

## Reflect Listening & Speaking 1

### Unit 1 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
agree	v.	to think the same as someone	V	A2
be called	v. phr.	to have a name	L	A1
be interested in	v. phr.	to want to know more about	L	A2
believe	v.	to think something is true	V	A2
far	adv.	not near	V	A2
fast	adj.	quick, not slow	V	A1
free time	n. phr.	time for fun and rest	L	A2
friendly	adj.	kind; nice	L	A2
goal*	n.	something you want to do in the future	V	B1
hard	adj.	difficult	V	A1
idea	n.	a thought, suggestion, or plan for something	L	B1
job*	n.	a kind of work	L	A1
last	adj.	at the end	V	A2
matter	v.	to be important	V	A2
meet	v.	to see someone for the first time	L	A1
size	n.	how large or small something is	V	A2
smile	v.	to show you are happy	L	B1
thin	adj.	not fat	V	A2
way	n.	how to do something	L	A2
wrong	adj.	not right; not correct	L	A1

\* Academic Word

## Reflect Listening & Speaking 1

### Unit 2 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
(one's) own	adj.	belonging to oneself	L	B1
alone	adj.	by oneself; not with other people	L	A2
chat	n.	a friendly talk	V	A2
comfortable	adj.	giving you comfort or ease	L	A2
cozy	adj.	comfortable and warm	V	B1
during	prep.	throughout the time of	L	A2
holiday	n.	an important day, like Independence Day	V	A1
home	n.	the place where you live	L	A1
memory	n.	something you remember from the past	V	B1
move	v.	to go to a new place to live	L	A2
place	n.	a room, building, town, city, etc.	V	A1
present	adj.	in a particular place	V	B1
really	adv.	very or very much	V	A1
relax*	v.	to become happy and comfortable	V	B1
share	v.	to use with others	L	A2
smell	n.	what you notice with your nose	V	B1
space	n.	an empty area; room to do something	L	A2
sunny	adj.	bright with sunshine	L	A2
there	adv.	in a particular place	L	A1
trust	v.	to believe someone or something	V	B1

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## Reflect Listening & Speaking 1

### Unit 3 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
check	v.	to make sure something is correct or safe	V	A2
daily	adj.	every day	V	A2
diary*	n.	a book where you write your thoughts	L	A2
every	adj.	all; including each person or thing in a group	V	A1
exercise	n.	an activity you do to be healthy and strong	L	A2
feel	v.	to experience an emotion	L	A1
get	v.	to receive	V	A1
habit	n.	an activity you always do	L	B1
instead	adv.	in place of something	L	A2
kind	n.	a type	V	A1
moment	n.	time	L	B1
more	adv.	a greater amount	L	A1
part	n.	a piece; some but not all of something	V	A1
show	v.	to make it possible to see	V	A1
too	adv.	also	L	A1
track	v.	to record an activity	L	C2
travel	v.	to go to a place, usually one that is far away	V	A1
try	v.	to do something different or new	L	A2
visit	v.	to go to see or stay at a place	V	A1
water	n.	a liquid we need to live	V	A1

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## Reflect Listening & Speaking 1

### Unit 4 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
bring	v.	to carry something to a place	L	A2
connect	v.	to get close to someone; to join together	L	B1
delicious	adj.	tasting very good	L	B1
dessert	n.	a sweet food or dish	L	A2
healthy	adj.	good for your health	V	A2
hungry	adj.	wanting to eat	L	A1
maybe	adv.	possibly	V	A2
meal	n.	the food we eat at breakfast, lunch, or dinner	L	A1
normal*	adj.	usual; not different	V	A2
recipe*	n.	directions for how to make food	L	B1
restaurant	n.	a place to buy and eat a meal or snack	L	A1
sad	adj.	not happy	V	A1
salty	adj.	tasting like salt, like chips or peanuts	V	B2
sick	adj.	ill; not feeling well or healthy	L	A2
snack	n.	a small amount of food	V	A2
special	adj.	different in a good way; better or more important than others	L	A1
spicy	adj.	tasting like pepper or spice	V	B1
stressed*	adj.	worried	V	B1
sweet	adj.	tasting like sugar, like ice cream or cake	V	A1
tired	adj.	needing rest or sleep	V	A1

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## Reflect Listening & Speaking 1

