

CHAPTER 1 - a visual moment from Maya and Leo's Chapter One journey

Shadowing Lab

50 Essential Sentences from Maya and Leo's First Chapter

A practical companion for A1-A2 learners. Listen. Notice. Repeat. Make the story your English.

Inside this book
The 50 sentence bank, clear vocabulary, grammar and pronunciation notes, guided shadowing advice, 20 exercises, answers, and a seven-day revision plan.

First Steps English for Beginners

Chapter 1: A Chance for Maya

How to use this book

Shadowing is not a test. You hear a model, wait for the pause, then copy it. Focus on one small improvement at a time: first the words, then the rhythm, then your confidence.

Step	What you do
1. Listen	Hear the original scene at natural speed. Do not speak yet.
2. Notice	Read the sentence and its short explanation.
3. Shadow	Repeat after Peter during the four-second pause.
4. Return	Listen to the natural story again and recognise the sentence.

A small promise to yourself

You do not need to repeat all fifty sentences perfectly on day one. Five clear sentences are a success. Return tomorrow and build from there.



FSE001 - The journey begins - a visual moment from Maya and Leo's Chapter One journey

1. Arriving and asking for help

Read the line aloud once before you listen to the audio. Then use the explanation to understand exactly why it is useful.

01	Excuse me. FSE001 A polite way to get a person's attention.
02	Is that the last bus? FSE001 Ask if there are no more buses after this one.
03	It just left. FSE001 It went away a very short time ago.
04	I arrived today. FSE001 Say this on your first day in a place.
05	Yes. I'm Maya. FSE001 A simple introduction.
06	I'm Leo. FSE001 A simple introduction.
07	Can you help me? FSE001 A direct and polite request.
08	Of course. FSE001 A warm way to say yes.
09	I was worried. FSE001 Use this when you did not feel calm before.
10	The door is locked. FSE001 A lock stops the door from opening.



003 - Story checkpoint - a visual moment from Maya and Leo's Chapter One journey

2. A home and a key

Read the line aloud once before you listen to the audio. Then use the explanation to understand exactly why it is useful.

11	Look under the mat. FSE002 Use under for a lower position.
12	There is an envelope. FSE002 Use there is for one thing that exists.
13	That is my name. FSE002 Use that for something you can point to or identify.
14	Is this number twelve? FSE002 Check an address or room number.
15	There is a key inside. FSE002 Inside means in the enclosed space.
16	This is my key. FSE002 Identify something that belongs to you.
17	Put it in the lock. FSE002 Put is an instruction for placing something.
18	It works! FSE002 Say this when something functions correctly.
19	The door is open. FSE002 Open is the opposite of closed.
20	I can sleep here tonight. FSE002 Can expresses possibility or permission.



004 - Story checkpoint - a visual moment from Maya and Leo's Chapter One journey

3. Time, work, and appointments

Read the line aloud once before you listen to the audio. Then use the explanation to understand exactly why it is useful.

21	Are you looking for something? FSE003 A helpful question in a shop, station, or library.
22	I need a job. FSE003 Need expresses an important requirement.
23	Are you staying here? FSE003 Ask whether someone is living or remaining in a place.
24	Just for a few days. FSE003 A short length of time, not permanent.
25	I have two weeks. FSE003 Use have for time available.
26	Do you need someone? FSE004 Ask whether a business needs a worker.
27	Can you come for an interview tomorrow? FSE004 An invitation to a job meeting.
28	What time? FSE004 A short question for the hour.
29	Please write it down. FSE004 Ask somebody to put information on paper.
30	Here you are. FSE004 Say this when you give something to someone.



005 - Story checkpoint - a visual moment from Maya and Leo's Chapter One journey

4. Checking and finding things

Read the line aloud once before you listen to the audio. Then use the explanation to understand exactly why it is useful.

31	Could you say the time again, please? FSE005 A particularly polite request for repetition.
32	The interview is at nine o'clock. FSE005 Use at before a clock time.
33	Nine, right? FSE005 Check that you heard correctly.
34	I understand now. FSE005 Say this when the explanation is clear.
35	Where is my folder? FSE005 Ask for the location of an object.
36	What color is it? FSE006 Ask for a description.
37	Not that one. FSE006 One replaces a noun already known in the conversation.
38	On this table. FSE006 On describes contact with a surface.
39	Under that chair. FSE006 Under describes a lower position.
40	Here it is. FSE006 Say this when you find something.



006 - Story checkpoint - a visual moment from Maya and Leo's Chapter One journey

5. Learning and moving forward

Read the line aloud once before you listen to the audio. Then use the explanation to understand exactly why it is useful.

