

WORK
BOOK

SPEAK ENGLISH

FLUENTLY



WITH THE SHADOWING TECHNIQUE



SHADOWING PRACTICE WORKBOOK:

A DAY IN THE CITY



FULL VIDEO HERE



- GAIN CONFIDENCE
- ADVANCE LANGUAGE SKILLS
- LEARN NEW VOCABULARY
- PRACTICE WHAT YOU LEARNED

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Shadowing is when you listen to English and repeat what you hear as closely as possible, copying the pronunciation, rhythm, and intonation. It's one of the best ways to train yourself to gain fluency and sound more natural in English.

This method helps you:

- **Sound more natural and fluent**
- **Improve your listening skills**
- **Train your mouth to produce English sounds automatically**



Part 1: The Morning

Exercise 1

Listen:

Daniel woke up late, and as soon as he saw the time, his heart sank. He rushed out of his tiny apartment, practically flying down the stairs, hoping to catch the subway before it left.

Break it down:

- Part 1: Daniel woke up late, and as soon as he saw the time, his heart sank.
- Part 2: He rushed out of his tiny apartment, practically flying down the stairs, hoping to catch the subway before it left.

Explanations:

- "His heart sank" → means he felt worried or disappointed very suddenly.
- "Practically flying down the stairs" → exaggeration to show speed.
- Intonation: stress words that emphasize your point (late, time, flying, hoping).

Part 1: The Morning

Practice together:

Daniel woke up late, and as soon as he saw the time, his heart sank. He rushed out of his tiny apartment, practically flying down the stairs, hoping to catch the subway before it left.

Part 1: The Morning

Exercise 2

Listen:

The city was already buzzing with life—horns honking, people rushing, coffee in hand, eyes glued to their phones. By the time he reached the platform, he saw the train doors closing, and with one desperate leap, he managed to squeeze in just as the doors slammed shut behind him.

Break it down:

- Part 1: The city was already buzzing with life—horns honking, people rushing, coffee in hand, eyes glued to their phones.
- Part 2: By the time he reached the platform, he saw the train doors closing, and with one desperate leap, he managed to squeeze in just as the doors slammed shut behind him.

Part 1: The Morning

Explanation:

- "Buzzing with life" → idiom meaning very lively and full of activity.
- "With one desperate leap" → advanced phrasing, more dramatic than "he jumped."
- Intonation: stress action words (buzzing, rushing, closing, leap, slammed).

Practice together:

The city was already buzzing with life—horns honking, people rushing, coffee in hand, eyes glued to their phones. By the time he reached the platform, he saw the train doors closing, and with one desperate leap, he managed to squeeze in just as the doors slammed shut behind him.

Part 2: At the Office

Exercise 3

Listen:

Breathless and slightly sweaty, Daniel arrived at his office building. He greeted the security guard with a quick nod, and hurried to the elevator. When he reached his desk, he realized with horror that he had forgotten the most important file for his morning meeting. He quickly began searching through his emails, praying he had a digital copy. Just in time, he found it, attached it to his presentation, and sighed with relief.

Break it down:

- Part 1: Breathless and slightly sweaty, Daniel arrived at his office building. He greeted the security guard with a quick nod, and hurried to the elevator.

Part 2: At the Office

- Part 2: When he reached his desk, he realized with horror that he had forgotten the most important file for his morning meeting. He quickly began searching through his emails, praying he had a digital copy. Just in time, he found it, attached it to his presentation, and sighed with relief.

Explanations:

- "With horror" → dramatic, strong reaction.
- "Praying he had a digital copy" → figurative, means hoping very strongly.
- "Sighed with relief" → sound you make when you can finally relax.
- Intonation: stress emotion words (horror, forgotten, praying, relief).

Part 2: At the office

Practice together:

Breathless and slightly sweaty, Daniel arrived at his office building. He greeted the security guard with a quick nod, and hurried to the elevator. When he reached his desk, he realized with horror that he had forgotten the most important file for his morning meeting. He quickly began searching through his emails, praying he had a digital copy. Just in time, he found it, attached it to his presentation, and sighed with relief.

