



just TAKE
A LESSON

100

POPULARNYCH
PHRASAL VERBS



Cześć!

Wstępów ponoć nikt nie czyta, więc umówmy się, że to tylko taki krótki liścik ;-)

Przede wszystkim **bardzo Ci dziękuję** za wspólne wrzucenie kasy do symbolicznej puszki WOŚP!

Szczerze wierzę, że **"together we are stronger"**!

Oddajemy dziś w Twoje ręce ebook, który powstał na podstawie cyklu na Instagram Stories. Jak nazwa wskazuje znajdziesz w nim **100** (a dokładnie 115) **phrasal verbs**, które uznaliśmy za najbardziej popularne i przydatne zarówno w British jak i American English. Oczywiście jest to **subiektywna selekcja** i Ty możesz stworzyć swoją własną listę. Do czego Cię bardzo zachęcam. Kieruj się tu **kluczem przydatności** danego słowa. Przecież to **Twoje potrzeby są najważniejsze!**

Jak korzystać z tego ebooka?

Pierwszą wskazówkę już podałam - wybierz te zwroty, których najpewniej **użyjesz**. Dzięki temu będziesz mieć większą motywację.

Każdy phrasal verb podany jest w **kontekście** oraz zilustrowany na fotografii. **Spróbuj wyczytać znaczenie** na tym etapie. Nie masz pewności? **Idź do angielskiej definicji**, a dopiero na końcu skorzystaj z polskiego tłumaczenia.

Staraj się uczyć tych czasowników w **zlepku z innymi słowami**.

Zapamiętasz je na dłużej i podczas realnej sytuacji będziesz mieć już w głowie gotowy zwrot.

Na przykład:

Don't let me down!

Jak korzystać z tego ebooka?

Tworząc poniższe plansze wielokrotnie korzystałam ze słownika Cambridge. Ty oczywiście możesz wybrać inny. Ważne, żeby miał opcję odsłuchania wymowy:



work out

1. to exercise in order to improve the strength or appearance of your body: 2...

CambridgeWords

work out

— *phrasal verb* with *work verb*

UK /wɜ:k/ US /wɜ:k/

Tu wrzucam link do mojego ulubionego słownika:

<https://dictionary.cambridge.org/pl/dictionary/english/work-out>

Zapraszam na nasz Instagram!
Tam robiąc quizy sprawdzisz i utrwalisz swoją wiedzę.

Przyjemnej nauki!

Justyna

just TAKE
A LESSON

Today's
justakealesson

phrasal verbs

be





What **are** those kids **up to**? It's too quiet.

WHEN YOU SEE...

to be up to

IT MEANS...

to feel like doing
sth usually wrong

kombinować



The news is bad so Kate
is a bit **down** today.

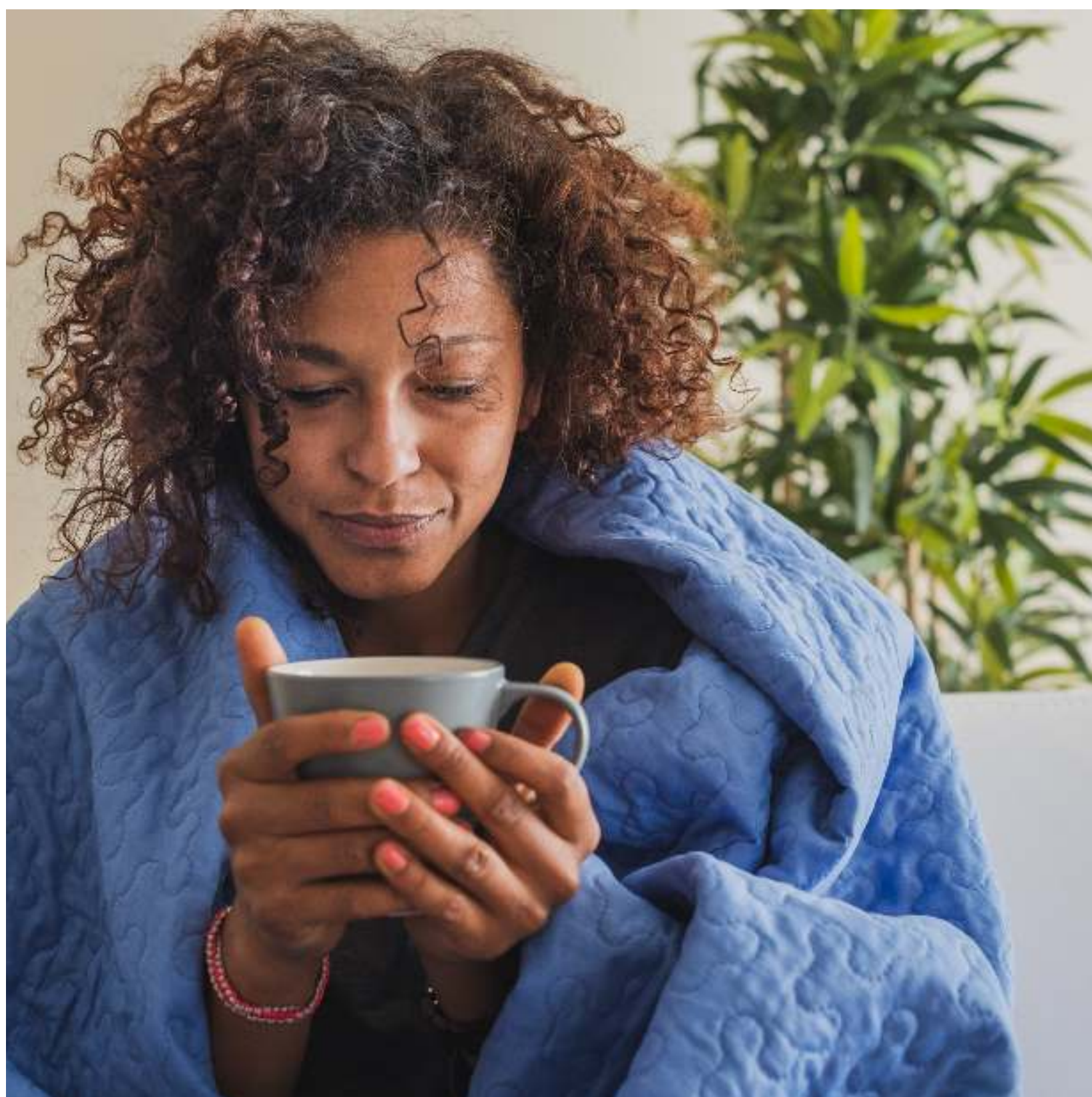
WHEN YOU SEE...

to be down

IT MEANS...

to be sad,
depressed

mieć doła



My mum is down
with a bad cold.

