

KEEP IN MIND

Developing Listening, Memory and Oral Reproduction

Participant's Book — KEEP IN MIND 2026

Use this booklet with the KEEP IN MIND listening presentation. Start with shorter items and progress gradually. Listen carefully, understand the message, and try to keep the whole utterance in mind.

5-WORD ITEMS

- 05_01 My sister walks to school.
- 05_02 We usually eat breakfast together.
- 05_03 She reads stories every night.
- 05_04 They play football after school.
- 05_05 Our teacher explains things clearly.
- 05_06 I drink tea every morning.
- 05_07 Tom visits his grandmother often.
- 05_08 Children enjoy stories before bedtime.

6-WORD ITEMS

- 06_01 My brother catches the bus early.

- 06_02** We often cook dinner at home.
06_03 Sarah studies English after dinner upstairs.
06_04 The children play outside after lunch.
06_05 Our teacher checks our homework carefully.
06_06 I usually walk home after work.
06_07 David buys fresh bread every morning.
06_08 My parents watch television after dinner.

7-WORD ITEMS

- 07_01** Laura takes the early bus every morning.
07_02 We sometimes visit our cousins at weekends.
07_03 Emily reads a book before going upstairs.
07_04 The children enjoy playing games after school.
07_05 Our teacher gives us useful practice activities.
07_06 I always carry an umbrella in winter.
07_07 Daniel helps his grandfather with small jobs.
07_08 My parents enjoy quiet walks every evening.

8-WORD ITEMS

- 08_01** Kevin feeds his dog before leaving for work.
08_02 We often play cards after dinner at home.
08_03 Emma bought a new jacket at the market.

- 08_04** The mechanic repairs old bicycles in his workshop.
08_05 Two friends explore the countryside during school holidays.
08_06 A passenger forgot his suitcase on the train.
08_07 Several customers are waiting outside the busy café.
08_08 Helen enjoys listening to music while cooking dinner.

9-WORD ITEMS

- 09_01** A farmer feeds his chickens before driving into town.
09_02 Lucy enjoys taking photographs during her weekend trips abroad.
09_03 Robert takes careful notes during important meetings at work.
09_04 Two hikers follow a narrow path through the forest.
09_05 The chef shows new workers how to prepare soup.
09_06 Maria waters the flowers before opening her small shop.
09_07 An elderly couple waits quietly for the morning train.
09_08 George cleans his bicycle before riding around the park.

10-WORD ITEMS

- 10_01** A nurse cycles to work when the weather is pleasant.
10_02 Jack collects old coins from different countries during his travels.
10_03 Sophie practises the piano for half an hour before breakfast.

- 10_04** Young visitors stop to admire unusual paintings inside the museum.
- 10_05** The receptionist answers telephone calls and records every important message.
- 10_06** A gardener plants colourful flowers beside the entrance every spring.
- 10_07** Michael carefully carries heavy boxes upstairs for his elderly neighbour.
- 10_08** Passengers wait patiently inside the station until their train arrives.

11-WORD ITEMS

- 11_01** A young artist sketches boats beside the river on sunny afternoons.
- 11_02** Rachel orders a sandwich, then finds a seat near the window.
- 11_03** The dentist checks my teeth carefully before giving me some advice.
- 11_04** Peter dropped his keys, but someone found them near the entrance.
- 11_05** A hotel guest asks for another towel at the front desk.
- 11_06** Susan chooses some fresh fruit and pays at the supermarket checkout.

12-WORD ITEMS

- 12_01** A photographer waits beside the lake until the morning fog finally disappears.

12_02 Linda missed her appointment, so she immediately called the office to apologise.

12_03 Two teenagers discover a lost wallet and take it to the police.

12_04 An engineer tests the new machine carefully before showing it to visitors.

12_05 Nancy opens the package and smiles when she sees her birthday present.

12_06 A fisherman repairs his damaged net before returning to work at sea.

13-WORD ITEMS

13_01 A young musician practises a difficult song several times before performing on stage.

13_02 Clara notices dark clouds outside and quickly brings the clothes into the house.

