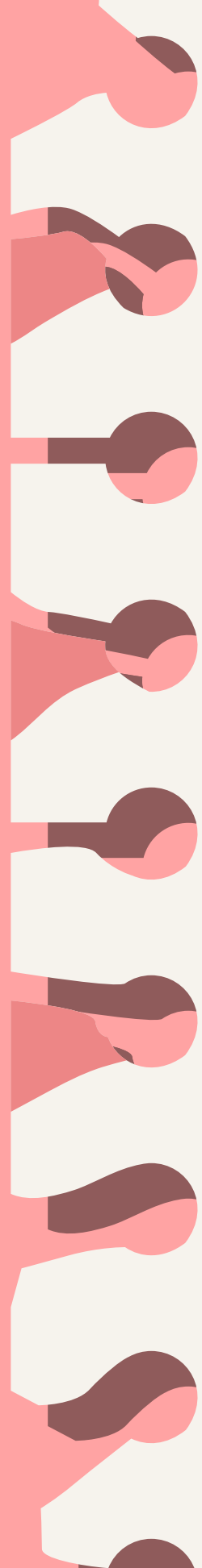




PHRASAL VERBS

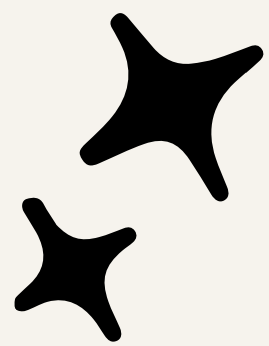
SPEAKING

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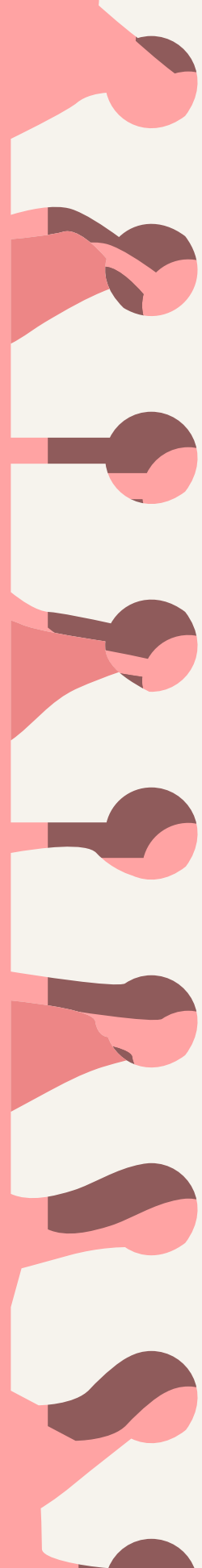
DAILY ROUTINE & PERSONAL LIFE

- What time do you usually wake up?
 - Do you get up immediately or stay in bed for a while?
 - How long does it take you to get ready in the morning?
 - Do you usually run out of time in the morning?
 - Have you ever slept in and been late for work or school?
 - What's something you should cut down on to be healthier?
 - How do you usually calm down when you're stressed?
 - When was the last time you worked out?
 - Have you ever given up on a goal?
 - How do you catch up with friends when you haven't seen them in a long time?
- Wake up – Despertarse
 - Get up – Levantarse
 - Stay in – Quedarse en (la cama)
 - Get ready – Prepararse
 - Run out of – Quedarse sin (tiempo)
 - Sleep in – Dormir de más / Quedarse dormido
 - Cut down on – Reducir (el consumo de algo)
 - Calm down – Calmarse
 - Work out – Hacer ejercicio
 - Give up on – Rendirse / Abandonar (una meta)
 - Catch up with – Ponerse al día con (amigos, noticias, etc.)
- 

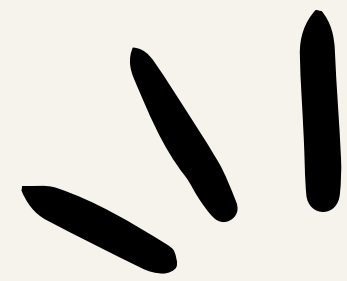
WORK & STUDY

- Do you usually keep up with deadlines easily?
- Have you ever had to take on a big responsibility?
- What's the best way to look up information quickly?
- Have you ever fallen behind in your studies or work?
- How do you deal with stress at work or school?
- Have you ever had to put off an important task?
- Do you prefer to carry out tasks alone or with a team?
- How do you wrap up a project successfully?
- Have you ever had to fill in for a coworker or classmate?
- What's something you've recently gone over before an exam?