WHEN YOU SEE...

to be down with

IT MEANS...

to be ill

być chorym



Tom isn't in his office.
He is off today.

WHEN YOU SEE...

to be off

IT MEANS...

to be absent

mieć wolne

Today's

justakealesson

phrasal verbs

break



Their car has **broken down**.

WHEN YOU SEE...

to break down

IT MEANS...

stop working

popsuć się



Someone **broke into**
our house last night.

WHEN YOU SEE...

to break into

IT MEANS...

enter by force

włamać się



The World War II
broke out in 1939.

WHEN YOU SEE...

to break out

IT MEANS...

war, fire begin suddenly

wybuchać



She's just **broken up**
with her boyfriend.

WHEN YOU SEE...

to break up

IT MEANS...

separate, split up
rozchodzić się

Today's
justakealesson

phrasal verbs

bring part 1



Social media has brought about big changes in how teenagers interact.

WHEN YOU SEE...

to bring about

IT MEANS...

to cause sth to happen

powodować



Can I **bring** a friend
along to the party?

WHEN YOU SEE...

to bring along

IT MEANS...

to take sb or sth with you
when you go somewhere

przyprrowadzić, przynieść



My new shoes occurred to be too small so I brought them back to the shop.

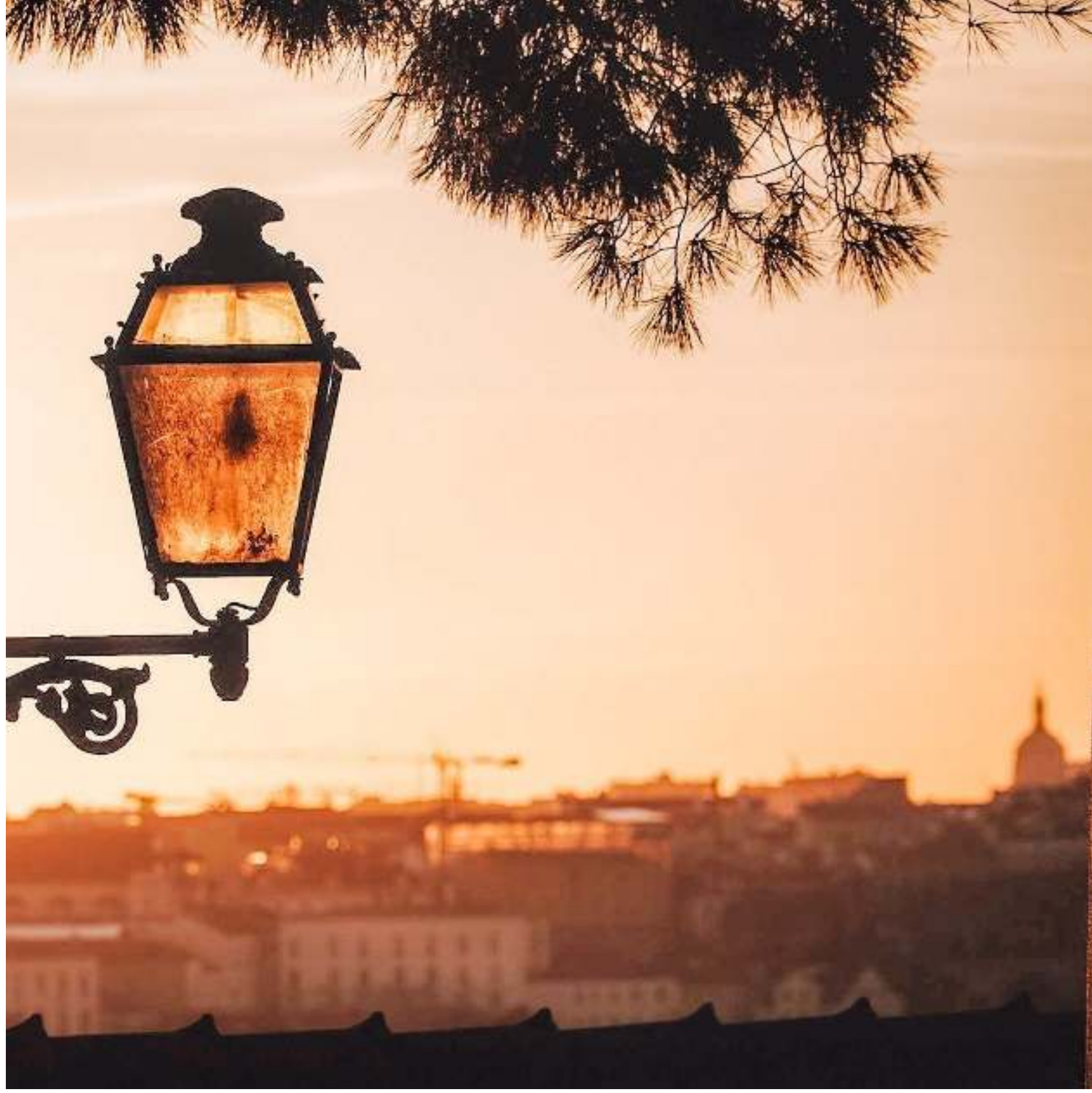
WHEN YOU SEE...

to bring back

IT MEANS...

to return sth

oddawać



This photo brings back
memories of our last
holidays in Lisbon.

WHEN YOU SEE...

to bring back

IT MEANS...

to think about memories,
feelings from the past

przywoływać

Today's

justakealesson

phrasal verbs

bring part 2



The band is going
to **bring out** a new album
at the end of this year.