13_03 The baker removes fresh bread from the oven while his customers wait nearby.

13_04 Andrew finds an injured bird in the garden and gently carries it inside.

13_05 A scientist records the results carefully after completing an experiment in the laboratory.

13_06 Grace borrows a colourful scarf because she left hers at home by mistake.

14-WORD ITEMS

- 14_01** A taxi driver suddenly stops beside the road after noticing smoke from the engine.
- 14_02** Rebecca receives an unexpected message and immediately changes her plans for the following afternoon.
- 14_03** The farmer closes the gate quickly after noticing several sheep wandering towards the road.
- 14_04** A customer returns a broken lamp to the shop and asks for a replacement.
- 14_05** Henry hears the doorbell downstairs, so he quickly goes to see who has arrived.
- 14_06** Several neighbours carry chairs outside and prepare some food for a small evening celebration.

15-WORD ITEMS

- 15_01** A delivery worker realises he has the wrong address and calls his manager for directions.
- 15_02** Olivia sees a small child crying alone and stops to ask if he needs help.
- 15_03** The goalkeeper catches the ball just before it crosses the line and saves the match.
- 15_04** A woman leaves her glasses at the restaurant, but a waiter runs outside with them.
- 15_05** Brian hears a strange noise in the kitchen and discovers his cat behind the cupboard.

15_06 A family packs food, blankets, and games before leaving home for a weekend camping trip.

16-WORD ITEMS

16_01 James misses the bus. He calls his father and asks him for a lift to school.

16_02 A woman drops her bag. Two oranges roll across the pavement, and a boy catches them.

16_03 Lisa cannot find her phone. She looks inside her bag and finds it under some books.

16_04 The lights suddenly go out. Everyone remains calm while a staff member looks for the problem.

16_05 Mark feels hungry after swimming. He buys a sandwich and sits beside the pool to eat.

16_06 A dog runs into the garden. Its owner follows quickly and carefully closes the open gate.

17-WORD ITEMS

17_01 Nora arrives home late. She finds a note on the table and reads it carefully before dinner.

17_02 A cyclist gets a flat tyre. He stops beside the road and checks his bicycle very carefully.

17_03 Thomas hears the doorbell. He opens the door and sees a neighbour holding a small brown parcel.

17_04 The rain starts suddenly. Two friends run to a nearby café and wait there until it stops.

17_05 Elena forgets her wallet at home. She calls her brother and asks him to bring it later.

17_06 A child loses his red balloon. His mother points to the tall tree where it is caught.

18-WORD ITEMS

18_01 Megan wakes up early. She opens the curtains and smiles when she sees fresh snow covering the garden.

18_02 A waiter brings the wrong meal. The customer explains the mistake politely, and the waiter takes it back.

18_03 Paul misses his train. He checks the timetable and discovers another one will leave in just twenty minutes.

18_04 A family reaches the beach. The children collect shells while their parents prepare a picnic near the water.

18_05 Kate hears a sound outside. She looks through the window and sees two cats fighting near the bins.

18_06 The classroom feels cold. A student closes the window, and everyone becomes more comfortable within a few minutes.

19-WORD ITEMS

19_01 Anna smells something burning. She runs into the kitchen and quickly turns off the oven before the food burns.

19_02 A tourist loses his map. He asks a local woman for help, and she shows him the correct street.

19_03 Daniel finds a puppy outside. It looks cold and hungry, so he takes it home and gives it food.

19_04 The car suddenly stops. Lucy checks the fuel and realises the tank is completely empty. She calls her husband.

19_05 A girl finds an old photograph. She recognizes her grandmother and asks her mother about the people in it.

19_06 Sam arrives at the cinema late. His friends saved a seat for him, so he quietly joins them inside.

20-WORD ITEMS

20_01 Julia cannot start her computer. She checks the cables, restarts the machine, and sees the welcome screen on her monitor.

20_02 A woman finds a bracelet in the park. She asks several people nearby, but nobody knows who it belongs to.

