

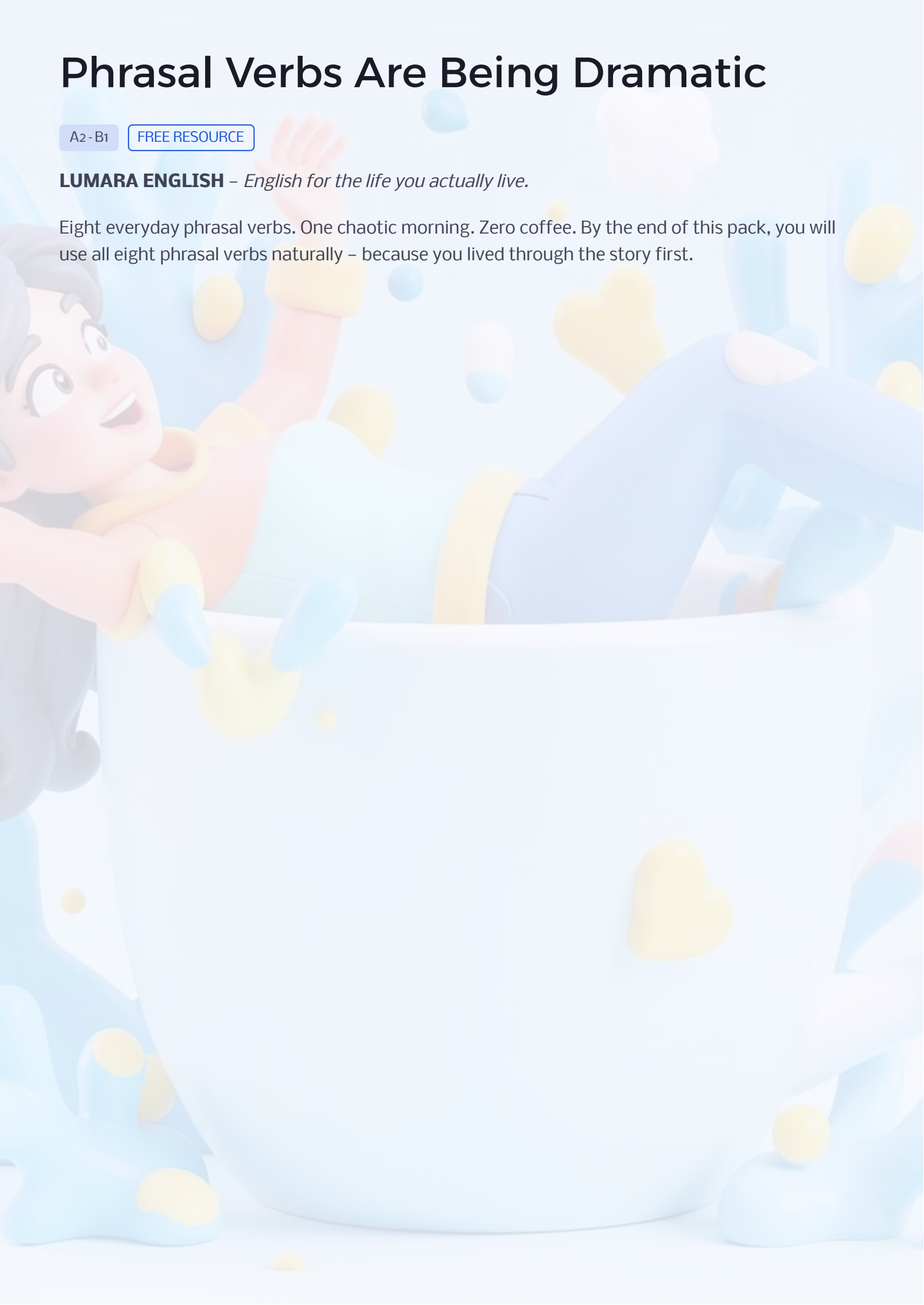
Phrasal Verbs Are Being Dramatic

A2 - B1

FREE RESOURCE

LUMARA ENGLISH – *English for the life you actually live.*

Eight everyday phrasal verbs. One chaotic morning. Zero coffee. By the end of this pack, you will use all eight phrasal verbs naturally – because you lived through the story first.



Start Here: What's This Pack About?

It's 9:47 a.m. Sofia has just woken up. There is no coffee. Her keys are missing. Her neighbour is playing music at full volume. She has a report due today that she has been avoiding for a week. This is going to be a morning.

Good news: by the time Sofia survives her morning, you will have met – and actually understood – **eight essential phrasal verbs**. Not memorised. *Understood*. There's a difference, and it matters.

