

Small Talk

Without Stress



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Small Talk Without Stress – The Friendly Way

This book is part of the [Afrin English Speaking Challenge](#), a daily practice system designed to help real people build real fluency — one simple conversation at a time.

Who Is This Book For?

- Beginners to intermediate English speakers (A2–B1)
- Anyone who feels nervous about casual conversations
- People who want to make friends at work or in daily life
- Learners who want to sound natural in everyday situations
- Anyone who wants to feel more confident in social settings

How to Use This Book

- **Read each conversation out loud** — with a partner, teacher, or yourself
- Use the “🗣️ Say This Again” line to shadow and memorize
- **Learn 3–5 useful expressions** in every conversation
- **Try writing your own version** at the end of each section
- **Use the practice prompts** to review and build fluency

1. Saying Hello in the Elevator

YOU:
Morning! Going up?

STRANGER:
Yes, floor 8. You?

YOU:
Same here. Nice weather today.

STRANGER:
It is! Finally some sunshine.

YOU:
Makes Monday a bit easier.

STRANGER:
Definitely. Have a good day!

Say This Again

Morning! Going up?

Useful Phrases to Remember

- Going up?
- Nice weather today
- Makes Monday easier
- Have a good day

Vocabulary Builder

- **Elevator** – lift, moving box between floors
- **Sunshine** – bright light from the sun

Try It Yourself

Write 2–3 lines about what you'd say to someone in an elevator.

2. Chatting About the Weather

YOU:
Can you believe this rain?

COLLEAGUE:
I know! I forgot my umbrella.

YOU:
Same here. At least it's not too cold.

COLLEAGUE:
True. Could be worse.

YOU:
Hopefully it clears up by lunch.

COLLEAGUE:
Fingers crossed!

Say This Again

Can you believe this rain?

Useful Phrases to Remember

- I know!
- At least it's not...
- Could be worse
- Fingers crossed

Vocabulary Builder

- **Umbrella** – protection from rain
- **Clears up** – weather becomes better

Try It Yourself

Think of today's weather. Write 2 lines about it.

3. Waiting for a Meeting to Start

YOU:
Hey! You're early too?

TEAMMATE:
Yep, trying to look organized!

YOU:
Same here. I always come 5 minutes early.

TEAMMATE:
Good habit. Less stress.

YOU:
Agreed. Let's hope today's meeting is short.

TEAMMATE:
Here's hoping!

Say This Again

Hey! You're early too?

Useful Phrases to Remember

- Trying to look organized
- Good habit
- Less stress
- Here's hoping

Vocabulary Builder

- **Organized** – well-planned and tidy
- **Habit** – something you do regularly

Try It Yourself

Write what you'd say to someone waiting for a meeting.

4. Talking About the Weekend Plans

YOU:
Got any weekend plans?

FRIEND:
Thinking of going to the movies.

YOU:
Nice! What are you seeing?

FRIEND:
That new action movie. You?

YOU:
Just relaxing at home probably.

FRIEND:
Sometimes that's the best plan.

Say This Again

Got any weekend plans?

Useful Phrases to Remember

- Thinking of...
- What are you seeing?
- Just relaxing
- Sometimes that's the best

Vocabulary Builder

- **Action movie** – exciting film with lots of movement
- **Relaxing** – resting and feeling calm

Try It Yourself

Write about your weekend plans in 2–3 lines.

5. Asking About Their Day

YOU:
How's your day going?

COWORKER:
Pretty busy, but good. You?

YOU:
Same here. Lots of emails to answer.

COWORKER:
I hear that. Never-ending inbox.

YOU:
Right? At least it's almost lunch.

COWORKER:
That's what keeps me going!

Say This Again

How's your day going?

Useful Phrases to Remember

- Pretty busy, but good
- Lots of emails
- Never-ending inbox
- Keeps me going

Vocabulary Builder

- **Inbox** – email folder
- **Never-ending** – seems to go on forever

Try It Yourself

Ask someone about their day and respond naturally.

6. Discussing a TV Show or Movie

YOU:

Did you watch that new series on Netflix?

COLLEAGUE:

Yes! The ending was crazy.

YOU:

I didn't see that twist coming at all.

COLLEAGUE:

Me neither. That actor was amazing.

YOU:

I hope there's a second season.

COLLEAGUE:

Same here. Let's talk about it later!

Say This Again

Did you watch that new series?

Useful Phrases to Remember

- The ending was crazy
- Didn't see that coming
- Twist
- Second season

Vocabulary Builder

- **Twist** – unexpected turn in a story
- **Series** – TV show with multiple episodes

Try It Yourself

Think of a show you watched recently. Describe it briefly.