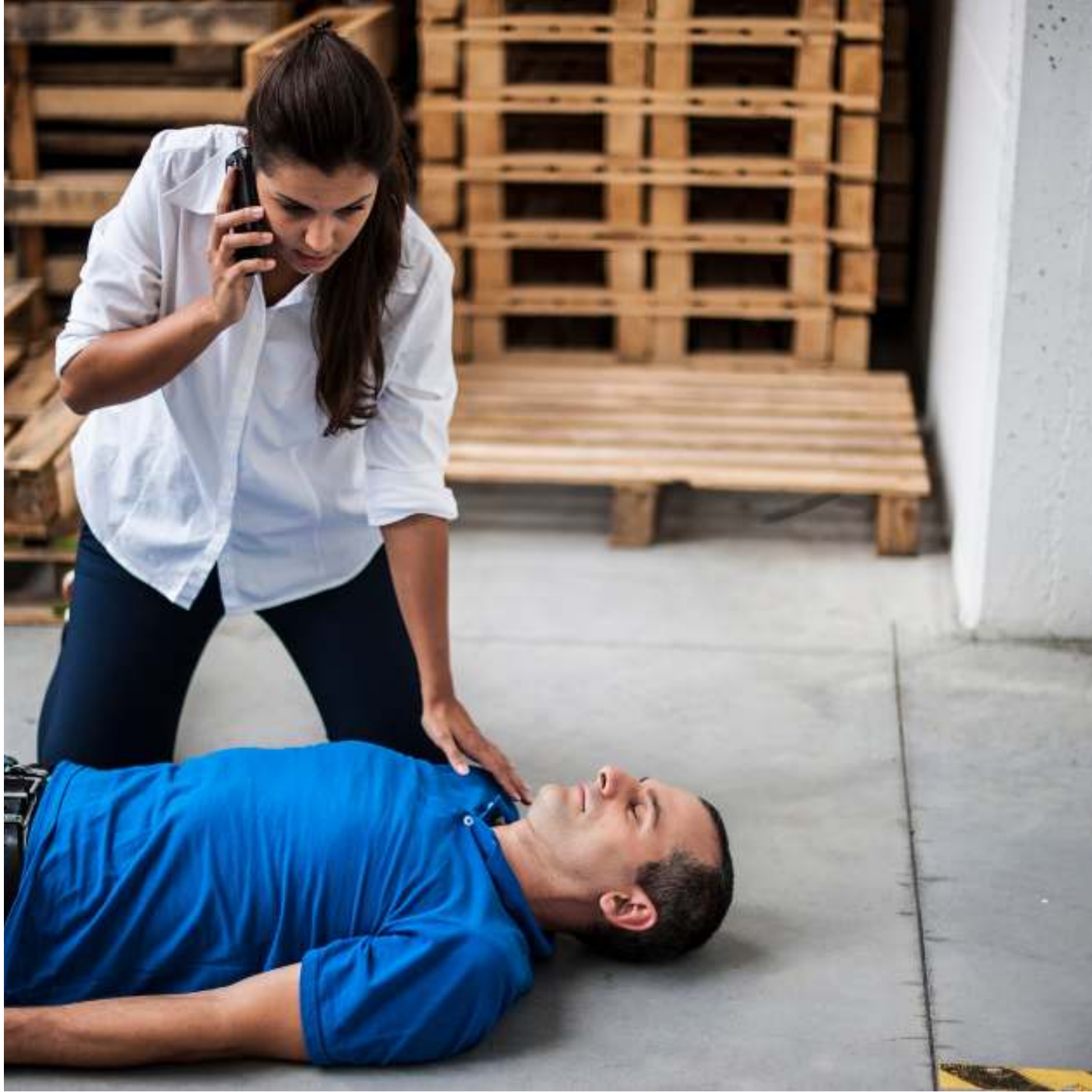
WHEN YOU SEE...

to bring out

IT MEANS...

to publish, put on market

wydawać



After lying unconscious for several minutes, the doctor finally **brought** him **round**.

WHEN YOU SEE...

to bring round

IT MEANS...

to make someone conscious
again after being unconscious

ocucić



Her grandaparents
brought her **up** after
her parents died.

WHEN YOU SEE...

to bring up

IT MEANS...

to raise a child

wychowywać



John **brings in**
about £600 a week.

WHEN YOU SEE...

to bring in

IT MEANS...

to earn, to create profit

zarabiać



PHRASAL VERBS
'COME'
EXPLANATIONS

COME ON - WE'RE
GOING TO BE LATE IF
YOU DON'T HURRY!



WHEN YOU SEE...

come on



IT MEANS...

encourage someone
to do something,
to hurry or try harder

no dalej / daj spokój



I THINK I'M COMING
DOWN WITH FLU.

WHEN YOU SEE...

to come down with

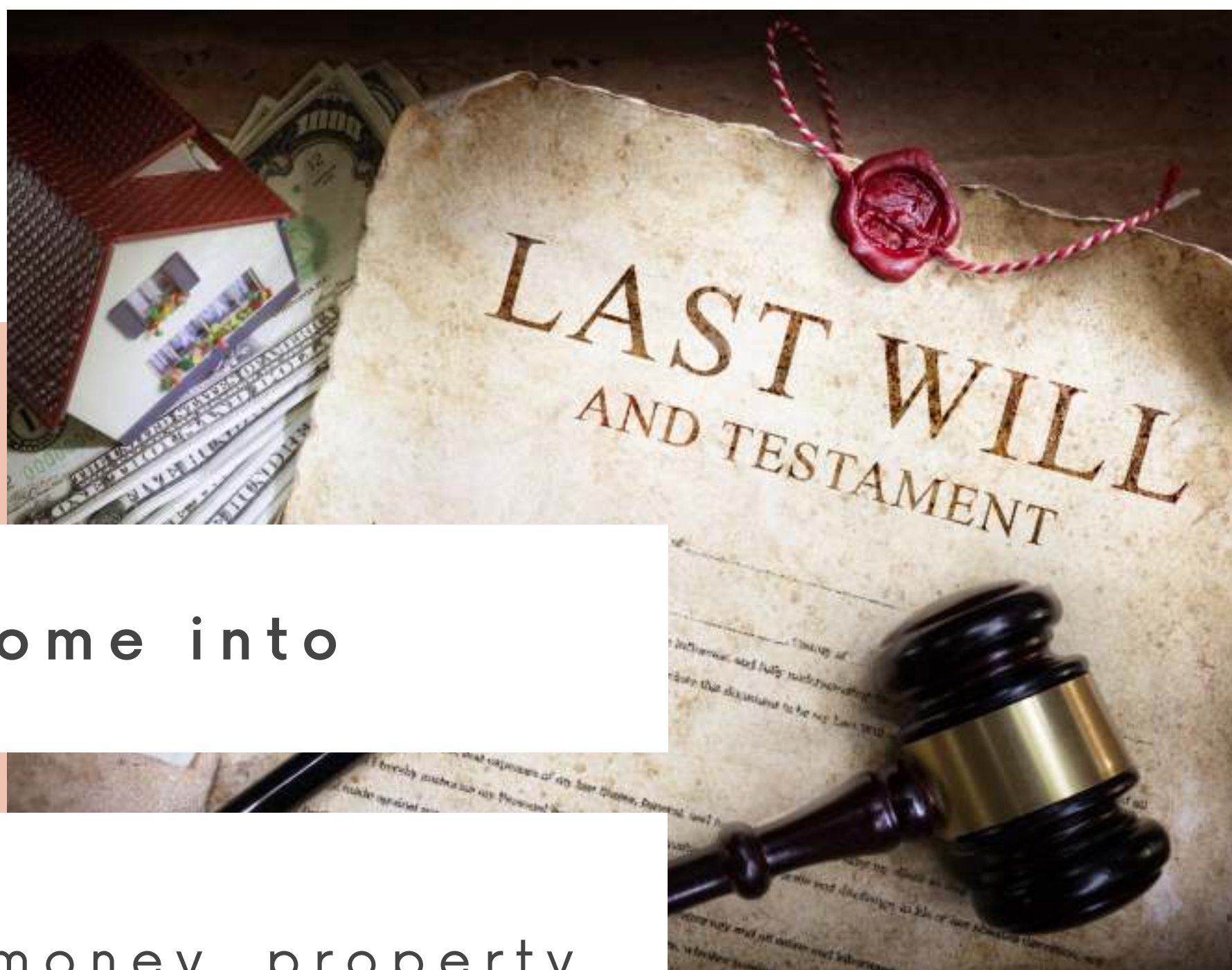
IT MEANS...