Part 3: Lunch Break

Exercise 4

Listen:

By noon, Daniel's stomach was growling, so he decided to grab lunch at a small Italian café around the corner. The place smelled of freshly baked bread and garlic, and the warm atmosphere made him instantly relax. He ordered a plate of pasta, and when the food arrived, it was so delicious that he forgot all about his stressful morning. As he twirled the pasta around his fork, he overheard a couple at the next table arguing in hushed voices, clearly trying not to draw attention.

Break it down:

- Part 1: By noon, Daniel's stomach was growling, so he decided to grab lunch at a small Italian café around the corner. The place smelled of freshly baked bread and garlic, and the warm atmosphere made him instantly relax.

Part 3: Lunch Break

- Part 2: He ordered a plate of pasta, and when the food arrived, it was so delicious that he forgot all about his stressful morning. As he twirled the pasta around his fork, he overheard a couple at the next table arguing in hushed voices, clearly trying not to draw attention.

Explanations:

- "Stomach was growling" → common phrase for being very hungry.
- "Overheard" → means you hear something accidentally.
- "Arguing in hushed voices" → speaking quietly but angrily.
- "Trying not to draw attention" → avoiding being noticed.
- Intonation: stress sensory/emotional words (smelled, delicious, forgot, overheard, hushed).

Part 3: Lunch Break

Practice together:

By noon, Daniel's stomach was growling, so he decided to grab lunch at a small Italian café around the corner. The place smelled of freshly baked bread and garlic, and the warm atmosphere made him instantly relax. He ordered a plate of pasta, and when the food arrived, it was so delicious that he forgot all about his stressful morning. As he twirled the pasta around his fork, he overheard a couple at the next table arguing in hushed voices, clearly trying not to draw attention.

Part 4: Evening in the City

Exercise 4

Listen:

After work, Daniel decided to take a walk through Times Square, letting the neon lights wash over him. The sidewalks were crowded, street performers entertained tourists, and giant billboards flashed advertisements brighter than daylight. He stopped at a bookstore and picked up a novel he had been meaning to read. As he headed home on the subway, exhausted but content, he thought to himself, "This city never sleeps, but I wouldn't want it any other way."

Break it down:

- Part 1: After work, Daniel decided to take a walk through Times Square, letting the neon lights wash over him. The sidewalks were crowded, street performers entertained tourists, and giant billboards flashed advertisements brighter than daylight.

Part 4: Evening in the City

- Part 2: He stopped at a bookstore and picked up a novel he had been meaning to read. As he headed home on the subway, exhausted but content, he thought to himself, "This city never sleeps, but I wouldn't want it any other way."

Explanations:

- "Letting the neon lights wash over him" → metaphor for being surrounded by lights.
- "Exhausted but content" → tired but satisfied.
- "Wouldn't want it any other way" → expression of appreciation despite challenges.
- Intonation: stress mood words (neon, crowded, exhausted, content, never sleeps).

Part 4: Evening in the City

Practice together:

After work, Daniel decided to take a walk through Times Square, letting the neon lights wash over him. The sidewalks were crowded, street performers entertained tourists, and giant billboards flashed advertisements brighter than daylight. He stopped at a bookstore and picked up a novel he had been meaning to read. As he headed home on the subway, exhausted but content, he thought to himself, "This city never sleeps, but I wouldn't want it any other way."



QUIZ TIME



1.How did Daniel feel on the subway?

(a) Exhausted but content

(b) Angry and stressed

2.What did Daniel buy at the bookstore?

(a) A novel

(b) A newspaper

**3.Fill in the blank: Daniel overheard a couple
_____ in hushed voices.**

(a) arguing

(b) laughing

4.What food did Daniel order?

(a) A plate of pasta

(b) A sandwich

5.True or False:

Daniel found the file in his bag.

6.What did Daniel forget?

(a) His most important file

(b) His lunch

7.Which sounds more dramatic?

(a) He jumped

(b) He made one desperate leap

8.Write 2 things that made the city

“buzzing with life.”

(Example: horns honking, people rushing)

9.Fill in the blank: Daniel was _____

down the stairs.

(a) practically flying

(b) walking slowly

10.What does the phrase “his heart sank” mean?

(a) He felt sudden worry or disappointment

(b) He was happy



Kayla Patino

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