- Keep up with – Mantener el ritmo con / Estar al día con
- Take on – Asumir (una responsabilidad)
- Look up – Buscar (información)
- Fall behind – Quedarse atrás / Retrasarse
- Deal with – Manejar / Enfrentar (una situación)
- Put off – Posponer
- Carry out – Llevar a cabo / Realizar
- Wrap up – Concluir / Finalizar
- Fill in for – Sustituir a (alguien)
- Go over – Revisar / Repasar

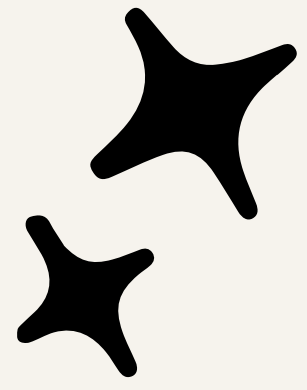


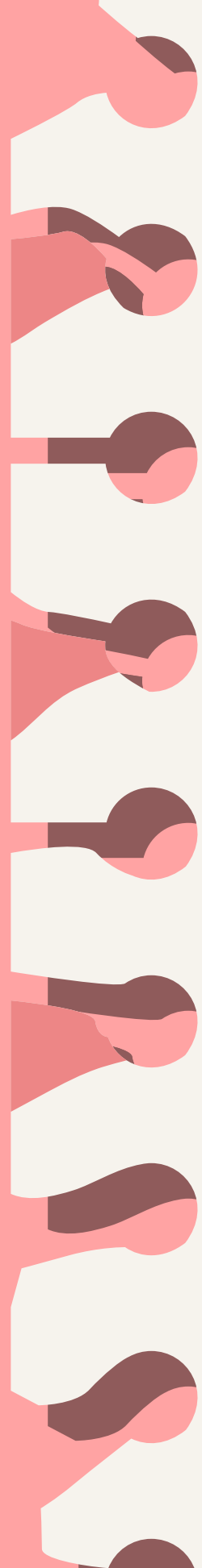
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TRAVEL & TRANSPORTATION

- Have you ever had to set off for a trip very early?
- Have you ever had a flight that was called off?
- How do you usually get around in your city?
- What do you do if your car breaks down in the middle of the road?
- Have you ever had to check in at a hotel late at night?
- Have you ever forgotten to check out of a hotel?
- Do you prefer to get away to the mountains or the beach?
- Have you ever had to turn back because you forgot something?
- What's the longest trip you've ever gone on?
- Do you usually pick up someone from the airport when they visit?

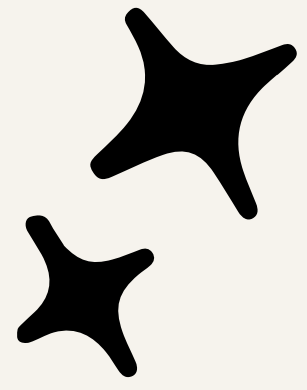
- Set off – Partir / Salir (de viaje)
 - Call off – Cancelar
 - Get around – Desplazarse / Moverse (por la ciudad)
 - Break down – Averiarse / Dejar de funcionar
 - Check in – Registrarse (en un hotel)
 - Check out – Hacer el check-out / Salir (de un hotel)
 - Get away – Escaparse / Irse de vacaciones
 - Turn back – Regresar / Volver atrás
 - Go on – Hacer / Empezar (un viaje)
 - Pick up – Recoger (a alguien)
- 