7. Complimenting Someone's Outfit

YOU:

I love your shirt! That color looks great on you.

FRIEND:

Thank you! I just got it yesterday.

YOU:

Really? Where did you find it?

FRIEND:

At that new store downtown.

YOU:

I'll have to check it out.

FRIEND:

You should! They have great stuff.

Say This Again

I love your shirt! That color looks great on you.

Useful Phrases to Remember

- Looks great on you
- Just got it
- Check it out
- Great stuff

Vocabulary Builder

- **Outfit** – clothes you're wearing
- **Downtown** – center of the city

Try It Yourself

Write a compliment about someone's clothes.

8. Talking About Lunch Plans

YOU:
What are you doing for lunch?

TEAMMATE:
Probably just grabbing a sandwich.

YOU:
Want to join me? I'm going to that new café.

TEAMMATE:
Sure! What time?

YOU:
Around 12:30? I'll meet you in the lobby.

TEAMMATE:
Perfect. See you then!

Say This Again

What are you doing for lunch?

Useful Phrases to Remember

- Grabbing a sandwich
- Want to join me?
- New café
- Meet you in the lobby

Vocabulary Builder

- **Café** – small restaurant
- **Lobby** – entrance area of a building

Try It Yourself

Write how you'd invite someone to lunch.

9. Sharing Something Funny

YOU:

You won't believe what happened this morning.

FRIEND:

What? Tell me!

YOU:

I put my shirt on inside out and didn't notice until lunch.

FRIEND:

No way! That's hilarious.

YOU:

I know! I felt so silly.

FRIEND:

At least you noticed eventually!

Say This Again

You won't believe what happened this morning.

Useful Phrases to Remember

- Tell me!
- No way!
- That's hilarious
- Felt so silly

Vocabulary Builder

- **Inside out** – with the wrong side showing
- **Eventually** – finally, after some time

Try It Yourself

Think of something funny that happened to you. Write 2 lines about it.

10. Talking About Hobbies

YOU:
What do you do for fun?

COLLEAGUE:
I love photography. You?

YOU:
I'm into hiking. Do you take photos of nature?

COLLEAGUE:
Sometimes! Mostly street photography.

YOU:
That sounds interesting. Do you have a camera?

COLLEAGUE:
Just my phone, but it works great.

Say This Again

What do you do for fun?

Useful Phrases to Remember

- I love photography
- I'm into hiking
- Street photography
- Works great

Vocabulary Builder

- **Photography** – taking pictures
- **Hiking** – walking in nature for fun

Try It Yourself

Write about your hobby in 2–3 lines.

11. Reacting to Good News

YOU:
I got the job!

FRIEND:
That's amazing! Congratulations!

YOU:
Thanks! I'm so excited.

FRIEND:
When do you start?

YOU:
Next Monday. I can't wait.

FRIEND:
You deserve it. Well done!

Say This Again

That's amazing! Congratulations!

Useful Phrases to Remember

- I'm so excited
- When do you start?
- I can't wait
- You deserve it

Vocabulary Builder

- **Congratulations** – words of praise for success
- **Deserve** – earned through effort

Try It Yourself

Write how you'd react to someone's good news.

12. Small Talk During a Coffee Break

YOU:
Need a coffee break?

COWORKER:
Definitely. My brain is fried.

YOU:
Same here. Want to grab one together?

COWORKER:
Sure! I need the caffeine.

YOU:
Coffee is life, right?

COWORKER:
Absolutely. Without it, I'm useless.

Say This Again

Need a coffee break?

Useful Phrases to Remember

- My brain is fried
- Grab one together
- Coffee is life
- I'm useless

Vocabulary Builder

- **Fried** – very tired (slang)
- **Caffeine** – chemical in coffee that keeps you awake

Try It Yourself

Write how you'd ask someone to take a coffee break.

13. Wishing Someone a Good Weekend

YOU:
Have a great weekend!

COLLEAGUE:
You too! Any plans?

YOU:
Just relaxing. You?

COLLEAGUE:
Going to visit my parents.

YOU:
That sounds nice. Enjoy!

COLLEAGUE:
Thanks! See you Monday.

Say This Again

Have a great weekend!

Useful Phrases to Remember

- You too
- Any plans?
- That sounds nice
- See you Monday

Vocabulary Builder

- **Relaxing** – resting and feeling calm
- **Visit** – go to see someone

Try It Yourself

Write what you'd say when wishing someone a good weekend.

14. Talking About Travel Plans

YOU:

Are you going anywhere this summer?

FRIEND:

Thinking of going to Spain.