20_03 The children hear music outside. They look through the window and discover a band playing in front of their house.

20_04 Emma feels ill during lunch. Her friend takes her to the school nurse, who tells her to rest there quietly.

20_05 A young man enters a crowded restaurant. He notices an empty table near the back and quickly walks towards it.

20_06 Helen receives a postcard from Spain. She reads it twice, smiles at the photograph, and puts it beside her bed.

21-WORD ITEMS

21_01 Laura notices water on the kitchen floor. She follows the wet marks and discovers that the washing machine is leaking again.

21_02 A boy arrives late for football practice. He explains what happened, changes his clothes quickly, and joins the other players outside.

- 21_03** Rachel cannot open the front door. She searches her pockets, checks her bag, and finally remembers where she left the key.
- 21_04** Martha visits a new hairdresser. She shows him a photograph, explains exactly what she wants, and sits down in the chair.
- 21_05** David sees an elderly man carrying heavy bags. He offers to help and carries the bags across the road for him.
- 21_06** The wind becomes stronger during the afternoon. Karen closes all the windows and brings the garden chairs safely inside before dinner.

22-WORD ITEMS

- 22_01** Sally hears a loud crash upstairs. She runs to her bedroom and discovers that a wooden shelf has fallen onto the floor.
- 22_02** A young couple visits a new apartment. They check every room, discuss the price, and decide to think carefully about it overnight.
- 22_03** Martin wakes up feeling tired. He makes some coffee, eats a quick breakfast, and leaves home much earlier than usual for work.
- 22_04** A girl finds a small box under her desk. She opens it carefully and discovers several old letters written by her grandfather.
- 22_05** The supermarket is extremely busy. Jane chooses a shorter queue, but another customer lets her go first because she has one item.
- 22_06** A man notices his neighbour struggling with a heavy table. He walks over, offers his help, and they carry it inside together.

23-WORD ITEMS

23_01 Amy cannot find her glasses. She checks the bedroom and kitchen. Finally, she discovers them beside a book on the living room sofa.

23_02 A young boy sees smoke near the woods. He tells his father immediately, and they call the fire service before the flames spread.

23_03 Kevin prepares for an important job interview. He chooses his clothes carefully, checks the address, and leaves home with plenty of extra time.

23_04 The electricity goes off during dinner. Maria finds some candles, her husband lights them, and the whole family continues eating around the table.

23_05 Two friends rent bicycles near the lake. They follow a quiet path for an hour, then stop under a tree to have lunch.

23_06 Robert notices a bird trapped inside his garage. He opens the large door, moves away quietly, and waits until the bird flies outside.

24-WORD ITEMS

24_01 Emma hears someone calling outside. She opens the balcony door and sees her neighbour below. He is holding a package that arrived earlier today.

24_02 A student leaves his notebook in the library. He remembers it during lunch, returns quickly, and finds it exactly where he was sitting earlier.

24_03 Carol plans to make a cake for her daughter. She checks the kitchen cupboard, writes a shopping list, and goes straight to the market.

24_04 A man wakes up during the night. He hears heavy rain outside and remembers his clothes in the garden. He quickly brings them inside.

24_05 Two children build a small boat from paper. They put it on a stream and run beside the water, watching it slowly move downstream.

24_06 Jennifer receives good news at work. She calls her family during the break and tells them about her promotion. Everyone is delighted for her.

25-WORD ITEMS

25_01 Edward arrives at the airport early. He checks his flight number, leaves his suitcase at the desk, and walks towards the correct departure gate nearby.

25_02 A woman notices a little girl standing alone in a busy shopping centre. She speaks to her gently and helps her find her worried mother.

25_03 Ben wakes up late on Saturday. He looks outside, sees a beautiful sunny day, and decides to take his dog for a nice long walk.

25_04 The school bus stops beside a country road. The driver checks the engine while the students remain inside. Soon, another bus arrives to collect them.

25_05 Catherine buys a plant for her balcony. She carries it home carefully, puts it near the window, and gives it some fresh water before dinner.