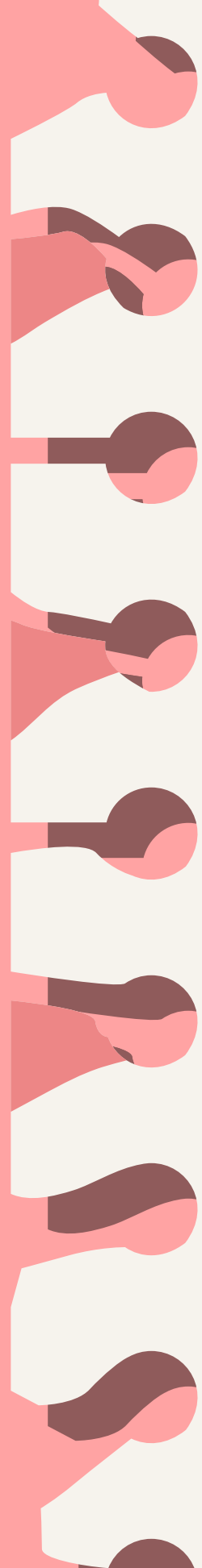


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SHOPPING & MONEY

- How often do you shop around before making a big purchase?
- Have you ever run out of money while shopping?
- Do you prefer to save up for big purchases or use credit?
- What's something you've recently paid off?
- Have you ever had to cut down on your spending?
- Have you ever had to take back something to a store?
- What do you do if the price of something you want goes up?
- Have you ever ended up spending more than you planned?
- Have you ever looked through a store and bought nothing?
- What's the best deal you've ever come across?

- Shop around – Comparar precios
 - Run out of – Quedarse sin (dinero)
 - Save up – Ahorrar
 - Pay off – Pagar completamente / Liquidar (una deuda)
 - Cut down on – Reducir (gastos)
 - Take back – Devolver (algo a una tienda)
 - Go up – Subir (de precio)
 - End up – Terminar (haciendo algo inesperado)
 - Look through – Mirar / Revisar (sin comprar)
 - Come across – Encontrar por casualidad
- 



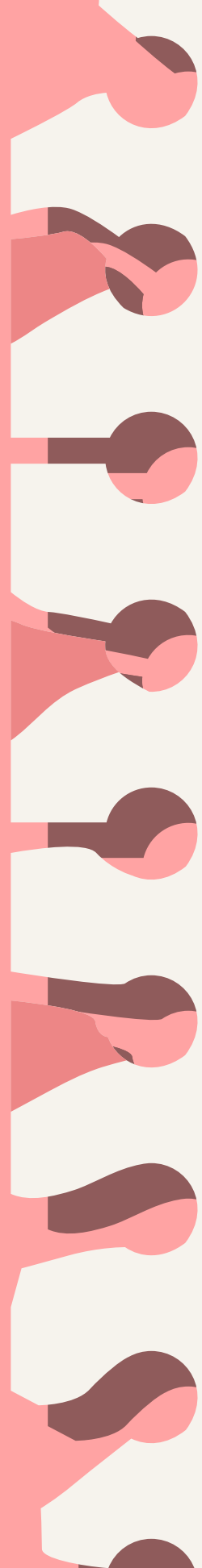
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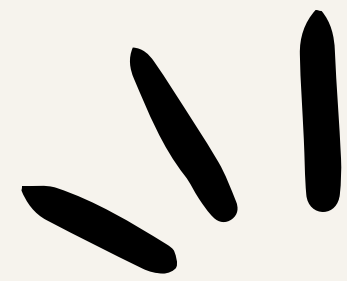
RELATIONSHIPS & SOCIAL LIFE

- Have you ever fallen out with a friend?
- Do you find it easy to get along with new people?
- How do you usually bring up difficult topics in conversation?
- Have you ever run into someone you weren't expecting to see?
- Do you prefer to hang out with a big group or just a few close friends?
- How do you usually cheer up a friend who's feeling down?
- Have you ever had to put up with a difficult roommate or coworker?
- Do you think it's hard to make up with someone after an argument?
- Have you ever stood up for a friend in a difficult situation?
- What's the best way to break the ice with new people?

- Fall out with – Pelearse / Discutir con (alguien)
 - Get along with – Llevarse bien con (alguien)
 - Bring up – Mencionar / Sacar un tema (en una conversación)
 - Run into – Encontrarse con (alguien inesperadamente)
 - Hang out – Pasar el rato / Salir con (amigos)
 - Cheer up – Animar a (alguien)
 - Put up with – Tolerar / Aguantar
 - Make up with – Reconciliarse con (alguien)
 - Stand up for – Defender a (alguien)
 - Break the ice – Romper el hielo
- 

