

English for Days When Your Brain Has Left

LUMARA ENGLISH — Free Stuff — A1-A2

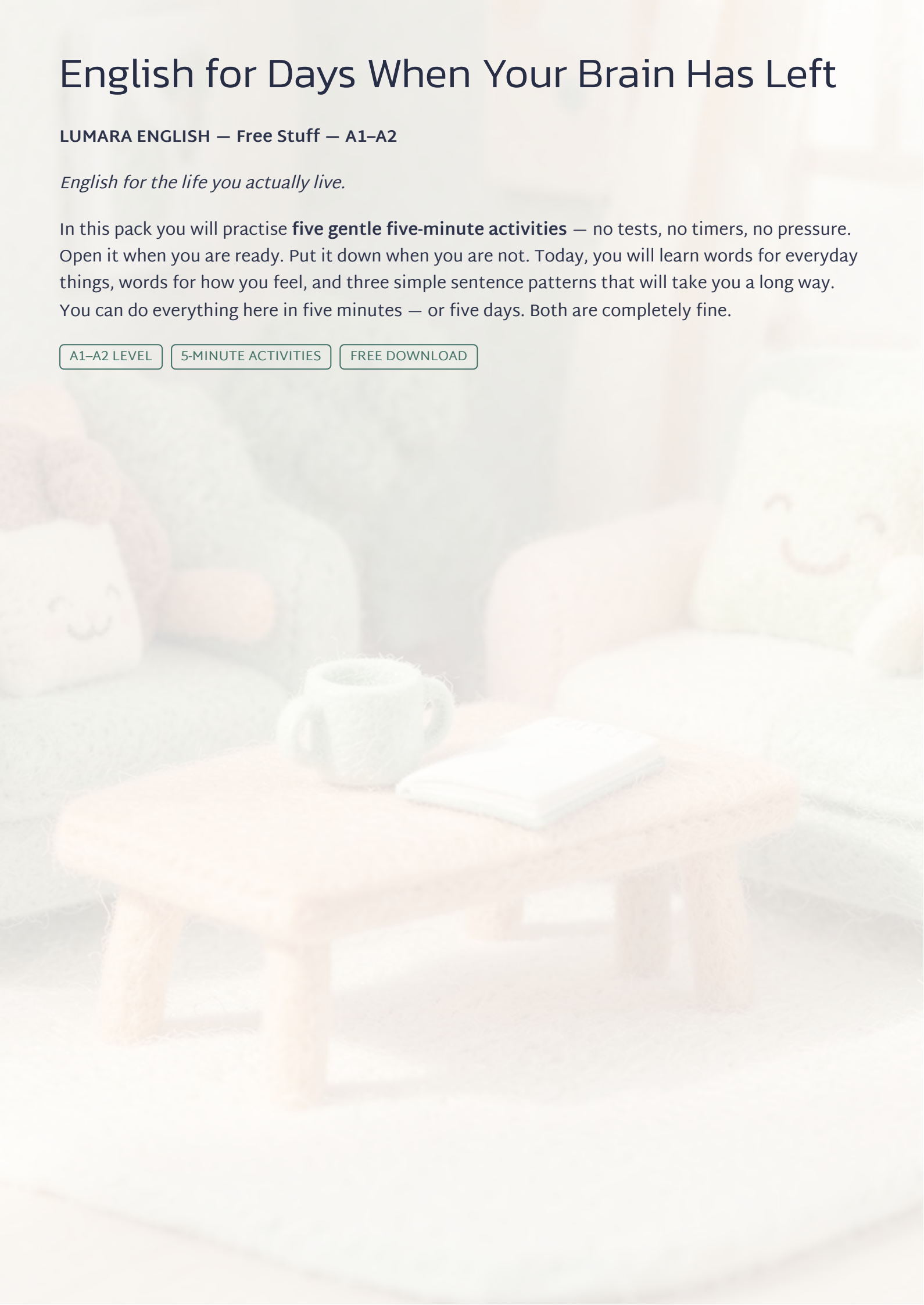
English for the life you actually live.

In this pack you will practise **five gentle five-minute activities** — no tests, no timers, no pressure. Open it when you are ready. Put it down when you are not. Today, you will learn words for everyday things, words for how you feel, and three simple sentence patterns that will take you a long way. You can do everything here in five minutes — or five days. Both are completely fine.

A1-A2 LEVEL

5-MINUTE ACTIVITIES

FREE DOWNLOAD



Start Here

Your three goals for this pack

Notice

Name five things you can see right now — in English.

Express

Choose three words that describe how you feel today.

Build

Make one small plan using the sentence patterns in this pack.

How to use this pack

Think of this pack like a friendly café you can pop into anytime. You don't have to finish your coffee in one go. Each activity below takes about five minutes on its own — but you can do them in any order, skip one, or come back tomorrow. There are no streaks to maintain and no score to beat. The only rule is: be kind to yourself.