to start to suffer from
an illness, especially
one that is not serious

zachorować



SHE CAME INTO
A BIT OF MONEY WHEN
HER GRANDFATHER DIED.



WHEN YOU SEE...

to come into

IT MEANS...

to receive money, property,
or a title as a result
of the death of a relative

dziedziczyć





DAFFODILS **COME OUT**
IN SPRING.



WHEN YOU SEE...

come out

IT MEANS...

when flowers come out,
they open

rozkwitać



#justtakealesson

CUT

PHRASÁL VERBS
EXPLANATIONS



I'm trying to **cut down**
on junk food I eat.

WHEN YOU SEE...

to cut down on

IT MEANS...

to eat or drink less of
a particular thing, usually in order
to improve your health

ograniczyć



I was just talking
to Kate, when
Chris **cut in**.

WHEN YOU SEE...

to cut in

IT MEANS...

to interrupt what someone
is saying by saying
something yourself

wtrącić się



If this bill is not paid within five days, your gas supply will be **cut off**.

WHEN YOU SEE...

to cut off

IT MEANS...

to stop providing something such as electricity, supplies, etc.

odciąć (tu: gaz)



PHRASAL VERBS with DO
#justtakealesson





There's no sugar, so you'll
have to **do without** .

WHEN YOU SEE...

to do without

IT MEANS...

to manage without
having something

obywać się bez czegoś



She always **does**
her presents **up** beautifully
in gold and silver paper.

WHEN YOU SEE...

to do up

a. up

IT MEANS...

to wrap something
in paper

owijać coś w papier



The United Kingdom **did away with**
the death penalty in 1965.

WHEN YOU SEE...

to do away with

IT MEANS...

to abolish, get rid of

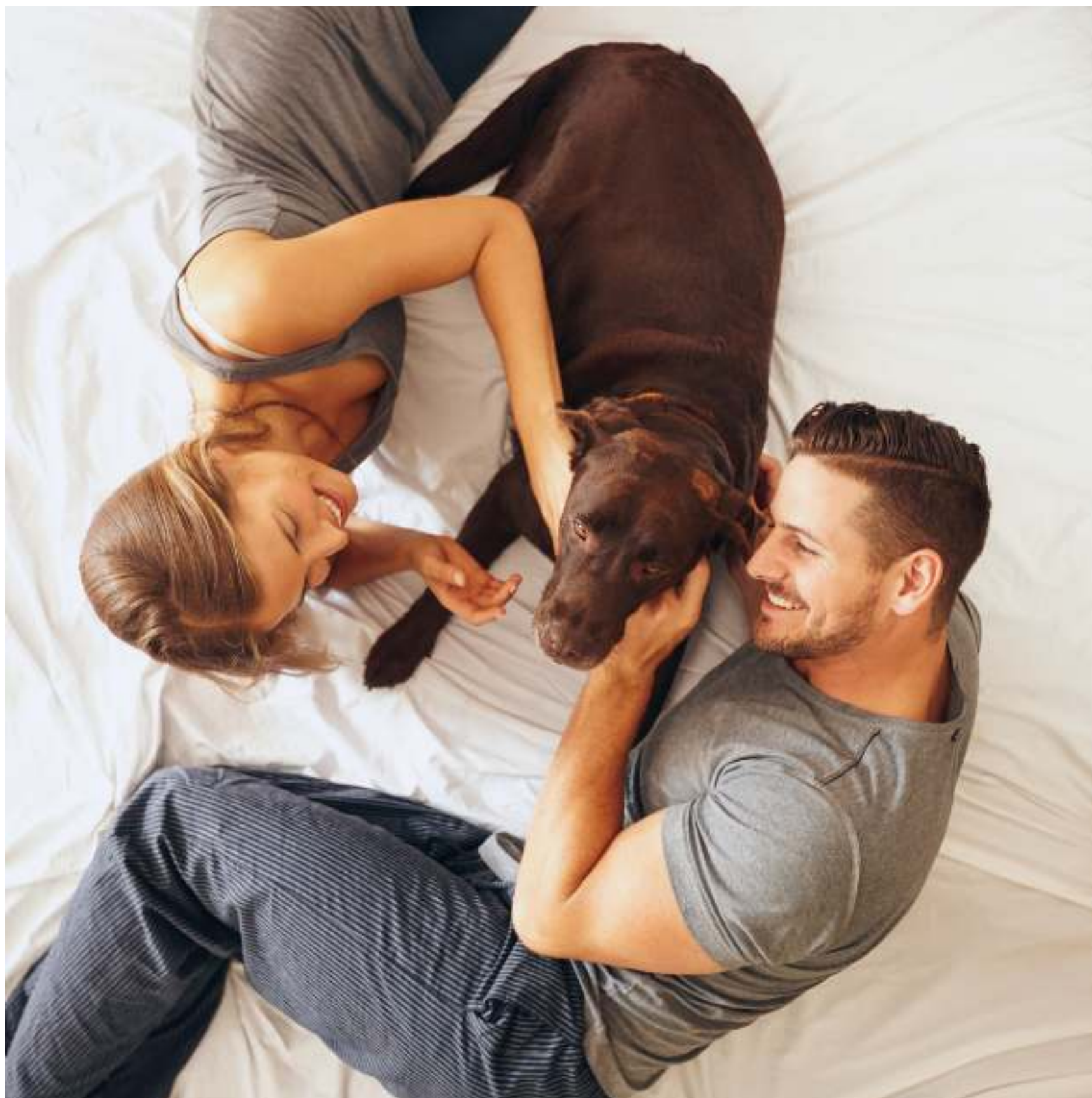
pozbywać się

**Today's
JustTakeALesson**

phrasal verbs

FALL





Mike has
fallen for Heather.