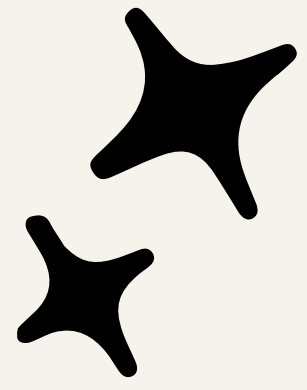


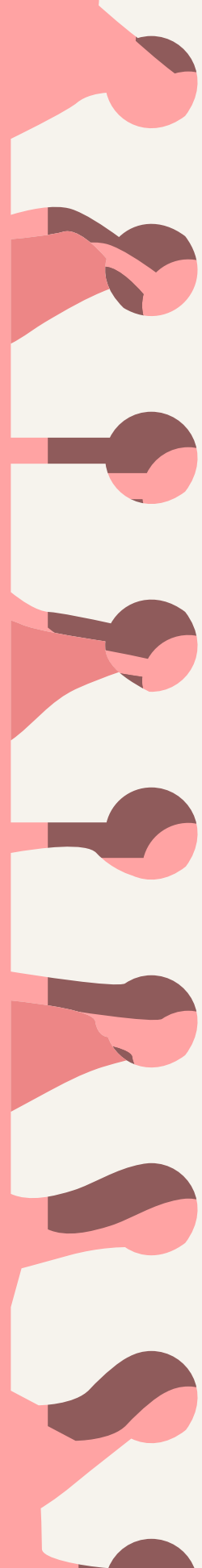
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TECHNOLOGY & INTERNET

- How often do you back up your important files?
- Have you ever had to log in to an account from a public computer?
- What's the last thing you looked up on the internet?
- Do you usually set up your own devices, or do you need help?
- Have you ever had to turn off all notifications to focus?
- Do you often scroll through social media without realizing?
- Have you ever had to put together a new computer or gadget?
- What do you do if your Wi-Fi goes down?
- Have you ever had to figure out how to fix a technical problem?
- How often do you check out new apps or websites?

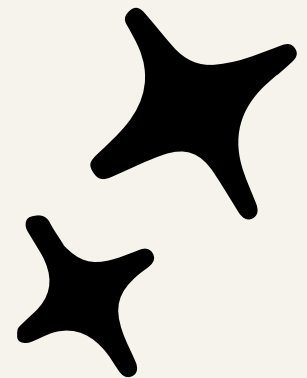
- Back up – Hacer una copia de seguridad
 - Log in – Iniciar sesión
 - Look up – Buscar (información)
 - Set up – Configurar / Instalar
 - Turn off – Apagar / Desactivar
 - Scroll through – Desplazarse por (redes sociales, contenido en línea)
 - Put together – Armar / Montar
 - Go down – Caerse / Dejar de funcionar (internet, sistema)
 - Figure out – Resolver / Averiguar
 - Check out – Revisar / Echar un vistazo
- 

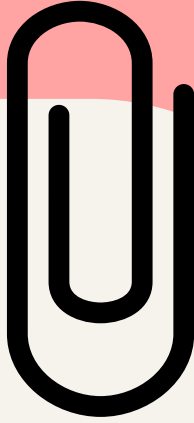
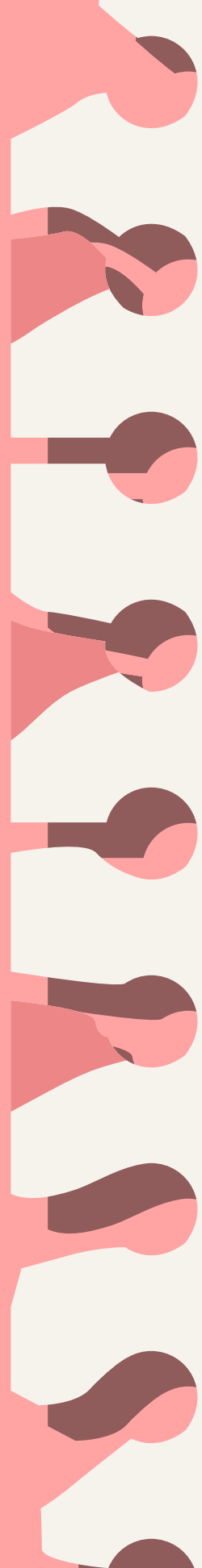


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HEALTH & FITNESS

- Have you ever had to cut out junk food for health reasons?
- What's your favorite way to warm up before exercising?
- Do you think it's easy to stick to a diet or fitness plan?
- Have you ever come down with the flu at a bad time?
- How do you usually get over a cold?
- Have you ever passed out from being too tired or sick?
- Do you prefer to work out in the morning or at night?
- What's something you've taken up for your health?
- How do you usually cool down after a workout?
- Have you ever had to deal with a sports injury?