Here is a little scenario to get you started: Imagine it is morning. You are sitting somewhere comfortable. You have something warm to drink. You look around the room. What can you see? That moment — that small, ordinary moment — is exactly where this pack begins.

Your five activities — tick when you feel ready

01

Notice and name

Look around you. Find five objects and say their names in English. (*Un momento: ¿sabes cómo se dice en inglés? — Do you know how to say it in English?*)

02

Choose feeling words

Pick three words from the feeling list on the next page. Say them out loud or write them down.

03

Build sentences

Use the patterns **I need / I'd like / I can** to make three sentences about your day.

04

Read a dialogue

Read the four-line conversation on page 4 out loud — or just with your eyes. Both count.

05

Write one tiny plan

Finish this sentence: **Tomorrow I can...** Even one word is a plan.

 All activities can be paused at any time. Come back whenever you are ready. There is no deadline here.

Learn It

Part 1: Words for everyday things

Let's start with six words you will use every single day. Say each one out loud — even quietly. Saying it out loud, even to yourself, helps it stick.

mug

a large cup, usually for hot drinks
Spanish: taza grande

keys

what you use to open a door or start a car
Spanish: llaves

notebook

a book of blank or lined pages for writing
Spanish: cuaderno

tired

you need rest; you have low energy
Spanish: cansado/a

ready

prepared; you can start something
Spanish: listo/a

hungry

your body wants food
Spanish: hambriento/a

Part 2: A very common mistake — and how to avoid it

Here is something that trips up a lot of learners, and it is completely understandable because Spanish works differently. In English, when we talk about *how we feel*, we say **I am tired** — but we never say **I am tiring** to describe ourselves. Let's look at the difference clearly:

✓ I'm tired.

Correct. This describes how *you* feel. You need rest. Your body or mind has low energy.
Spanish: Estoy cansado/a.

✗ I'm tiring.

Different meaning. "Tiring" describes something that *causes* tiredness in other people. For example: "This long meeting is tiring." You are not tiring — the meeting is!

The same pattern works for other adjectives too. You say **I'm hungry** (not "I'm hungering") and **I'm ready** (not "I'm readying"). With feeling words like these, always use **I'm + adjective**. Simple, clean, correct.

Part 3: Three sentence patterns

These three patterns will help you express needs, wishes, and abilities in everyday English. They are genuinely useful — you will hear them in shops, cafés, offices, and conversations every day.

I need...

For something necessary or important right now.
I need a break. / I need my keys. / I need water.
Spanish: Necesito...

I'd like...

Polite and soft — great for requests.
I'd like a coffee. / I'd like a moment, please.
Spanish: Quisiera... / Me gustaría...

I can...

For things you are able to do — including future plans.
I can try tomorrow. / I can do this.
Spanish: Puedo...

See It in Real Life

A short story: Sofía's Tuesday morning

Sofía wakes up. She sits on the edge of her bed for a moment. The room is quiet. She looks around slowly.

"Okay," she says to herself. "Five things. What can I see?"

She looks at her desk. **A mug**. Still warm from last night — or maybe this morning, she is not sure. **Her notebook**. She bought it at the pharmacy. It has a green cover. **Her keys** are on the table by the door, next to a small plant.

"Three more," she says. She sees **a window** and **a chair**. That is five. She smiles a little. "Good."

She picks up her notebook and writes three words:

tired. hungry. ready — maybe.

Then she writes one sentence: **I need breakfast**.

She looks at it. She adds: **I'd like coffee too**.

And then, slowly, she writes one more line: **I can try today**.

She closes the notebook. She gets up. The morning is ordinary and a little hard and also, somehow, okay.

Now read this dialogue

Read it out loud if you can — or just with your eyes. Both are great.

Line 1 — Sofía:

"I'm tired today. I need a moment."

Line 2 — Her friend, Ana:

"That's okay. I'd like a coffee. Can you sit with me?"

Line 3 — Sofía:

"Yes. I can sit for a few minutes."

Line 4 — Ana:

"Good. I'm ready when you are."

Notice these patterns in the dialogue

- **I'm tired** — feeling adjective ✓
- **I need a moment** — I need + noun ✓
- **I'd like a coffee** — polite request ✓
- **I can sit** — ability/willingness ✓
- **I'm ready** — feeling adjective ✓

All five patterns from this pack appear in just four lines. That is not a coincidence — this is how natural, everyday English actually sounds.

Write one tiny plan

Sofía wrote: **I can try today**. Now it is your turn. Finish this sentence in your own words:

Tomorrow I can

_____.

Even one word counts. Even "try" counts. Write it, and you are done with Activity 5.

Try It

Work through each task below. Write your answers in the spaces provided. You do not need to rush — take your time with each one. Answers and models are at the end of the pack.

1 Choose the correct word.

I (**am** / **is**) tired.

Your answer: I _____ tired.

2 Choose the correct word.

She (**has** / **have**) a mug.