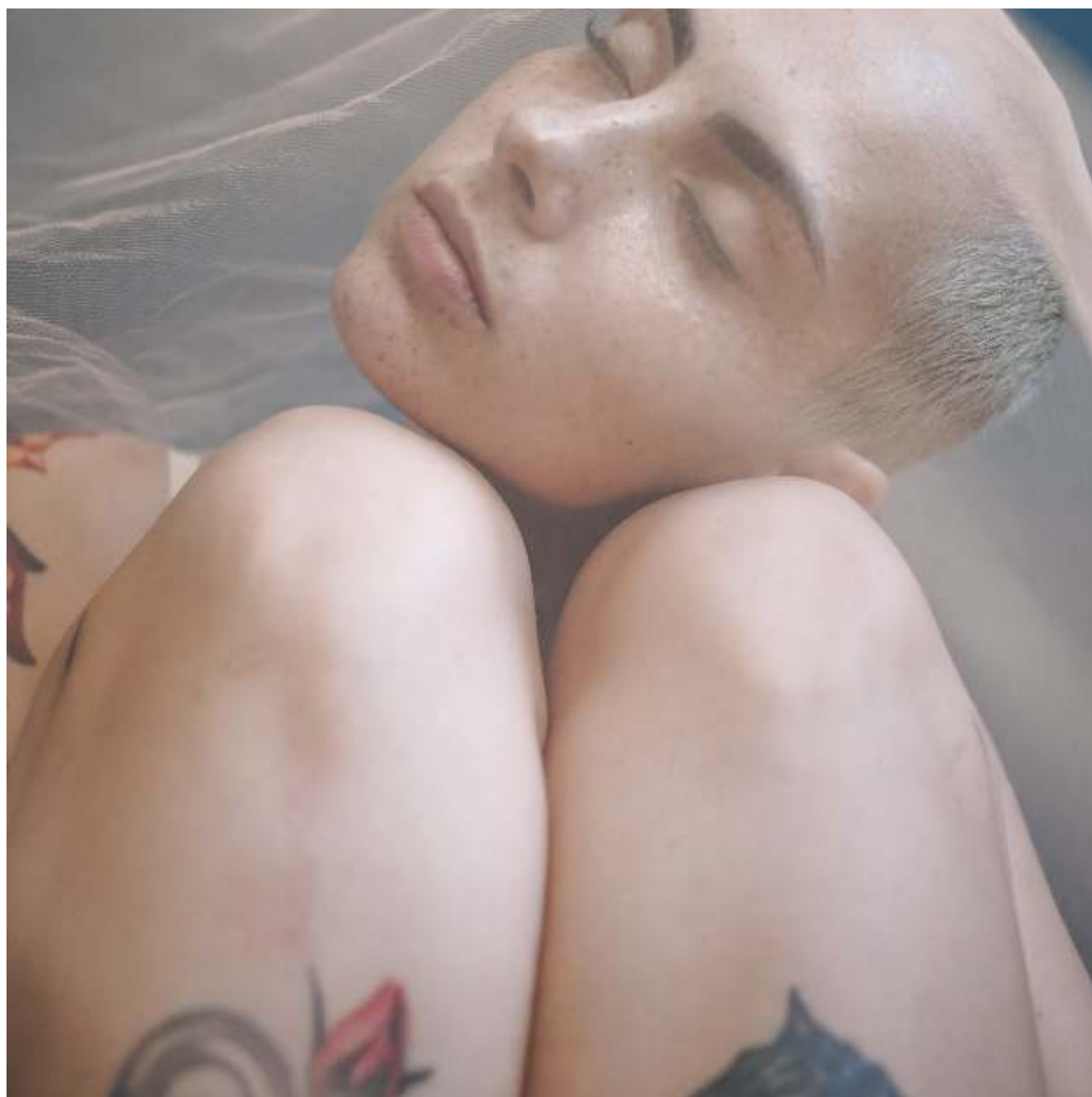
WHEN YOU SEE...

to fall for

IT MEANS...

to be attracted to someone
and start to love that person

zakochać się



He left home after
falling out
with his parents.

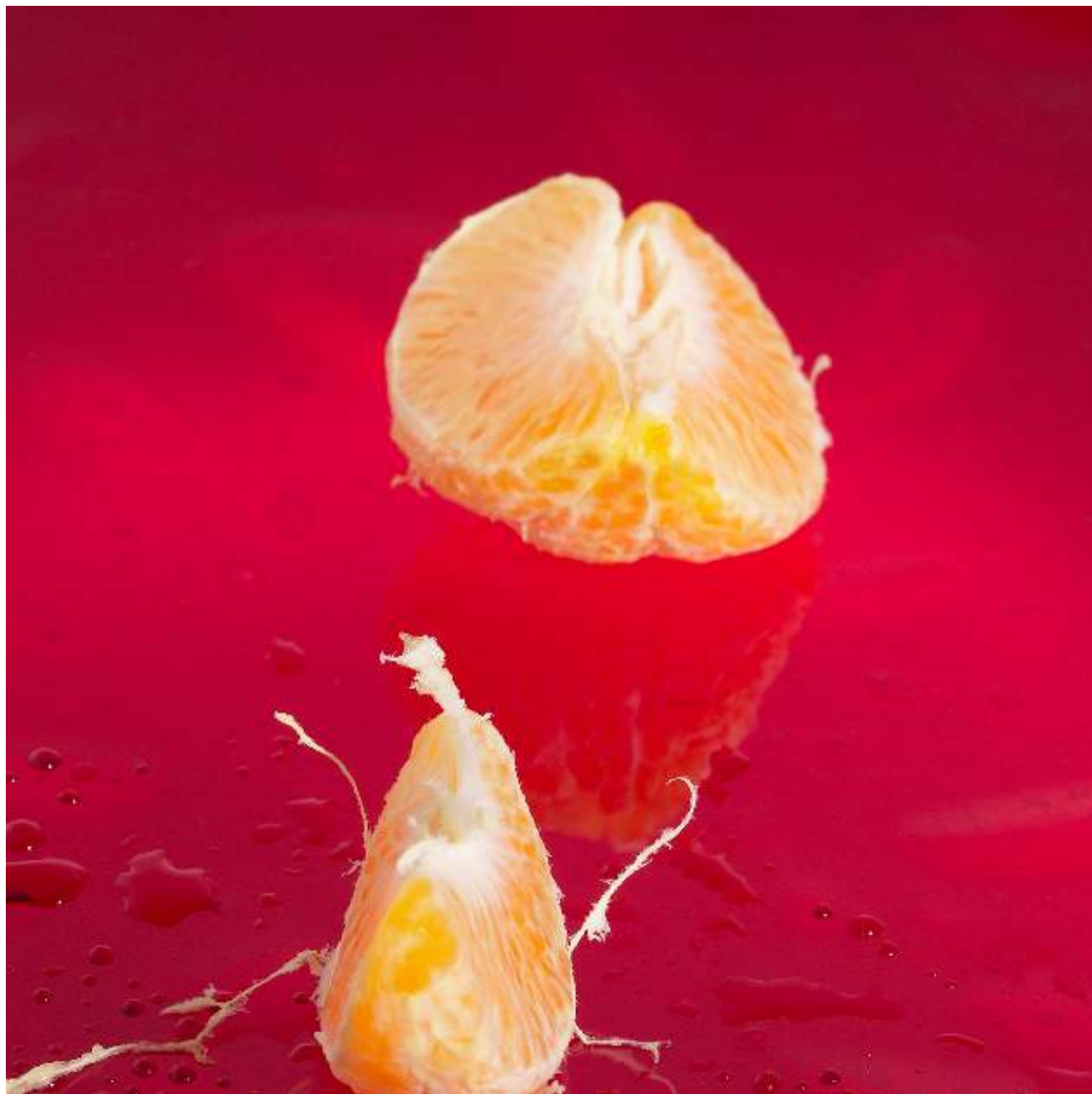
WHEN YOU SEE...