25_06 Three friends decide to cook dinner together. One prepares the vegetables, another cooks the rice, and the third carefully sets the table for their guests.

26-WORD ITEMS

26_01 Sarah gets ready for a picnic. She makes sandwiches, fills two bottles with water, and puts everything carefully into a large basket. Then her friends arrive.

26_02 A man hears a kitten outside his house. He follows the sound and finds it under a car. He picks it up and takes it inside.

26_03 Laura wants to surprise her mother. She cleans the living room, puts flowers on the table, and prepares some tea. Her mother suddenly comes home early.

26_04 The football team arrives for an important match. The players change their clothes and warm up together. Their coach gives some final advice before they begin.

26_05 Richard opens his front door and finds a large box outside. He carries it inside, reads the label, and realises that it belongs to his neighbour.

26_06 A family spends Sunday beside a river. The children play near the water while their parents prepare lunch. Later, everyone sits outside and enjoys the meal.

27-WORD ITEMS

27_01 Alice misses an important phone call. She listens to the message carefully. Her manager wants to change tomorrow's meeting time. Alice quickly writes the new time down.

27_02 A family arrives at a campsite before sunset. The parents put up the tent. Their children collect some wood nearby. Soon, everyone sits around a small fire.

27_03 Jason notices his bedroom window is open. He walks across the room to close it. Then he sees a beautiful rainbow outside and quickly calls his sister.

27_04 A woman enters a bakery just before closing time. She chooses two cakes. The assistant puts them in a box. She takes them home for her guests.

27_05 The boys discover a small cave during their walk. They stop at the entrance. One shines a torch inside. The others wait behind him and watch carefully.

27_06 Mary receives a letter from an old friend. She reads it slowly. Her friend is moving back to town next month. Mary immediately plans a welcome dinner.

28-WORD ITEMS

28_01 Helen arrives home and notices the door open. She calls her husband before going inside. He explains that their son came home early and forgot to close it.

28_02 A young man finds a dog waiting outside a supermarket. He checks its collar and sees a phone number. He calls the owner, who arrives ten minutes later.

28_03 Clara plans to visit her aunt by train. At the station, she learns that her train is delayed. She buys a magazine and waits in a quiet café.

28_04 The children are playing in the garden when they hear a sound. They look behind some boxes and find a frightened bird. Their father gently picks it up.

29-WORD ITEMS

29_01 Peter visits a small village during his holiday. He walks through the narrow streets, talks to a shopkeeper, and buys some local cheese before returning to his hotel later.

29_02 Lucy is preparing breakfast when the toaster suddenly stops working. She checks the plug, tries another socket, and finally uses a frying pan to make fresh toast for everyone.

29_03 A family visits a farm on Sunday morning. The children feed the chickens, watch a farmer milk a cow, and take photographs of the animals before they finally leave.

29_04 George is walking along the beach when he notices a bottle in the sand. He picks it up, finds a note inside, and shows it to his surprised friends.

30-WORD ITEMS

30_01 Linda decides to paint an old chair in her garden. She cleans it carefully, chooses a bright colour, and leaves it outside in the warm sun to dry before dinner.

30_02 A family spends the afternoon at a science museum. They watch a short film, try several simple experiments, and visit the interesting space section before they finally go home together.

30_03 Patrick opens a cupboard and notices there is no coffee left. He writes a short shopping list, puts on his coat, and walks quickly to a small grocery store nearby.

30_04 Several people are waiting at a bus stop when a woman drops her umbrella. A teenager picks it up, gives it back, and she thanks him warmly with a smile.

31-WORD ITEMS

31_01 Olivia joins a weekend pottery class for the first time. The teacher shows everyone what to do. She makes a small bowl, paints it bright blue, and proudly takes it home.

31_02 A family stops at a roadside fruit stand during their journey. They taste some peaches, choose a basket of strawberries, and continue their trip with fresh snacks for the road ahead.

31_03 Henry visits a public swimming pool after work. He changes his clothes, swims for thirty minutes, and then relaxes on a wooden bench with a cold drink before walking slowly home.