### Unit 5 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
against	prep.	in competition with	L	A2
bag	n.	something you use to carry things	V	A1
club	n.	a group of people who do a sport or activity together	V	A2
coach	n.	a person who teaches others to play a sport	V	B1
compete	v.	to try to win against someone	V	B1
competition	n.	an event where people try to win a prize	V	A2
fit	adj.	in good health	V	A2
lose	v.	to not win	V	B1
loser	n.	a person who doesn't win	V	-
physical*	adj.	about the body	L	B2
player	n.	a person who plays a game or sport	L	A1
practice	v.	to do something again and again to get better at it	L	A1
professional*	adj.	doing an activity as a job	V	B1
ride	v.	to go in a car, on a bike, or on a bus	L	A1
rule	n.	a statement about what is or isn't allowed in a game or situation	L	B1
skill	n.	an ability to do something well	L	B1
team*	n.	a group of people who work or play together	L	A2
whole	adj.	all of; entire; complete	L	A2
win	v.	to be the best in a game	L	A2
winner	n.	a person who is the best or first in a game or sport	V	A2

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## Reflect Listening & Speaking 1

### Unit 6 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
bored	adj.	unhappy because something is uninteresting or you have nothing to do	V	A1
boring	adj.	not interesting in any way; making you feel bored	V	A1
choose	v.	to select; to pick one thing and not another	L	A1
date	n.	a day on a calendar	V	A1
excited	adj.	happy, interested, or hopeful about something	V	A1
expensive	adj.	not cheap; costs a lot of money	L	A1
find out	v. phr.	to learn about	L	A2
free	adj.	does not cost any money	L	A2
funny	adj.	making you laugh	V	A1
helpful	adj.	giving help to someone; useful	V	B1
interesting	adj.	making you want to know more about something	V	A1
laugh	v.	to make sounds because you are happy or think something is funny	L	A2
mistake	n.	an error	L	A2
motivated*	adj.	feeling like doing something	V	B2
online	adv.	on the Internet	L	A2
perfect	adj.	excellent; not having any mistakes	L	A2
real	adj.	existing; not fake or untrue	L	A2
screen	n.	the part of a TV, computer, or phone where pictures or information appears	V	A2
website	n.	a place on the Internet, like Google or YouTube	L	A1
winner	n.	a person who is the best or first in a game or sport	V	A2

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## Reflect Listening & Speaking 1

### Unit 7 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
actually	adv.	really; in truth	V	A2
advice	n.	suggestions someone gives	L	A2
be good at	v. phr.	to do well at something; to be skilled at	L	A1
(be) willing	v. phr.	to agree to do something	V	B1
career	n.	a job for a long time; a profession	V	B1
discover	v.	to find; to learn about	V	B1
especially	adv.	in particular	L	A2
exciting	adj.	making you feel happy and interested	L	A1
expert*	n.	a person who knows a lot about something	V	B1
get better	v. phr.	to improve	L	-
location*	n.	a place	V	B1
mean	v.	to equal, as in Tiny means very small.	V	A2
office	n.	a place to work	V	A2
possible	adj.	can happen	L	A2
prefer	v.	to like one thing better than another	L	A2
save	v.	to help	V	B1
situation	n.	a condition	L	B1
suggest	v.	to recommend	L	B1
time	n.	an occasion, as in I exercise three times a week.	V	A2
well	adv.	in a good way	L	A1

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## Reflect Listening & Speaking 1

### Unit 8 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
able	adj.	having the power, skill, or knowledge you need to do something	L	A2
amazing	adj.	very good or enjoyable	L	A2
behave	v.	to act in a certain way	V	B1
demand	v.	to ask for in a strong way	L	B1
Earth	n.	the planet we live on	V	B1
effect	n.	a result; a change that happens because of something else	V	B1
environment*	n.	the air, land, and water where people, animals, and plants live	L	B1
in front of	prep.	before; directly ahead of	V	A2
invite	v.	to ask someone to come	V	A1
kid	n.	a child	L	A2
leader	n.	a person who leads or directs a group	V	B1
make sure	v. phr.	to check that something happens	V	A2
meeting	n.	an event where people get together for a particular reason	L	A2
ocean	n.	a very large area of salt water, like the Pacific and Atlantic	L	A2
repair	v.	to fix	V	A2
several	adj.	more than two, but not many	V	A2
teenager	n.	a person between 13 and 19 years old	V	A2
trash	n.	garbage; things you throw away such as old food, old paper, etc.	L	B1
worried	adj.	unhappy and not relaxed because you are thinking about bad things	L	A2
young	adj.	not old	L	A1

\* Academic Word