to fall out

IT MEANS...

to argue with someone and
stop being friendly with them

pokłócić się



The orange
has fallen apart.

WHEN YOU SEE...

to fall apart

IT MEANS...

to break into pieces

rozpaść się na
kawałki



If we fall behind
schedule we
may lose the contract.

WHEN YOU SEE...

to bring round

IT MEANS...

to not finish work
at the time you planned
or promised to finish it
mieć opóźnienie



Phrasal Verbs

with
#justtakealesson



I don't **feel up to**
going out tonight.

WHEN YOU SEE...

to feel up to

IT MEANS...

to have the energy
to do something
mieć ochotę coś zrobić



I couldn't **figure out**
what the teacher
was talking about.

WHEN YOU SEE...

to figure out

IT MEANS...

to understand
or solve something

zrozumieć / rozgryźć



It took me
several hours to **fill out**
the application form.

WHEN YOU SEE...

to fill out

IT MEANS...

to write or type information
in spaces that
are provided for it
uzupełnić



The holiday was
a complete surprise –
I only **found out** about it
the day before we left.

WHEN YOU SEE...

to find out

IT MEANS...

to get information about something
because you want to know more
about it, or to learn a fact or piece
of information for the first time

dowiedzieć się



PHRASAL VERBS

#justtakealesson





Here in Texas they **freak out**
when there's snow on the ground.

WHEN YOU SEE...

to freak out

IT MEANS...

to be very excited
or emotional, or to cause
someone be this way

świrować



The idea sounded interesting
and I decided to **follow** it up.

WHEN YOU SEE...

to follow sth up

IT MEANS...

to find out more about
something, or take more action
connected with it

sprawdzić



I'm **fed up with** my job.

WHEN YOU SEE...

to be fed up with

IT MEANS...

bored, annoyed, or disappointed,
especially by something that you
have experienced for too long

mieć dosyć



She's going to have to **face up**
to the fact that he's not going
to marry her.

WHEN YOU SEE...

to face up

IT MEANS...

to accept that a difficult
situation exists

stawić czoła

A bonfire of driftwood is burning on a beach at sunset. The fire is bright orange and yellow, with flames rising from a pile of logs. The background shows the ocean and a sky with soft, colorful clouds in shades of blue, orange, and pink. The foreground is filled with smooth, grey and brown stones.

PHRASAL VERBS

GET
PART 1

#JUSTTAKEALESSON



They really seem to **get along**.

WHEN YOU SEE...

to get along

IT MEANS...

If two or more people get along, they like each other and are friendly to each other
dogadywać się



She thought she could **get away**
with cheating on her taxes.

WHEN YOU SEE...

to get away

IT MEANS...

to escape blame or punishment
when you do something wrong,
or to avoid harm or criticism
for something you did

ujść na sucho



We've decided to go
to hiking in the mountains
to **get away** from it all.

WHEN YOU SEE...

to get away

IT MEANS...

to go somewhere to have
a holiday, often because
you need to rest
wyjechać



She doesn't **get on** well
with her colleague.

WHEN YOU SEE...

to get on well

IT MEANS...

to have a good relationship
or deal successfully
with a situation
być w dobrych stosunkach

PHRASAL VERBS

**GET
PART 2**



#JUSTTAKEALESSON



Get out immediately!

WHEN YOU SEE...

to get out

IT MEANS...

to leave a place

wychodzić



The political situation at the moment is really **getting me down**.

WHEN YOU SEE...

to get down

IT MEANS...

to make someone feel
depressed or unhappy

dołować



Some poor families manage
to **get by** on just £10 a day.

WHEN YOU SEE...

to get by

IT MEANS...

to manage something with
difficulty, to make ends meet

przetrwąć



Let's **get rid of** all this mess
before mum comes home.

WHEN YOU SEE...

to get rid of

IT MEANS...

to eliminate or throw
something away

pozbyć się

PHRASAL VERBS

GIVE



#JUSTTAKEALESSON



The party was meant to be
a surprise, but Caroline
gave it away.

WHEN YOU SEE...

to give away

IT MEANS...

to let someone know
a secret, often
without intending to
zdradzić sekret



The fire was **giving off**
a lot of smoke.

WHEN YOU SEE...

to give off

IT MEANS...

to produce heat, light,
a smell, or a gas

wydzielać



After seeing their sad faces,
their father finally **gave in**
and allowed them to go
to the park with their friends.

WHEN YOU SEE...

to give in

IT MEANS...

to finally do something
that you initially
didn't want to do

poddać się



I **gave up** smoking two years ago.

WHEN YOU SEE...

to give up

IT MEANS...

to stop doing something
or stop having a habit

rzucić (tu: palenie)

PHRASAL VERBS

GO

#JUSTTAKEALESSON



He **goes away** on business a lot.

WHEN YOU SEE...

to go away

IT MEANS...

to leave your home in order to
spend time somewhere else,
usually for a holiday

wyjeżdżać



I don't **go for** action movies.

WHEN YOU SEE...

to go for

IT MEANS...

to like or admire
something

lubić



This salmon smells a bit strange
– do you think it's **gone off**?