Goal 1

Understand the **meaning** of 8 phrasal verbs – not word-by-word, but as whole ideas in real situations.

Goal 2

Use them correctly, including knowing **where the object goes** – a detail most textbooks skip too fast.

Goal 3

Produce your own sentences in speaking and writing tasks – with support, never alone in the dark.

How to Use This Pack

01

Read the story (Card 4)

Meet Sofia. Notice the phrasal verbs in **bold**. Don't stop to analyse – feel the meaning first.

02

Study the verbs (Card 3)

Check meaning, grammar notes, and Spanish glosses. Now the analysis makes sense because you already felt it.

03

Do the exercises (Cards 5 & 6)

Fill in, speak, write. Use the planning space. Don't skip it – your brain needs to produce, not just receive.

04

Check your answers (Card 7)

Read the explanations. Compare your writing to the model. Celebrate what worked. Notice what to improve.

Your Eight Phrasal Verbs at a Glance

wake up

stop sleeping / become alert (*despertar/se*)

run out of

have none left (*quedarse sin*)

look for

search for (*buscar*)

find out

discover / learn information (*averiguar / enterarse*)

turn down

reduce volume/heat (*bajar el volumen*)

put off

postpone (*posponer*)

give up

stop trying (*rendirse / darse por vencido*)

carry on

continue (*seguir / continuar*)

- ☐ A phrasal verb is a verb + particle (a small word like **up, out, off, on, down**) that together create a new meaning. *Turn* means rotate. *Turn down* means reduce. The particle changes everything.

Learn It: The First Four Phrasal Verbs

Let's look closely at your first four verbs. For each one: what it really means, how it behaves grammatically, a natural example, and a quick Spanish gloss so the meaning clicks fast.

1. wake up

Spanish: *despertar / despertarse*

Meaning: To stop sleeping and become conscious. Also used figuratively – "wake up to reality" means start noticing something important.

Examples:

- I **wake up** at 7 every morning.
- She finally **woke up** and realised she needed a change.
- **Wake up!** You're going to be late.

Grammar note: *Wake up* is intransitive (no object) OR transitive: *Wake me up at 8, please.* When transitive, the object goes between verb and particle.

2. run out of

Spanish: *quedarse sin (algo)*

Meaning: To use all of something so that none is left. It always needs an object – you run out **of** something specific.

Examples:

- We've **run out of** coffee. Again.
- I **ran out of** time before I could finish.
- Don't **run out of** patience – she's almost ready.

Grammar note: This is a three-part phrasal verb: *run + out + of*. You cannot split it. ~~✗ Run coffee out of.~~ The object always comes after *of*.

  *Run out of* is always followed by a noun, never a pronoun alone: **run out of it** ✓ – the *of* stays.

3. look for

Spanish: *buscar*

Meaning: To search for something or someone. Note that in Spanish, *buscar* is one word – in English you need two.

Examples:

- I'm **looking for** my keys – have you seen them?
- She **looked for** a new job for three months.
- What are you **looking for**?

Grammar note: *Look for* cannot be split. **Ever.**

~~✗ Look it for~~ – wrong.

✓ **Look for it** – correct.

The particle *for* is a preposition here, not an adverb, so the object always follows the whole verb.

4. find out

Spanish: *averiguar / enterarse de*

Meaning: To discover information – often information you didn't know before, or that was hidden or unclear.

Examples:

- Let's **find out** what's happening.
- I **found out** that the meeting was cancelled.
- She **found out** the truth eventually.

Grammar note: Separable when the object is a noun: *find the answer out* or *find out the answer* – both fine. With a pronoun: *find it out* ✓ or *find out what happened* ✓ (clause follows directly).

Quick Grammar Checkpoint

→ Separable verbs

Wake up, find out, turn down, put off, give up – the object can often go between the verb and particle, but with a **pronoun, it must** go between.
✓ *Turn it down.* ~~✗ Turn down it.~~

→ Inseparable verbs

Run out of, look for, carry on – the object always follows the complete verb. ✓ *Look for it.* ~~✗ Look it for.~~ The particle is a preposition, not an adverb.

→ Meaning first, mechanics second

Phrasal verbs are not logical combinations of their parts. *Run out of* does not mean "exit by running." *Find out* does not mean "discover an exit." Trust the meaning as a unit.

See It in Real Life: Sofia's Chaotic Morning

Read the story below. Every phrasal verb is **highlighted in bold**. Don't stop to translate word by word – read for the story first, then go back and notice how each verb works in context.

