

English in Action

Speaking Practice Handbook

Holistic Approach to English
Communication Skills

A2+ /

B1

Student's book



speaking corner
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Unit 01

TECHNOLOGY

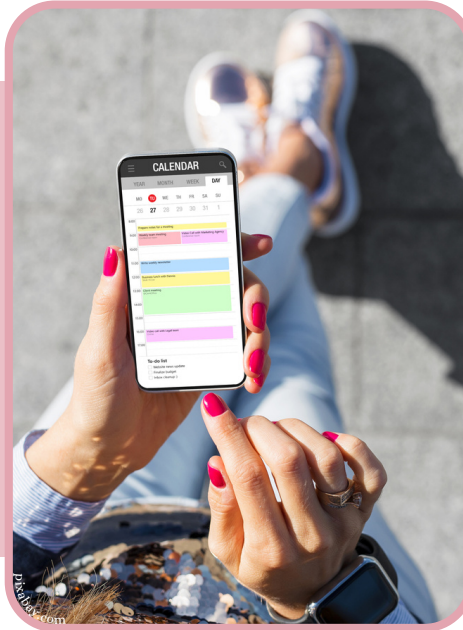
"The advance of technology is based on making it fit in so that you don't really even notice it, so it's part of everyday life." -

Bill Gates

Warm up

DISCUSS IN PAIRS.

1. Do you use a smartphone? What brand is it, and what do you mainly use it for?
2. How often do you check your email or social media accounts?
3. What electronic devices do you have at home, and which one do you use the most?
4. What are some of the apps you use regularly on your phone, and why do you find them helpful?
5. Do you enjoy watching videos or movies on streaming platforms? Which ones do you use, and what type of content do you watch?
6. Are you concerned about the amount of time you spend on electronic devices? How do you manage screen time?



USEFUL expressions

- The picture shows / presents
- In the foreground
- In the background
- She seems
- It looks like
- In my opinion
- Both pictures show
- The main similarity / difference

Grammar focus

MODAL VERBS.

STUDY THE EXAMPLES

1. She **might/may be** working.
2. She **must be** driving a car.
3. They **can't be** hanging out now.
4. She **should be** studying.



MODAL VERB + BE + VERB (-ING)

Use modal verbs to speculate about what the people are doing now.

Make some sentences about the people from the pictures.
Use modal verbs as in the examples.

Let's talk!

CHOOSE AND EXPLAIN.



USEFUL expressions

- PREFER sth TO sth
- I'd rather + verb than + verb
- I'd like to + verb
- I'd prefer to + verb rather than (verb)

1. I prefer travelling by car to travelling by bus.
2. I'd rather go to the beach than go hiking.
3. I'd like to admire the views.
4. I'd prefer to wind down rather than explore the area.

EXAMPLES

take a break * convenient
 compartment * strangers
 meet new people * stay focused
 admire the views

wind down * go hiking
 catch the sun * hiking equipment
 do water sports * cool down
 sleep in a shelter

Grammar focus



PAST SIMPLE.

STUDY THE EXAMPLES

1. I visited a castle last autumn.
2. She didn't travel last summer.
3. What did you see yesterday?
4. Did you go anywhere 2 days ago?
5. Were you on holidays in 2021?

SUBJECT + II/-ed

Use Past Simple to talk about finished past activities, especially when you know when they happened.

- ? (Wh-) did + subject + verb (I)?
- subject + didn't + verb (I)



Let's practise

TALK IN PAIRS.

When did you last...?

When was the last time you...?



Vocabulary focus

COLLOCATIONS.
Match with the definitions.

1. throw a party _____
2. have a lie-in _____
3. stay up late _____
4. go for a stroll _____
5. spend quality time _____
6. hit the shops _____
7. have friends round _____
8. be a bookworm _____
9. binge-watching _____
10. take pleasure in _____

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- A. To enjoy watching multiple episodes of a TV show or a series in one sitting.
- B. To invite friends to one's place for a social gathering or visit.
- C. To walk leisurely, usually outdoors, to enjoy the surroundings.
- D. To spend a lot of time reading books or being *engrossed in** literature.
- E. To organize and host a gathering or event for friends or family.
- F. To find enjoyment or satisfaction in something.
- G. To visit stores and make *purchases**, often for shopping or leisure.
- H. To stay awake until a late hour, often past one's regular bedtime.
- I. To choose to sleep in longer than usual, especially in the morning.
- J. To *devote** valuable and meaningful moments with someone or something.

