connect your ideas. They make your English sound smoother.

Mia Yes. And is for adding. But is for a change. Because is for a reason. For example, "I was tired because I went to bed late."

Jake I was hungry because I forgot to eat breakfast.

Mia Jake, you are always a little bit hungry.

Jake It is my best quality.

Mia Okay, step four. Say how you felt.

Jake This one is hard for me. I only know two feelings. I'm good, and I'm hungry.

Mia Hungry is a very important feeling for you. But let's add some more. Happy. Tired. Stressed. Relaxed. Excited. Proud. Bored.

Jake Happy, tired, stressed, relaxed, excited, proud, bored.

Mia And there are two easy patterns. The first one is, "I felt," and then a feeling word. I felt happy. I felt relaxed. The second one is, "It was," and then a word for the day. It was a busy day. It was a tiring week.

Jake And we can mix feelings together. For example, "I'm tired, but I'm happy."

Mia That is a very natural sentence. Real life is often a mix. A day can be tiring and also good.

Jake I like that. It is okay to have two feelings at the same time.

Mia Now step five, the last step. Ask back.

Jake This one is like a gift for the other person. After you share a little, you say, "How about you?" or "What about your day?"

Mia Because a conversation is like a ball game. You throw the ball, and the other person throws it back.

Jake And I always drop the ball. I say, "Good," and the ball just falls on the floor.

Mia Not anymore. Now you can say, "I had a busy day, but I had a nice lunch. How about you?"

Jake That is much better. Okay, let me try the whole plan. Time, action, detail, feeling, ask back.

Mia Go ahead, Jake. I'm listening.

Jake This morning, I missed the bus, so I walked to work. It was tiring, but I felt proud because I arrived on time. At lunch, I ate a very big sandwich. How about you, Mia?

Mia That was excellent, Jake. Now my turn. This morning, I woke up early and went for a walk. It was cold, but very relaxing. In the afternoon, I worked a lot, so I felt a little tired. Tonight, I'm going to cook pasta. How about you?

Jake Pasta. Now I am even hungrier.

Mia See? The conversation keeps going, because we gave each other something to talk about.

Jake And now it's time for our segment called Say It Like This.

Mia Here are four phrases you can use every day. Repeat after us. I had a busy day.

Jake I had a busy day.

Mia I didn't do much today.

Jake I didn't do much today.

Mia I'm tired, but I'm happy.

Jake I'm tired, but I'm happy.

Mia How about you?

Jake How about you?

Mia Very good. Now you have four small chunks, and each one can start a conversation.

Jake And the second one is useful too. If your day was quiet, you can say, "I didn't do much today." That is a perfectly good answer.

Mia Yes. And then you can add one detail. "I didn't do much today, but I finished a good book."

Jake That sounds nice. A quiet day with a good book.

Mia Now 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 man called Sam. Sam worked in an office with a friendly woman called Ana. Every evening, Ana asked, "How was your day?" And every evening, Sam answered, "Good." Then he went back to his computer, and Ana felt a little sad. She wanted to know Sam better.

Mia One Friday, after a long and tiring week, Ana said, "Sam, tell me one small thing about your day. Just one." Sam thought for a moment. Then he smiled and said, "I had a busy day, but I met my old teacher at lunch. I felt proud because she remembered my name."

Mia Ana smiled. "Your old teacher? Tell me more," she said. And for the first time, they talked for twenty minutes. After that day, Sam made a small habit. Every evening, he shared one detail and one feeling. And every evening, he asked, "How about you?" Soon, Sam and Ana became good friends, and the office felt

much more relaxing.

Jake I love that story. Poor Sam, with his one word answers.

Mia Poor Ana, too. She waited a long time.

Jake Did you notice our words? Busy, tiring, relaxing, and proud 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 thing Sam said to Ana?

YOUR TURN	Pause and answer in your own words.

Mia Maybe it was, I had a busy day, or maybe it was, I felt proud because she remembered my name. Both are very good examples.

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 worry about perfect English. Just try.

Mia Ready. Let's go.

Jake Question one. What did you do this morning?

YOUR TURN	Pause and answer in your own words.

Mia This morning, I made tea, I answered a few messages, and I walked to the studio.

Jake Question two. 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 small salad for lunch.

Jake I had two sandwiches, a banana, and a cookie.

Mia Of course you did.

Jake Question three. Was your day busy, quiet, tiring, or relaxing?

YOUR TURN	Pause and answer in your own words.

Mia My day was busy, but also very happy.

Jake Question four. How did you feel today?

YOUR TURN	Pause and answer in your own words.

Mia I felt calm in the morning, and a little tired in the afternoon, but now I feel proud because we finished another episode.

Jake And the last question. How about you?

YOUR TURN	Pause and answer in your own words.

Mia That is the question for you to ask a friend, a family member, or one of us in the comments. And if you answered even a little in English, then you just talked about your day. Congratulations.

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

Mia Step one. Start with the time.

Jake Step two. Say what you did.

Mia Step three. Add one detail.

Jake Step four. Say how you felt.

Mia And step five. Ask back.

Jake Time, action, detail, feeling, and ask back.

Mia You don't need to use all five steps every time. Sometimes one detail and one feeling is enough. Start small.

Jake And here is something I want you to remember. Your day does not need to be exciting to be worth sharing. An ordinary day has small moments that make a good story.

Mia I love that. A small piece of your day is enough.

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. Tonight, tell one person one detail and one feeling about your day, and then ask, "How about you?"

Mia It only takes one minute. And you can do it in English with a friend, with a classmate, or even with yourself in the mirror.

Jake Now, we have a question for you in the comments. Write two sentences about your day today. One sentence with a detail, and one sentence with a feeling. For example, I had soup for lunch. I felt relaxed.

Mia We read the comments, and we love to see your sentences. So please write them, 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. busy	A. making you feel calm
2. tiring	B. pleased with something you did
3. relaxing	C. having a lot to do
4. proud	D. making you feel tired

2. Put the five-step plan in order

Write numbers 1-5: ___ add one detail ___ ask back ___ start with the time ___ say how you felt ___ say what you did

3. Past-tense practice

• go → _____

• have → _____

• see → _____

• meet → _____

• make → _____

• walk → _____

• cook → _____

• work → _____

• clean → _____

4. Connect the ideas

Choose **and**, **but**, or **because**.

• I was tired _____ I went to bed late.

• I had a busy day, _____ I had a lovely lunch.

• I went for a walk _____ called my mother.

• I missed the bus, _____ I arrived on time.

5. Check your understanding

1. Why is 'Good' often a conversation-ending answer?

2. What type of detail can make a sentence more interesting?

3. What two patterns can you use to describe feelings and the day?

4. Why should you ask 'How about you?'

5. What changed when Sam shared one detail and one feeling with Ana?

6. Your turn - talk about today

Use the five-step plan: time + action + detail + feeling + ask back. Write your answer, then say it aloud without reading.

Answer Key & Model Answers

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

2. Order: start with the time; say what you did; add one detail; say how you felt; ask back

3. Past tense: went, had, saw, met, made, walked, cooked, worked, cleaned

4. Connectors: because; but; and; but

1. It gives the listener no detail to ask about.

2. A food, place, person, small problem, or other specific fact.

3. 'I felt + feeling' and 'It was + description.'

4. It gives the conversation back to the other person and keeps it moving.

5. They talked for twenty minutes and gradually became good friends.

Model answer: This morning, I answered a few messages and went to work. Lunch was busy, but I had a delicious sandwich. I felt tired in the afternoon, but now I feel relaxed. How about you?

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