The Morning of Many Problems

Sofia **woke up** at 9:47 a.m. Not ideal, considering she had a report due at noon. She stumbled into the kitchen and reached for the coffee tin. Empty. Completely, devastatingly empty. She had **run out of** coffee – again. She made a mental note: *buy coffee*. Then she forgot.

The report could wait. First: keys. She started to **look for** them everywhere – under the sofa cushions, in her coat pocket, behind the bread bin (don't ask). She couldn't **find out** where she'd left them, no matter how many places she searched.

Then the music started.

Her neighbour – bless him – had discovered a new playlist. At 10 a.m. At maximum volume. Sofia knocked on the wall. Nothing. She knocked again. Still nothing. She opened her window and shouted: "*Could you please **turn the music down**?*" A pause. Then, mercifully, he **turned it down**. (Notice: **turned it down** – the pronoun *it* goes in the middle. Not ~~turned down it~~. Never.)

Back to the report. Sofia opened her laptop. Looked at the blank document. Closed it again. She had been **putting off** this report for six days. *I'll **put it off** one more hour*, she thought. *I deserve tea first*.

By 11:15, with no coffee, no keys, and a document still at zero words, Sofia considered whether to just **give up** entirely and go back to bed.

She didn't.

Instead, she made tea, found her keys (in the fridge – again, don't ask), and sat down to write. She decided to **carry on** even when it felt pointless. By 11:58 she had 600 words and a sense of quiet triumph.

The neighbour's music came back on at noon. But by then, Sofia didn't care.

Phrasal Verbs in the Story – What They Mean Here

put off / put it off

Spanish: posponer, dejar para después

Sofia postpones the report. She delays it on purpose (or almost on purpose). **Put it off** = pronoun between verb and particle ✓. **Put off the report** = noun can follow ✓.

give up

Spanish: rendirse, darse por vencido/a

To stop trying because it feels too hard. Sofia *considers* giving up – but she doesn't. Important: **give up** here is intransitive (no object). You can also say *give up something*: *She gave up coffee*. (Ha.)

carry on

Spanish: seguir, continuar

To continue doing something, especially when it's difficult. *Carry on* is often followed by *-ing*: *carry on writing, carry on working*. It can also stand alone: *She carried on*.

turn down / turn it down

Spanish: bajar (el volumen, la temperatura, etc.)

Reduce the level of sound, heat, or brightness. Separable: **turn the music down** ✓ or **turn down the music** ✓. Pronoun: **turn it down** ✓ – ~~never turn down it~~ x.

 **Key rule recap from the story:** Pronouns (it, them, him, her) always go **between** the verb and particle for separable phrasal verbs. *Turn it down. Put it off. Wake me up*. This one rule fixes half of all phrasal verb mistakes.

Try It: Fill in the Gaps

Use the phrasal verbs below. Each one is used **once**. Choose the correct verb and write it in the space. Think about the tense – the sentence will guide you. **Don't look at the answers yet!**

WAKE UP

RUN OUT OF

LOOK FOR

FIND OUT

TURN DOWN

PUT OFF

1 I _____ at seven every morning.

Hint: This describes your regular daily routine. Simple present tense.

2 We sometimes _____ coffee.

Hint: There's none left. Three-part verb – don't forget the last word.

3 I need to _____ my keys.

Hint: They're missing and you're searching. Remember: this verb cannot be split.

4 Let's _____ what happened.

Hint: You don't know yet – you're about to discover. A clause follows the verb.

5 Please _____ the music.

Hint: It's too loud. You want a lower volume. Separable verb with a noun object.

6 Don't _____ the meeting again.

Hint: It has been delayed too many times already. Stop postponing it.

My Answers

Write your answers here before you check Card 7:

1.

2.

3.

4.

5.

6.

  **Good habit:** After writing your answers, read each sentence aloud. If it sounds right in your mouth, it's probably right on the page. Your ear is a powerful tool – use it.

Make It Yours: Speak & Write

This is where real learning happens. You've read the story. You've studied the verbs. Now it's time to make language that is yours – sentences about your life, your mornings, your decisions. There are no wrong answers here, only practice.

Speaking Task: Your Chaotic Morning

Tell a partner (or record yourself!) about a morning that didn't go as planned. Use **at least four** of your phrasal verbs. It doesn't need to be dramatic – even a small morning disaster counts.

Useful phrases to start:

- One morning I woke up and...
- I had run out of... so I had to...
- I spent ages looking for...
- I nearly gave up, but then...
- In the end, I carried on and...

Planning space — notes only, not a script:

What happened? _____

Which verbs will you use? _____

How did it end? _____

Writing Task: A Message to a Friend

Write a WhatsApp message or short note (50 - 80 words) to a friend explaining why you were late, distracted, or didn't finish something today. Use **at least three** phrasal verbs from this pack.