*engrossed in - pochłonięty
*purchase - zakup
*devote - poświęcać

Let's practise

TALK IN PAIRS.
Complete the questions with the collocations.

1. Do you prefer to _____ during the weekends, enjoying a leisurely morning in bed?
2. How often do you _____ around your neighborhood or to a park to relax?
3. When was the last time you _____? How many people did you invite?
4. Do you know anyone who is a _____ and spends hours reading books?
5. Can you recall a time when you decided to _____ and buy something spontaneously?
6. Are you someone who enjoys _____ with a bowl of popcorn? What are your favourite films/ series?
7. How do you ensure you _____ with your loved ones despite your busy schedule?
8. When was the last time you decided to _____ and then were tired in the morning?
9. What do you _____? What makes you lose track of time?
10. Are you someone who likes to _____ to celebrate special occasions?

Reading time

"The Sweet Science: How Chocolate Influences Mood"

Chocolate, a beloved indulgence, has long been associated with happiness and comfort. Its influence on mood, however, isn't merely anecdotal; scientific research sheds light on the mechanisms behind this connection. Chocolate contains compounds that can affect neurotransmitters, such as serotonin, which plays a key role in regulating mood. Dark chocolate, rich in flavonoids, has been linked to improved cognitive function and reduced stress. Additionally, the consumption of chocolate can trigger the release of endorphins, often referred to as "feel-good" hormones. A study published in the "Journal of Psychopharmacology" found that participants who consumed dark chocolate experienced increased calmness and contentment. While the exact relationship between chocolate and mood is complex, the scientific evidence suggests that moderate chocolate consumption can indeed have a positive impact on our emotional well-being.

VOCABULARY

Synonyms

Match the words from the text with their synonyms.

1. substances, elements:		T	
2. prompt, initiate:		R	
3. only, just:		A	
4. reasonable, balanced:		N	
5. illuminate, clarify:		S	
6. satisfaction, happiness:		L	
7. mental, intellectual:		A	
8. treat, luxury:		T	
9. discharge, emission:		I	
10. certainly, truly:		O	
		N	

QUESTIONS:

Answer the questions.

1. What is chocolate associated with in terms of emotions?
2. How does dark chocolate affect our mood?
3. What are endorphins, and why are they important?
4. What did a study in the "Journal of Psychopharmacology" discover about dark chocolate consumption?

Let's talk!

GIVE ARGUMENTS.
Tick the sentences you agree with.

1. Keeping up with the latest trends can be exciting and refreshing.
2. Personal style should prioritize comfort and confidence.
3. Fashion should be about personal expression, not societal pressure.
4. Staying true to your style is a sign of confidence.
5. Trends can serve as inspiration, but personal style should always shine through.
6. The fashion industry often promotes consumerism.

USEFUL expressions

- To ___ m___,
- I_ my o____n,
- As I ___e __,
- From my _____ of view,
- On the ___ h___,
- On the o_____ h___,
- _ow___r,

- F_r__l_,
- S_c___l_,
- W___'s m___,
- M_r____r,
- In a_____ to this,
- To s__ u_,
- A__ in a__,



EXPRESS YOUR OPINION.

Do you agree or disagree?

1. "Clothes aren't going to change the world, the women who wear them will." – Anne Klein
2. "Style is a way to say who you are without having to speak." – Rachel Zoe
3. "Fashion is about dressing according to what's fashionable. Style is more about being yourself." – Oscar de la Renta
4. "Fashion is architecture: it is a matter of proportions." – Coco Chanel
5. "Fashion is like eating; you shouldn't stick to the same menu." – Kenzo Takada
6. "The best fashion show is definitely on the street. Always has been, and always will be." – Bill Cunningham

DESCRIBE THE PICTURES.

Use the given words.

TALK IN PAIRS.



1



2

- fashion influencer
- fashion victim
- try on
- make a video
- go live
- personal shopper
- retail therapy
- shopping spree
- stand out
- chain store
- price tag

Vocabulary focus

PHRASAL VERBS.
Match with the definitions.