WHEN YOU SEE...

to go off

IT MEANS...

If food or drink goes off, it is
not good to eat or drink any
more because it is too old

psuć się



We really can't go on living
like this – we'll have
to find a bigger house.

WHEN YOU SEE...

to go on

IT MEANS...

to continue

kontynuować

A rustic dining table set with a white cloth. In the center is a large plate of flatbread. To the left is a small bowl of dip and a stack of pancakes topped with cream and fruit. In the foreground, a bowl of hummus is garnished with fresh herbs and a fried egg. A small white cup and a silver fork are also visible. The background shows a wooden chair and a vase of dried flowers.

PHRASAL VERBS
HOLD

#JUSTTAKEALESSON



Hold on, I'll check in my diary.

WHEN YOU SEE...

to hold on

IT MEANS...

used to tell someone to
wait for a short time

poczekać



The meeting has been
held over till Friday.

WHEN YOU SEE...

to hold over

IT MEANS...

to delay something

przełożyć



It was really hard to
hold back the tears.

WHEN YOU SEE...

to hold back

IT MEANS...

to not show emotion

powstrzymywać się



She is **holding on** her baby.

WHEN YOU SEE...

to hold on

IT MEANS...

to hold something or someone
firmly with your hands or arms

trzymać

PHRASAL VERBS
HURRY UP



#JUSTTAKEALESSON



Would you please **hand out**
the balloons to the children?



WHEN YOU SEE...

to hand out



IT MEANS...

to give something to each
of a number of people

rozdać



Don't hang around with them!

WHEN YOU SEE...

to hang around

IT MEANS...

to spend time
with someone

przebywać razem



Let me speak to Melanie
before you **hang up**.



WHEN YOU SEE...

to hang up

IT MEANS...

to end a phone
conversation

rozłączyć się



PHRASAL VERBS
KEEP ON

#JUSTTAKEALESSON



Women cannot **keep** their
voices **down** now.

WHEN YOU SEE...

to keep down

IT MEANS...

to make sound, music
and noise minimal.

ściszać



I believe that if we **keep on**
shouting, somebody will hear us.

WHEN YOU SEE...

to keep on

IT MEANS...

to continue to do
something, or to do
something again and again
kontynuować



We should **keep to**
the original plan.

WHEN YOU SEE...

to keep to

IT MEANS...

to do what you have
promised or planned to do

trzymać się planu



I read the news to **keep up with**
what's happening
in the outside world.

WHEN YOU SEE...

to keep up with

IT MEANS...

to be able to understand
or deal with something
that is happening
or changing fast

nadążyć

PHRASAL VERBS

LET IN



#JUSTTAKEALESSON



Could you go down
and **let** Darren **in**?

WHEN YOU SEE...

to let in

IT MEANS...

to allow someone to enter
a room or building,
often by opening the door

wpuścić



After I explained to the police officer the reason I ran the stoplight, he decided to **let me off** with just a warning.

WHEN YOU SEE...

to let off

IT MEANS...

to not punish someone who has done something wrong, or to not punish them severely

darować komuś karę



She wanted to get some fresh air
so I **let** her **out**.

WHEN YOU SEE...

to let out

IT MEANS...

to allow to get out

wypuścić na zewnątrz



Don't **let** me **down** and learn
the phrasal verbs with 'let'!



WHEN YOU SEE...

to let down

IT MEANS...

to disappoint someone by not
doing what you agreed to do

zawieść



PHRASAL VERBS
LOOK AFTER

#JUSTTAKEALESSON



Look out!
It's getting really slippery.



WHEN YOU SEE...

to look out

IT MEANS...

said or shouted in order to
tell someone that
they are in danger

uwagać na coś



We **look after** the neighbours' plants while they're away.

A close-up photograph of four red, spherical Christmas ornaments resting inside a white, textured fabric sack. The ornaments are arranged in a cluster, with one slightly above the others. The background is a plain, light color.

WHEN YOU SEE...

to look after

IT MEANS...

to take care of or be in charge
of someone or something

opiekować się



I'm **looking for** Jim.
Have you seen him?



WHEN YOU SEE...

to look for

IT MEANS...

to search for someone
or something

szukać



I'm **looking forward**
to my vacation.



WHEN YOU SEE...

to look forward to

IT MEANS...

to feel pleasure because
an event or activity
is going to happen

czekać z niecierpliwością

The background is a solid, warm orange color. Scattered across it are various white Christmas ornaments. In the center, a white, stylized tree-shaped ornament is the focal point. It has a pointed top and a base that tapers into a trunk. Surrounding it are several round ornaments of different sizes and finishes. Some are smooth and glossy, while others have a matte or textured surface. Some ornaments feature intricate designs, such as snowflakes or floral patterns, in a light color. The lighting is soft, creating gentle shadows and highlights on the ornaments.

PHRASAL VERBS
MAKE IT UP

just TAKE
A LESSON



Have you **made up** with Kate yet?

WHEN YOU SEE...

to make up

IT MEANS...

to become friendly with
someone again after
you have argued with them

pogodzić się



You have to stop **making up**
stories about people.

WHEN YOU SEE...

to make up

IT MEANS...

to say or write something
that is not true

wymyślać



Somebody broke into the shop
and **made off** with several books.

WHEN YOU SEE...

to make off

IT MEANS...

to steal something

kraść



If I could just **make out**
what they were saying.

WHEN YOU SEE...

to make out

IT MEANS...

to be able to see, hear,
or understand something
or someone
widzieć, słyszeć, rozumieć

An aerial photograph of a vast, snow-covered mountain range during the golden hour of sunset. The sun is low on the horizon, casting a warm, orange glow over the scene. The mountains are covered in deep snow, with some rocky outcrops visible. The sky transitions from a deep blue at the top to a bright orange near the horizon. The overall mood is serene and majestic.

PHRASAL VERBS
IT WILL PAY OFF!

just TAKE
A LESSON



Have you **passed on**
the message I sent you?

WHEN YOU SEE...

to pass on

IT MEANS...

to tell someone something
that another person
has told you

przekazać



I was **passing by** when the bride arrived at the church

WHEN YOU SEE...

to pass by

IT MEANS...

If you pass by something,
you go past it or near it
on your way to another place

przechodzić obok



She's terribly upset because her father **passed away** last week.

WHEN YOU SEE...

to pass away

IT MEANS...

to die

umierać



It always pays off!