Planning space:

Reason for being late / distracted: _____

What did you look for / run out of / put off?

Did you give up or carry on? _____

Your message:



Success Checklist

- ☐ I used at least four phrasal verbs in my speaking task.
- ☐ I used at least three phrasal verbs in my writing task.
- ☐ I checked pronoun position – *turn it down*, not *turn down it*.
- ☐ I remembered that *look for it* and *run out of it* cannot be split.
- ☐ My writing is 50 - 80 words and sounds natural when I read it aloud.
- ☐ I spoke for at least 60 seconds without stopping to translate in my head.



Meme of the Morning

Caption (fill in your own!)

"Me when I _____ of coffee on a Monday."

Suggested answer: *run out* – but make it personal!
What do YOU run out of? Time? Patience? Ideas?
Synonyms? Write your version below:

My caption:

Language note

Notice the structure: **run out of + noun**. You can swap *coffee* for anything: *run out of time / ideas / excuses / money / patience*. It always works the same way. The more you personalise an example, the longer you remember it.

Answers & Examples

Well done for getting here. Check your answers below – and read the explanations, not just the answers. That's where the learning actually lives.

Exercise Answers (Card 5)

1 wake up <i>I wake up at seven every morning.</i> Simple present tense – <i>wake up</i> describes a regular habit or routine. No object here: it's intransitive. ✓	2 run out of <i>We sometimes run out of coffee.</i> Three-part verb – the <i>of</i> is essential. <i>Run out coffee</i> ✗ is incomplete. The noun (<i>coffee</i>) follows the whole verb phrase. ✓
3 look for <i>I need to look for my keys.</i> <i>Look for</i> is inseparable. The object (<i>my keys</i>) always follows the complete verb. <i>Look my keys for</i> ✗ – never split this one. ✓	4 find out <i>Let's find out what happened.</i> A clause (<i>what happened</i>) follows directly. Both <i>find out what happened</i> and <i>find out the truth</i> are correct. ✓
5 turn down <i>Please turn down the music.</i> Noun object follows the full verb – both <i>turn down the music</i> and <i>turn the music down</i> are correct. With a pronoun: <i>turn it down</i> ✓ only. ✓	6 put off <i>Don't put off the meeting again.</i> Both <i>put off the meeting</i> and <i>put the meeting off</i> are correct. With a pronoun: <i>put it off</i> ✓ – never put off it ✗. ✓

Model Responses for Speaking & Writing (Card 6)

These are examples, not the only correct answers. Your version can be different – different events, different verbs, different details. Compare the *structure*, not just the words.

 **Model Speaking Response**

"Last Tuesday was a disaster. I woke up late – about 9:30 – and immediately found out that my phone had no battery. I looked for my charger for about twenty minutes, and by then I had run out of time to eat breakfast. I nearly gave up on the whole day, to be honest. But I carried on, and actually, the afternoon was fine. I just had to turn down my expectations a bit."

Verbs used: woke up, found out, looked for, run out of, give up, carry on, turn down (5 - great!) ✓

 **Model Writing Response**

"Hey! So sorry I'm late. I woke up at 10 (oops), then ran out of hot water so the shower took forever. I was looking for my keys for 15 mins – they were in the fridge, don't ask 😊. I nearly put off our coffee entirely but I'm carrying on and I'll be there in 10! See you soon x"

Word count: 63 words ✓

Verbs used: woke up, ran out of, looking for, put off, carrying on ✓

Tone: Friendly, natural, realistic ✓

Key Learning Points – Don't Forget These

Pronoun rule (separable verbs) Pronoun always goes between the verb and particle. <i>Turn it down. Put it off. Wake me up.</i> This rule alone prevents the most common phrasal verb error.	Inseparable verbs stay together <i>Look for, run out of, carry on</i> – the object always follows the complete phrase. <i>Look for it. Run out of it. Carry on working.</i> No exceptions.
Meaning is not decomposition Don't try to guess meaning from parts. <i>Give up</i> ≠ donate + upward movement. Learn each phrasal verb as a single vocabulary item with its own meaning.	Carry on regardless The most important lesson from Sofia's morning: don't give up. Carry on with the messy sentences, the imperfect grammar, the uncertain moments. That's exactly how fluency is built.

wake up <i>despertar/se</i>	run out of <i>quedarse sin</i>
look for <i>buscar</i>	find out <i>averiguar</i>
turn down <i>bajar el volumen</i>	put off <i>posponer</i>
give up <i>rendirse</i>	carry on <i>seguir</i>

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