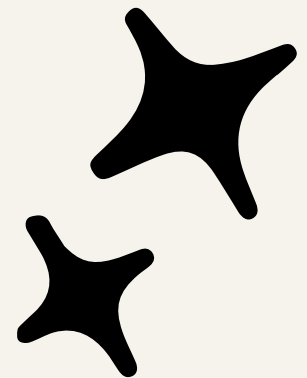
- Cut out – Eliminar (algo de la dieta)
 - Warm up – Calentar (antes de hacer ejercicio)
 - Stick to – Ceñirse a / Mantenerse con (una dieta o plan de ejercicio)
 - Come down with – Enfermar de / Agarrar (una enfermedad)
 - Get over – Recuperarse de (una enfermedad)
 - Pass out – Desmayarse
 - Work out – Hacer ejercicio
 - Take up – Empezar / Comenzar (una actividad para la salud)
 - Cool down – Enfriarse / Relajarse (después de hacer ejercicio)
 - Deal with – Manejar / Enfrentar (una lesión o problema)
- 

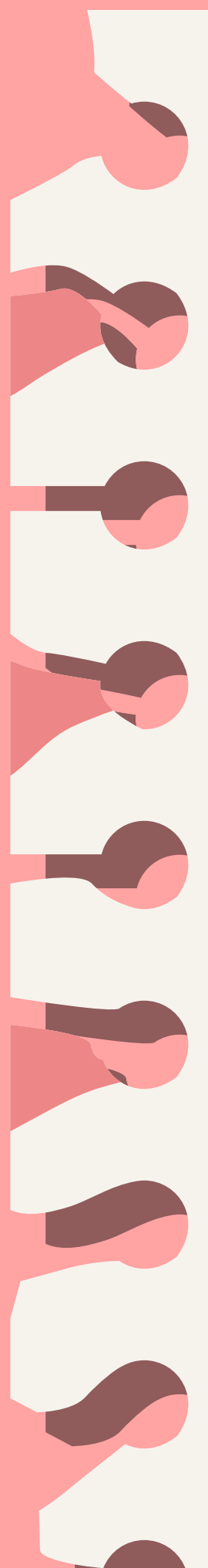


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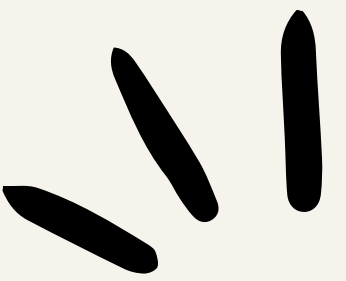
HOME & CHORES

- How often do you tidy up your room?
- Have you ever had to throw out something you loved?
- Do you prefer to wash up immediately after cooking or later?
- How often do you take out the trash at home?
- What's a home project you've recently worked on?
- Have you ever had to fix up something in your house?
- What's the best way to keep up with housework?
- Have you ever had to clear out a lot of old stuff?
- How do you usually set up your workspace at home?
- Have you ever had to call in a professional for home repairs?

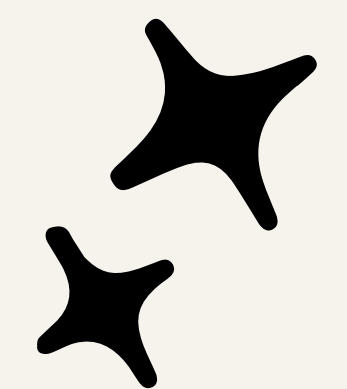
- Tidy up – Ordenar / Arreglar (el cuarto)
 - Throw out – Tirar / Botar (algo)
 - Wash up – Lavar (los platos)
 - Take out – Sacar (la basura)
 - Work on – Trabajar en (un proyecto)
 - Fix up – Arreglar / Reparar
 - Keep up with – Mantener al día con (las tareas domésticas)
 - Clear out – Deshacerse de / Limpiar (cosas viejas)
 - Set up – Organizar / Preparar (el espacio de trabajo)
 - Call in – Llamar a (un profesional)
- 