WHEN YOU SEE...

to pay off

IT MEANS...

to result in success

opłacać się

An aerial photograph of a snowy landscape. A dark asphalt road runs vertically through the center-right of the frame. A blue and yellow truck is driving on the road, moving away from the viewer. The surrounding area is covered in snow with scattered evergreen trees and small shrubs. The text "PHRASAL VERBS" and "DON'T PUT IT OFF" is overlaid in the upper-middle section of the image.

PHRASAL VERBS
DON'T PUT IT OFF

just TAKE
A LESSON



Will you **pick** the children up
from school?

WHEN YOU SEE...

to pick up

IT MEANS...

to go somewhere
to collect someone
odebrać kogoś



She wanted to be a nurse
but the thought of night
shifts **put** her **off**.

WHEN YOU SEE...

to put off

IT MEANS...

to cause someone to lose
interest or enthusiasm

zniechęcać



He's **putting** a few thoughts
down on paper.

WHEN YOU SEE...

to put down

IT MEANS...

to record something
in writing

notować



Don't **put it off!**
Start learning English now :-)

WHEN YOU SEE...

to put off

IT MEANS...

to postpone

odkładać

PHRASAL VERBS
LET'S RUN THROUGH!



just TAKE
A LESSON



Why do dogs **run after** cats?

WHEN YOU SEE...

to run after

IT MEANS...

to chase someone
or something that is
moving away from you

gonić



They are planning to **run away**
together to get married.



WHEN YOU SEE...

to run away

IT MEANS...

to leave a place
or person secretly
and suddenly

uciec



I've **run out of** toilet paper.



WHEN YOU SEE...

to run out of

IT MEANS...

to finish, use, or sell all
of something, so that
there is none left

skończyć się



Let's just **run through**
the phrasal verbs one more time.



WHEN YOU SEE...

to run through

IT MEANS...

to practise something
so that it is correct
for a performance or test
przećwiczyć/przejrzeć

An aerial photograph of a rugged coastline. The ocean is a deep, vibrant blue-green, with white foam from waves crashing against dark, jagged rocks. In the center-right, a small, rectangular building with a light-colored roof sits on a rocky outcrop. The overall scene is dramatic and scenic.

PHRASAL VERBS
STAND BY ME!

just TAKE
A LESSON



Cabin crew, please **stand by**
for take-off.

WHEN YOU SEE...

to stand by

IT MEANS...

to be waiting and ready
to do something or to help

czekać w gotowości



FIRST
ATTEMPT
IN
LEARNING

She explained that DIN
stands for "do it now."

WHEN YOU SEE...

to stand for

IT MEANS...

to represent something

oznaczać coś



You couldn't **screw up**
much worse than I did.

WHEN YOU SEE...

to screw up

IT MEANS...

to do very badly
or fail at something

zawalić coś



Would you **stick to**
the point, please?

WHEN YOU SEE...

to stick to

IT MEANS...

to continue with a subject,
activity, or plan
without changing

trzymać się planu, tematu



PHRASAL VERBS
IS IT OK TO SHOW OFF?

just TAKE
A LESSON



What time are you **setting off**
tomorrow morning?

WHEN YOU SEE...

to set off

IT MEANS...

to start a journey

wyruszać



The group plans to **set up**
an import business.

WHEN YOU SEE...

to set up

IT MEANS...

to start something such as
a business, organization,
or institution

otwierać biznes



He's always **showing off**
to his classmates.

WHEN YOU SEE...

to show off

IT MEANS...

to attract attention
or admiration, and often
make other people annoyed
popisywać się



I invited him for eight o'clock,
but he didn't **show up**
until 9.30.

WHEN YOU SEE...

to show up

IT MEANS...

to arrive somewhere
in order to join a group
of people, especially
late or unexpectedly
zjawić się

PHRASAL VERBS

TAKE ON ME!

just TAKE
A LESSON



Do you think the teacher was
taken in by your excuse?

WHEN YOU SEE...

to take in

IT MEANS...

to deceive
or trick someone

nabierać



He **takes after** his mother's
side of the family.

WHEN YOU SEE...

to take after

IT MEANS...

to be similar to an older
member of your family
in appearance or character

być podobnym



We're not **taking on** any
new staff at the moment.

WHEN YOU SEE...

to take on

IT MEANS...

to start
to employ someone

zatrudniać



The plane **took off** at 8.30 a.m.

WHEN YOU SEE...

to take off

IT MEANS...

If an aircraft, bird, or insect
takes off, it leaves
the ground and begins to fly

startować



PHRASAL VERBS

LET'S TRY IT OUT!

just TAKE
A LESSON



Rob **told off** his boss,
then quit.

WHEN YOU SEE...

to tell off

IT MEANS...

to criticize
someone angrily

wygarnąć komuś



He **threw up** all over his shoes.

WHEN YOU SEE...

to throw up

IT MEANS...

to vomit

wymiotować



When are you going to **throw away**
those old magazines?

WHEN YOU SEE...

to throw away

IT MEANS...

to get rid of something
by treating it as garbage

wyrzucić



John hopes to **try out** his new running shoes this weekend.

WHEN YOU SEE...

to try out

IT MEANS...

to test someone or something
to see what they are like
or whether they
are suitable or effective

wypróbować

PHRASAL VERBS
DON'T TURN IT DOWN!

just TAKE
A LESSON



How could you **turn down**
such a fantastic job?

WHEN YOU SEE...

to turn down

IT MEANS...

to not accept
an offer or request

odrzucać



Do you think many
people will **turn up**?

WHEN YOU SEE...

to turn up

IT MEANS...

to arrive or appear
somewhere, usually
unexpectedly or in
a way that was not planned
pojawić się



You can always **turn to** me
for help if you need it.

WHEN YOU SEE...

to turn to

IT MEANS...

to get help
from someone

zwrócić się



Rain in the morning will **turn into** snow during the afternoon.

WHEN YOU SEE...

to turn into

IT MEANS...

to change or develop
from one thing to another

zamienić się

PHRASAL VERBS

WATCH OUT!



just TAKE
A LESSON



Make sure you drink plenty of water if you are **working out**.

WHEN YOU SEE...

to work out

IT MEANS...

to exercise in order
to improve the strength
or appearance of your body

ćwiczyć



If you don't **warm up**
before exercising,
you risk injuring yourself.

WHEN YOU SEE...

to warm up

IT MEANS...

to prepare yourself for
a physical activity by doing some
gentle exercises and stretches

rozgrzewać się



John is **wiping down** his phone.

WHEN YOU SEE...

to wipe down

IT MEANS...

to clean a surface
thoroughly with a cloth

wycierać



Hard work will **wear** you **out**
if you do not take breaks.

WHEN YOU SEE...

to wear out

IT MEANS...

to make someone
extremely tired

wymęczyć



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