YOU:

That sounds amazing! Have you been before?

FRIEND:

No, first time. I'm excited.

YOU:

You'll love it. The food is incredible.

FRIEND:

I can't wait to try the paella.

Say This Again

Are you going anywhere this summer?

Useful Phrases to Remember

- Thinking of going
- First time
- You'll love it
- Can't wait to try

Vocabulary Builder

- **Paella** – Spanish rice dish
- **Incredible** – very good, amazing

Try It Yourself

Write about a place you'd like to visit.

15. Asking How Someone Is Feeling

YOU:
How are you feeling today?

FRIEND:
Much better, thanks. How about you?

YOU:
Pretty good. Did you get some rest?

FRIEND:
Yes, finally slept well last night.

YOU:
That's good. Sleep makes everything better.

FRIEND:
It really does. I feel human again.

Say This Again

How are you feeling today?

Useful Phrases to Remember

- Much better
- Did you get some rest?
- Makes everything better
- Feel human again

Vocabulary Builder

- **Rest** – sleep or relaxation
- **Human** – normal, like yourself

Try It Yourself

Write how you'd ask someone how they're feeling.

16. Celebrating a Birthday at Work

YOU:
Happy birthday! How old are you today?

COLLEAGUE:
Thanks! I'm turning 28.

YOU:
Nice! Any big plans for tonight?

COLLEAGUE:
Just dinner with friends. Low-key.

YOU:
That sounds perfect. Enjoy your day!

COLLEAGUE:
Thanks! I appreciate it.

Say This Again

Happy birthday! How old are you today?

Useful Phrases to Remember

- I'm turning 28
- Big plans
- Low-key
- Enjoy your day

Vocabulary Builder

- **Low-key** – simple, not fancy
- **Appreciate** – feel thankful for

Try It Yourself

Write a birthday greeting in 1–2 lines.

17. Talking About a Pet

YOU:
Do you have any pets?

FRIEND:
Yes! I have a dog named Max.

YOU:
That's cute! What kind of dog?

FRIEND:
He's a golden retriever. Very friendly.

YOU:
I love golden retrievers. How old is he?

FRIEND:
He's three. Still acts like a puppy.

Say This Again

Do you have any pets?

Useful Phrases to Remember

- What kind of dog?
- Golden retriever
- Very friendly
- Acts like a puppy

Vocabulary Builder

- **Golden retriever** – popular dog breed
- **Puppy** – young dog

Try It Yourself

Write about a pet you have or would like to have.

18. Asking About Someone's Holiday

YOU:
How was your holiday?

COLLEAGUE:
Amazing! I didn't want to come back.

YOU:
That's the best kind of vacation.

COLLEAGUE:
I brought back some souvenirs.

YOU:
Nice! What did you get?

COLLEAGUE:
Some local chocolate. Want to try some?

Say This Again

How was your holiday?

Useful Phrases to Remember

- Didn't want to come back
- Best kind of vacation
- Brought back souvenirs
- Want to try some?

Vocabulary Builder

- **Souvenirs** – things you buy to remember a trip
- **Local** – from the area you visited

Try It Yourself

Write how you'd ask about someone's vacation.

19. Talking About the News (Lightly)

YOU:

Did you see that story about the weather?

FRIEND:

Yes! Crazy how hot it's been.

YOU:

I know. Climate change is real.

FRIEND:

Scary stuff. We need to do something.

YOU:

At least people are talking about it now.

FRIEND:

True. Every little bit helps.

Say This Again

Did you see that story about the weather?

Useful Phrases to Remember

- Crazy how...
- Climate change
- Scary stuff
- Every little bit helps

Vocabulary Builder

- **Climate change** – long-term weather changes
- **Scary** – frightening, worrying

Try It Yourself

Write a casual comment about something in the news.

20. Wishing Someone a Good Morning

YOU:

Good morning! How did you sleep?

COLLEAGUE:

Morning! Pretty well, thanks. You?

YOU:

Not bad. Ready for the day?

COLLEAGUE:

As ready as I'll ever be!

YOU:

That's the spirit. Let's do this!

COLLEAGUE:

Here we go!

Say This Again

Good morning! How did you sleep?

Useful Phrases to Remember

- Pretty well
- Ready for the day
- That's the spirit
- Here we go

Vocabulary Builder

- **Spirit** – attitude, mood
- **Ready** – prepared for something

Try It Yourself

Write how you'd greet someone in the morning.




You Did It!

You've taken a big step toward feeling comfortable with small talk in English. Whether you're at work, meeting new people, or just want to sound more natural — this book was only the beginning.

But your journey doesn't stop here.

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