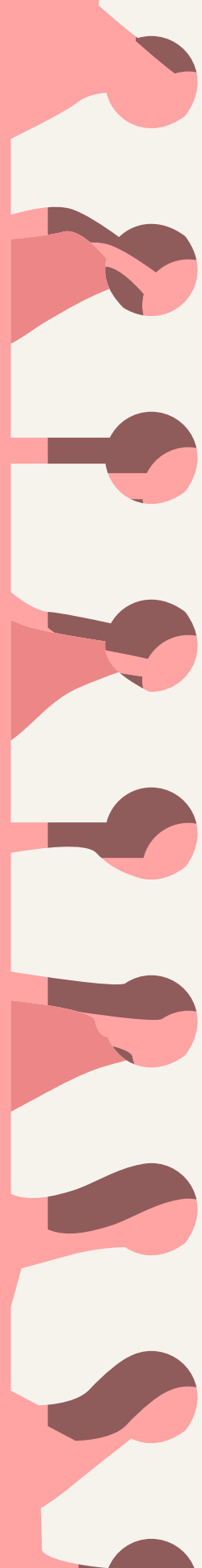


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EMOTIONS & REACTIONS

- What makes you cheer up when you're feeling down?
 - Have you ever had to hold back your emotions in a tough situation?
 - What's something that always cracks you up?
 - How do you react when someone lets you down?
 - Have you ever been completely blown away by something?
 - How do you feel when people bring up awkward topics?
 - Have you ever freaked out over something small?
 - What do you do when things get out of hand?
 - Have you ever had to calm down someone who was upset?
 - What's something that always picks you up when you're sad?
- Cheer up – Animarse / Alegrarse
 - Hold back – Contener / Reprimir (emociones)
 - Crack up – Hacer reír mucho / Partirse de risa
 - Let down – Decepcionar
 - Blow away – Sorprender mucho / Impresionar
 - Bring up – Mencionar / Sacar un tema
 - Freak out – Alterarse / Asustarse mucho
 - Get out of hand – Salirse de control
 - Calm down – Calmarse
 - Pick up – Animar / Levantar el ánimo
- 



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RANDOM & FUN TOPICS

- Have you ever had to think over a big decision for days?
 - What's something you always look forward to?
 - Have you ever run into a celebrity?
 - How do you usually kill time when you're bored?
 - Have you ever fallen for a prank?
 - What's the best surprise someone has ever come up with for you?
 - Have you ever run away from a responsibility?
 - What's something you've had to figure out on your own?
 - Have you ever had to turn down an invitation you really wanted to accept?
 - How do you feel when your plans fall through?
 - Have you ever broken down in tears during a movie?
 - What do you do when an idea pops up in your head?
 - Have you ever stumbled upon something valuable?
 - What's something you've had to put together on your own?
 - Have you ever held onto something for too long?
 - Do you usually think back on old memories?
 - Have you ever brought home a stray animal?
 - What's a skill you'd love to pick up?
 - Have you ever missed out on a great opportunity?
 - How do you feel when someone takes up all your time?
- Think over – Reflexionar sobre
 - Look forward to – Esperar con ansias
 - Run into – Encontrarse con (alguien por casualidad)
 - Kill time – Pasar el rato / Hacer algo para matar el tiempo
 - Fall for – Caer en (una broma o truco)
 - Come up with – Idear / Inventar (una sorpresa o plan)
 - Run away from – Escaparse de / Evitar (una responsabilidad)
 - Figure out – Resolver / Averiguar (por uno mismo)
 - Turn down – Rechazar (una invitación)
 - Fall through – Fracasar / No llevarse a cabo (un plan)
 - Break down – Romperse / Llorar (emocionalmente)
 - Pop up – Aparecer / Surgir (una idea o algo)
 - Stumble upon – Tropezarse con / Encontrar por casualidad
 - Put together – Armar / Montar (algo)
 - Hold onto – Aferrarse a / Guardar algo durante mucho tiempo
 - Think back on – Recordar / Pensar en el pasado
 - Bring home – Llevar a casa (un animal callejero)
 - Pick up – Aprender / Adquirir (una habilidad)
 - Miss out on – Perderse (una oportunidad)
 - Take up – Ocupar / Tomar (el tiempo de alguien)
- 