

SARAH LINGO



This PDF is a companion to the SarahLingo podcast episode on “**Why do we blush?**”. In this lesson. You learn useful English words and idioms. Each word comes with a clear definition and an example sentence to help. You understand how to use it naturally in everyday conversations. So let’s dive in...

WORD	DEFINITION	SAMPLE SENTENCE
Blush (v.)	To become red in the face because you feel embarrassed.	He blushed when I complimented him.
Compliment (n.)	A nice thing that you say about someone	she gave me a compliment on my new dress. Thank you for the compliment .
Give someone a compliment	To say something nice about someone	I always give my students compliments when they make progress.
Turn red	To become red in color	My face turned red when everyone looked at me.
Embarrassing (adj.)	Making you feel embarrassed.	It was so embarrassing when I forgot my friend's birthday.
Embarrassed (adj.)	Feeling ashamed or uncomfortable	He looked embarrassed after making a mistake.

WORD	DEFINITION	SAMPLE SENTENCE
Cheek (n.)	The soft part of your face below your eyes	Her cheeks turned red when everyone sang "happy birthday".
Beat (v.)	To hit someone or something repeatedly	He beat the drum. The man was beaten by the robbers.
Heartbeat (n.)	The rhythm or sound of the heart beating	I could hear my heartbeat . The doctor checked my heartbeat .
Blood vessels	Small tubes in your body that carry blood	Blood moves through your blood vessels .
Wide (adj.)	Having a large distance from one side to the other	This street is very wide .
Flow (v.)	To move slowly and continuously	The river flows into the sea.
Care about	to think someone or something matters	He cares about the environment.
Sneeze (v.)	to suddenly force air out through your nose and mouth	I had a cold, so I sneezed a lot. Dust makes me sneeze .
Yawn (v.)	to open your mouth wide because you're tired or bored	She yawned during the movie. I can't stop yawning when I feel sleepy.
Trustworthy (adj.)	someone or something you can trust; reliable and honest	My best friend is trustworthy . I can tell her anything. You need a trustworthy babysitter.

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naturally confidently and effectively. So if you're ready to take your English to the next level, join my courses and enjoy learning with me.

✨ **یادگیری را با دوره‌های Touchstone ادامه دهید:** اگر از این درس و فایل PDF لذت بردید، مطمئنم که دوره‌های Touchstone من را هم دوست خواهید داشت! این دوره‌های تصویری بر اساس کتاب‌های معروف Touchstone از انتشارات کمبریج طراحی شده‌اند و روی چهار مهارت اصلی زبان یعنی مهارت گفتاری، شنیداری، خواندن و نوشتن کار می‌کنند. من هر چهار سطح (1 Touchstone تا 4) را به صورت روان و کاربردی تدریس کرده‌ام تا به شما کمک کنم زبان انگلیسی را طبیعی، با اعتماد به نفس و مؤثر یاد بگیرید. پس اگر آماده‌اید انگلیسی‌تان را به سطح بالاتری ببرید، به دوره‌های Touchstone من بپیوندید و از یادگیری لذت ببرید!