41	I can draw. FSE007 Can expresses an ability.
42	I need a job now. FSE007 Now adds urgency.
43	I cannot make coffee. FSE007 An honest way to say what you cannot do.
44	I don't know how to make coffee yet. FSE008 Yet means not now, but possibly later.
45	Can you learn? FSE008 Ask if someone is able and willing to learn.
46	I can draw, too. FSE008 Too adds one more similar fact.
47	I made a mistake. FSE009 A calm, honest sentence after an error.
48	Can you show me again? FSE009 Ask for a demonstration one more time.
49	I want to do a good job. FSE009 Express care and motivation.
50	I'll be here at nine. FSE010 A clear promise about time and place.



007 - Story checkpoint - a visual moment from Maya and Leo's Chapter One journey

Vocabulary workshop

These words appear throughout the chapter. Learn them in short families, not as isolated lists.

Travel and place

bus, street, door, lock, key, mat, envelope, inside, under, on

Time and plans

today, tonight, tomorrow, now, at nine o'clock, a few days, two weeks

Work and learning

job, interview, folder, draw, coffee, learn, mistake, good job

Feelings and support

worried, nervous, okay, help, of course, thank you

Useful contrast: closed means not open. locked means a lock stops you from opening it. A door can be closed but not locked.



008 - The language grows - a visual moment from Maya and Leo's Chapter One journey

Grammar review

Can

Use can for ability, possibility, or a request: “I can draw.” “Can you help me?”

There is

Use there is for one thing: “There is a key inside.”

Prepositions

Use in for inside a space, on for a surface, and under for a lower position.

At + time

Use at before a clock time: “The interview is at nine o’clock.”

Yet

Use yet for something not true now but possible later: “I don’t know how to make coffee yet.”

Contractions

“I’m” = I am. “I’ll” = I will. “Don’t” = do not. These forms are common in natural speech.

Pronunciation focus

Say locked with a final /t/ sound. In “I’ll be here at nine,” keep I’ll short and connect it naturally to be. In “Could you,” the words often flow together in natural speech, but clear words are more important than fast words at this level.

Practice dossier

Do the exercises without looking at the answers. The answer section begins on a new page.

1. Complete: “The door is _____.” (locked / folder)

2. Choose: You want repetition. “Could you say that _____, please?” (again / inside)

3. Complete: “The interview is _____ nine o’clock.” (at / under)

4. Choose the polite request: (a) Help me. (b) Can you help me?

5. Complete: “There is a key _____.” (inside / tomorrow)

6. Put in order: “is / where / folder / my ?”

7. Complete: “I don’t know how to make coffee _____.” (yet / open)

8. Choose: A café needs a worker. You ask: “Do you need _____?” (someone / nine)

9. Complete: “I _____ a mistake.” (made / put)

10. Choose: “I’ll” means (a) I am, (b) I will.

11. Complete: “Look _____ the mat.” (under / at)

12. Rewrite with a contraction: “I am Maya.”

13. Complete: “I can sleep here _____.” (tonight / lock)

14. Choose the correct place word: The cup is _____ the table. (on / in)

15. Complete: “Nine, _____?” (right / key)

16. Write one sentence to ask somebody to repeat information politely.

17. Write one sentence about something you can do.

18. Write one sentence about something you cannot do yet.

19. Write a question about a time.

20. Write a promise about where you will be tomorrow.

Answers

Compare your work now. For questions 16-20, many answers are possible; use the model answer to check the grammar and meaning.

1. locked
2. again
3. at
4. (b) Can you help me?
5. inside
6. Where is my folder?
7. yet
8. someone
9. made
10. (b) I will
11. under
12. I’m Maya.
13. tonight
14. on
15. right?
16. Could you say that again, please?
17. Model: I can draw.
18. Model: I cannot make coffee yet.
19. Model: What time is the interview?
20. Model: I’ll be here at nine tomorrow.

Seven-day revision plan

Day 1 - Listen to the bonus episode. Do not repeat yet.

Day 2 - Shadow phrases 1-10. Read the explanations.

Day 3 - Shadow phrases 11-20. Practise open and locked.

Day 4 - Shadow phrases 21-30. Practise times and work questions.

Day 5 - Shadow phrases 31-40. Complete exercises 1-10.

Day 6 - Shadow phrases 41-50. Complete exercises 11-20.

Day 7 - Listen to the final natural-speed montage. Notice what you now understand.

Chapter One gallery

The cover scenes below mark the emotional path of the chapter: arrival, uncertainty, work, learning, mistakes, and a new beginning.



009 - Chapter One - a visual moment from Maya and Leo's Chapter One journey



010 - Chapter One - a visual moment from Maya and Leo's Chapter One journey

Keep this book. Return to it when you want to turn listening into speaking.