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English Shadowing Practice – How To Talk About Yourself in English | Slow English Podcast

Hello everyone! Welcome to Easy English Practice.

Do you feel shy or confused when someone asks you to introduce yourself in English? Many learners know words like name, age, job, but they cannot put them into full and natural sentences.

In this episode, we will practice step by step. You will learn simple sentences to say your name, talk about your job or studies, share your hobbies, describe your daily routine, and even talk about your goals and dreams.

I will speak slowly and clearly. You can listen and repeat with me. This is shadowing, and it will help you speak more fluently and with confidence

Let us begin with the most important step: saying your basic information.

When someone meets you for the first time, they usually ask simple questions like:

“What is your name?”

“Where are you from?”

You can answer with easy and natural sentences. For example:

“My name is Sami.”

“I am from Italy.”

“I am 25 years old.”

Now, repeat after me:

“My name is Sami.”

“I am from Algeria.”

“I am 25 years old.”

This is shadowing. Listen and repeat with me. It will help you speak faster and more naturally.

You can also make your introduction a little longer by adding more details. For example:

“My full name is Sami Alen, but you can call me Sami.”

“I come from a small town in Italy.”

“I am 25 years old, and I live with my family.”

Let us repeat together:

“My full name is Sami Alen, but you can call me Sami.”

“I come from a small town in Italy.”

“I am 25 years old, and I live with my family.”

Great job! Now you can introduce yourself with basic information in English.

After saying your name, age, and country, you can move to another common part: talking about your job or studies.

After sharing your basic information, the next step is to talk about your job or your studies.

When someone asks, “What do you do?” you can answer in a simple way. For example:

“I am a student.”

“I am a teacher.”

“I work in an office.”

Now, repeat with me:

“I am a student.”

“I am a teacher.”

“I work in an office.”

This is shadowing. Listen and repeat with me. It will help you speak faster and more naturally.

You can also add more details to make your answer longer and more interesting. For example:

“I am a university student, and I study English.”

“I am a teacher, and I teach young children.”

“I work in an office, and I help people with their documents.”

Let us repeat together:

“I am a university student, and I study English.”

“I am a teacher, and I teach young children.”

“I work in an office, and I help people with their documents.”

Great job! Now you can talk about your job or your studies clearly in English.

After that, you can also share a little about your free time and hobbies.

After talking about your job or your studies, it is natural to share what you enjoy doing in your free time.

When someone asks, “What do you do in your free time?” you can answer with simple sentences. For example:

“I like reading books.”

“I play football.”

“I watch movies in the evening.”

Now, repeat with me:

“I like reading books.”

“I play football.”

“I watch movies in the evening.”

This is shadowing. Listen and repeat with me. It will help you speak faster and more naturally.

You can also add more details to make your answers longer and more interesting. For example:

“I like reading books about history.”

“I play football with my friends every weekend.”

“I watch movies in the evening with my family.”

Let us repeat together:

“I like reading books about history.”

“I play football with my friends every weekend.”

“I watch movies in the evening with my family.”

Great job! Now you can talk about your hobbies and free time activities in English.

After talking about your hobbies and free time, it is also important to talk about your family and friends. This makes your introduction more complete and personal.

When someone asks, “Can you tell me about your family?” you can answer in a simple way. For example:

“I live with my parents.”

“I have two brothers.”

“My sister is a student.”

Now, repeat with me:

“I live with my parents.”

“I have two brothers.”

“My sister is a student.”

This is shadowing. Listen and repeat with me. It will help you speak more fluently and with confidence.

You can also describe your family in more detail. For example:

“My father works in a hospital.”

“My mother is a teacher.”

“My brothers like playing football.”

Let us repeat together:

“My father works in a hospital.”

“My mother is a teacher.”

“My brothers like playing football.”

Great job!

Now let us talk about your friends. You can say:

“I have many friends.”

“My best friend is very kind.”

“We often go out together.”

Repeat with me:

“I have many friends.”

“My best friend is very kind.”

“We often go out together.”

You can also add more details:

“I usually study with my friends.”

“We play games after school.”

“We enjoy spending time together.”

Let us repeat together:

“I usually study with my friends.”

“We play games after school.”

“We enjoy spending time together.”

Excellent! Now you can describe your family and friends in simple English sentences.

After talking about your family and friends, another good way to introduce yourself is by sharing your feelings and personality. This helps people know more about who you are.

When someone asks, “Can you describe yourself?” you can start with simple sentences:

“I am a happy person.”

“I am friendly and helpful.”

“I am usually calm.”

Now, repeat with me:

“I am a happy person.”

“I am friendly and helpful.”

“I am usually calm.”

This is shadowing. Listen and repeat with me. It will help you speak more clearly and naturally.

You can also talk about your feelings in different situations. For example:

“I feel excited when I learn new things.”

“I feel nervous before an exam.”

“I feel relaxed when I listen to music.”

Let us repeat together:

“I feel excited when I learn new things.”

“I feel nervous before an exam.”

“I feel relaxed when I listen to music.”

Great job!

Now, let us describe personality in more detail. For example:

“I am hard-working and I always try my best.”

“I am curious, and I like to ask questions.”

“I am confident when I speak English.”

Repeat with me:

“I am hard-working and I always try my best.”

“I am curious, and I like to ask questions.”

“I am confident when I speak English.”

Excellent! Now you can introduce yourself by talking about your feelings and your personality. This makes your introduction stronger and more interesting

Great job, my friend! In this episode, you learned how to introduce yourself in English. You practiced talking about:

Basic information

Job or studies

Hobbies and free time

Family and friends

Feelings and personality

Remember: shadowing every day will help you speak more fluently and confidently. Do not worry about mistakes. The most important thing is to keep practicing.

don't forget to Download the free PDF with text and exercises at [Speakdom.com](https://speakdom.com).

Thank you for listening to this Slow English Podcast.