Your answer: She _____ a mug.

3 Choose the correct word.

I'd like (**a** / **an**) apple.

Your answer: I'd like _____ apple.

4 Put the words in the correct order.

need / I / a break

Your sentence: _____.

5 Put the words in the correct order.

tomorrow / can / I / try

Your sentence: _____.

6 Write your own sentence.

Look around you right now. Write one thing you can see.

I can see a _____.

☐ There is no time limit. Pause whenever you need to. Come back to any task later — this pack will still be here.

Make It Yours

Speaking Task

Imagine it is tomorrow morning. You wake up. Someone asks: "**How are you today? What do you need?**"

Use at least two of these phrases in your answer:

- I'm tired / ready / hungry
- I need...
- I'd like...
- I can...

You can speak out loud to yourself, record a voice note on your phone, or say it to someone you trust. Any of those options counts completely.

Example starter: "I'm a little tired, but I'm also ready. I need coffee and I'd like a quiet morning. I think I can do one thing today."

Now you try. There is no right or wrong answer here — only your answer.

My answer:

Writing Task

Write three to five sentences about your morning or your day — real or imaginary. Use as many words and patterns from this pack as you can.

Useful phrases to borrow:

- I'm tired / ready / hungry.
- I need a break / water / a moment.
- I'd like a coffee / some quiet / a walk.
- I can try / rest / start again.
- I can see a mug / notebook / window.

My writing:

Realistic success checklist

- ☐ I named five objects in English.
- ☐ I chose three feeling words.
- ☐ I read the dialogue.
- ☐ I tried the exercises.
- ☐ I wrote one tiny plan.

One moment, one caption — can you finish it?

“



Scene: A small mug sits next to an open notebook. A pair of keys is nearby. The morning light is soft.

Caption — you choose! Here are some options, or write your own:

- "I'm tired, but I'm _____."
- "I need _____, and that's okay."
- "Today I can _____."

Language note: Notice how all three captions use **I'm + adjective** or **I need / I can + verb**. These are the same patterns you practised today. When you see them in the real world — on social media, in books, in films — you will recognise them now. That is real progress. (*Spanish: Eso es progreso real.*)

”

Answers & Examples

Check your work below. For the open-response question (Task 6) and the speaking and writing tasks, a model answer is included — but remember, your answer does not have to match it exactly. Many different answers are correct.

1	Task 1 — Answer: am I am tired. (or: I'm tired.) We use <i>am</i> with <i>I</i> . We never use <i>is</i> with <i>I</i> . Compare: He <i>is</i> tired. She <i>is</i> tired. But always: I <i>am</i> tired.
2	Task 2 — Answer: has She has a mug. Use <i>has</i> with he / she / it. Use <i>have</i> with I / you / we / they. "She <i>have</i> " is a very common mistake — now you know why it is wrong.
3	Task 3 — Answer: an I'd like an apple. Use <i>an</i> before words that begin with a vowel sound (a, e, i, o, u). Use <i>a</i> before consonant sounds. Apple starts with the vowel sound "a" — so we say <i>an</i> apple. (<i>Spanish: un/una — en inglés depende del sonido, no del género.</i>)
4	Task 4 — Answer: I need a break. Word order in English statements: Subject (I) + Verb (need) + Object (a break). Notice the article <i>a</i> before "break" — it is a singular countable noun, so it needs an article.
5	Task 5 — Answer: I can try tomorrow. Time words like "tomorrow" often go at the end of an English sentence. (<i>Spanish: mañana — al final de la frase en inglés.</i>) So: I can try tomorrow  — not "Tomorrow I try can."
6	Task 6 — Open answer (many correct responses) Model answer: I can see a notebook. Also correct: "I can see a mug." / "I can see a chair." / "I can see a window." Any real object you can see right now is a perfect answer. (<i>Spanish: Cualquier objeto real que puedas ver es una respuesta perfecta.</i>)

Model responses for speaking and writing

Speaking model

"I'm a little tired today, but I'm ready to try. I need a quiet moment and I'd like a cup of tea. I can do one small thing this morning." — This uses all three patterns and sounds completely natural. Your version might be shorter, longer, or totally different. All of that is fine.

Writing model

"Today I'm tired and a little hungry. I need breakfast. I can see my mug and my notebook on the table. I'd like a slow morning. I can try one thing today." — Five sentences. Six vocabulary words from this pack. Three sentence patterns. That is the whole lesson, in your own voice.

A small recap — you did all of this today

6 new words

mug, keys, notebook, tired, ready, hungry

1 grammar rule

I'm tired  not I'm tiring

3 sentence patterns

I need / I'd like / I can

5 activities

notice, feel, build, read, plan

Well done for opening this pack and trying. Every small step is real English. Come back whenever you are ready — there is always more waiting for you. 

LUMARA ENGLISH — *English for the life you actually live.*
tms.lumarauniverse.com