1. TAKE OFF _____
2. TAKE SMB DOWN _____
3. FALL FOR STH _____
4. LEAK OUT _____
5. COVER UP _____
6. STIR UP _____
7. FOLLOW UP _____
8. SWIPE UP _____

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- A. To cause or incite strong emotions or reactions, often negative ones.
- B. A gesture used on touchscreens to navigate to additional content or links.
- C. To become popular or successful quickly.
- D. To be deceived or tricked into believing or accepting something that is not true.
- E. To *conceal** or hide something, especially a mistake or *wrongdoing**.
- F. To defeat or criticize someone, often in a public manner.
- G. To become known or spread to the public, esp. confidential information or secrets.
- H. To continue or check on something previously done.

*conceal - ukrywać, skrywać
*wrongdoing - krzywda, zło

COMPLETE THE PREPOSITIONS.

- take _____
- cover _____
- fall _____
- follow _____
- take _____
- stir _____
- leak _____
- swipe _____

Let's practise

TALK IN PAIRS.

Complete the questions with the phrasal verbs.

1. Can you think of a recent event or news story that _____ strong emotions in your community or globally?
2. In what situations do you find yourself using the " _____ " gesture?
3. Share an example of a time when you _____ a marketing *gimmick** or *misleading** advertisement.
4. Discuss a situation where you felt that an organization or individual was trying to _____ a mistake or wrongdoing.
5. Have you ever been in a competitive situation where someone tried to _____ ?
6. Can you think of a case where sensitive information or secrets _____ to the public?
7. What qualities or characteristics do you think are essential for an individual to _____ in their career?
8. What methods or tools do you use to remind yourself to _____ on important emails or messages in your personal or professional life?

*gimmick - chwyt, sztuczka

*misleading - wprowadzający w błąd

Listening focus

Pre-listening

DESCRIBE THE PICTURE.

TALK IN PAIRS.



ANSWER the questions

1. What are some key etiquette and best practices to follow during and after a job interview to leave a positive impression on the interviewer?
2. What are some common strategies for effectively preparing for a job interview?

While-listening

CHOOSE THE CORRECT ANSWER.

1. What was Sarah's initial feeling as she walked into the company's building for the interview?
 - A) Excitement
 - B) Nervousness
 - C) Confidence
 - D) Indifference
2. How did the interviewer behave during the interview?
 - A) He was polite and attentive.
 - B) He asked relevant questions.
 - C) He appeared disinterested and rushed.
 - D) He praised Sarah's answers.
3. What happened during the technical portion of the interview?
 - A) The interviewer asked in-depth technical questions.
 - B) The interviewer ignored Sarah's explanations.
 - C) Sarah struggled to answer the questions.
 - D) The interview went smoothly.
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 - A) The interviewer asked in-depth technical questions.
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 - C) Sarah struggled to answer the questions.
 - D) The interview went smoothly.
5. What was the ultimate outcome of Sarah's job interview experience?
 - A) She received a job offer.
 - B) She was asked to come for a second interview.
 - C) She was offered a different position in the company.
 - D) She was not contacted.



Scan me!

Post-listening VOCABULARY:

Match the words from the box with their definitions.

uncover assist accurate capture
entirety valid insight hire

1. _____ : correct, precise.
2. _____ : to catch, record.
3. _____ : the whole or complete state of something, including all its parts.
4. _____ : to reveal or discover something.
5. _____ : accepted as true or accurate, typically based on evidence or facts.
6. _____ : employ.
7. _____ : a deep understanding or perception of something.
8. _____ : to help or support someone by providing aid, guidance, or services.

Let's practise

TALK IN PAIRS.

Complete the questions with the words from the previous exercise.

1. In what areas of life is it essential to view the _____ of a situation rather than making judgments based on partial information?
2. How can _____ hidden talents or skills in yourself or others lead to personal growth or success?
3. How do _____ facts help us make better decisions?
4. What kind of _____ can you gain from reading books or listening to stories?
5. How can _____ a moment in a photograph evoke memories and emotions?
6. Can you think of a time when someone _____ you with a problem? What did they do for you?
7. How do employers decide who to _____ for a job?
8. Why do you think _____ information is valuable?

FINISH the sentences

People often say that your character...

Traits like introversion and extroversion...

Understanding someone's character can be challenging because...

1. **Article:** Write about the impact of lifestyle choices, such as diet, exercise, and stress management, on the aging process and overall health.
2. **Opinion essay:** Elderly individuals may encounter numerous challenges such as healthcare issues, loneliness, or financial concerns.

TOPIC:



Lined writing area with 20 horizontal lines for text.

Lined writing area with 20 horizontal lines.