31_04 Two sisters decide to clean their attic on Saturday. They move several old boxes, discover childhood toys, and spend the next hour looking through their old family photographs and talking together.

32-WORD ITEMS

32_01 Thomas visits a weekend market near his home. He buys some fresh vegetables, tastes a piece of homemade bread, and stops to watch a friendly local musician playing beside the main entrance.

32_02 During a walk, Rebecca notices a small bookshop she has never seen before. She goes inside, looks around the shelves, chooses a travel book, and starts reading it quietly on a bench.

32_03 A family decides to spend the evening without television. They prepare hot drinks, choose a board game, and play together until their youngest child becomes tired and finally goes upstairs to bed.

32_04 Michael is washing his car when he notices a deep scratch on one door. He cleans the area, takes a clear photograph, and calls a repair shop to ask for some advice.

33-WORD ITEMS

33_01 Angela decides to grow herbs on her kitchen windowsill. She buys three small pots, fills them with soil, plants the seeds, and places them carefully where they can get plenty of warm sunlight.

33_02 During a family walk, Eric spots a colourful kite caught high in a tree. He finds a long stick nearby, reaches up very carefully, and manages to bring the kite safely back down.

33_03 A young woman visits the town library to find information for her course. She asks the librarian for some help, finds two useful books, and carefully copies several important notes into her notebook.

33_04 After breakfast, William notices that his watch has stopped. He replaces the old battery, sets the correct time, and wears it all day to make sure that it continues working properly until bedtime.

34-WORD ITEMS

34_01 Before leaving for work, Natalie suddenly notices that one of her shoes feels uncomfortable. She takes it off, finds a small stone inside, removes it, and walks to the bus stop feeling much better.

34_02 During a school trip, four students visit an old castle. Their friendly guide tells them about its history, shows them several unusual rooms, and takes the group to the top of the highest tower.

34_03 Arthur decides to make breakfast for his wife on Sunday. He quietly prepares fresh eggs and toast, makes some hot tea, and carries everything upstairs. She wakes up and smiles when she sees him.

34_04 A woman enters a flower shop to buy a birthday gift. She chooses some beautiful yellow roses, asks the assistant to wrap them, writes a short card, and leaves the shop feeling very pleased.

35-WORD ITEMS

35_01 Before the guests arrive, Monica checks the dining room one last time. She straightens all the chairs, places clean glasses on the table, lights two small candles, and turns on soft background music for everyone.

35_02 During his early morning walk, a man notices a horse standing beside an open farm gate. He looks around for its owner, stays nearby, and keeps the frightened animal safely away from the busy road.

35_03 Claire wants to learn how to bake bread at home. She follows a simple recipe, carefully mixes the ingredients, waits for the dough to rise, and watches proudly as her very first loaf turns golden.

35_04 On his way home from work, Steven sees an artist drawing portraits. He stops to watch for a while, asks the price, and decides to have his picture drawn as a surprise for his family.

36-WORD ITEMS

36_01 On Saturday morning, Amelia decides to wash all the curtains in her apartment. She removes them carefully, puts them into the washing machine, cleans the windows, and hangs the fresh curtains outside to dry in sunshine.

36_02 During a visit to the zoo, Matthew becomes interested in the elephants. He watches them eating, takes several photographs, reads the information board, and later buys a small elephant picture to hang on his bedroom wall.

36_03 Isabel is preparing lunch when she realises there is no salt in the kitchen. She asks her neighbour for some, finishes cooking the meal, and later buys a new packet at the supermarket before going home.

36_04 A family spends a rainy afternoon making a large puzzle together. At first, progress is slow, but everyone keeps trying. After two hours, they place the last piece and cheer because they completed the puzzle together.

37-WORD ITEMS

37_01 On Monday evening, Sophie decides to organise a cupboard in her kitchen. She removes everything, throws away some empty boxes, carefully cleans the shelves, and puts each useful item back in a much better place before dinner.

37_02 During a walk through town, Oliver notices a new sports centre. He goes inside, asks about the swimming classes, collects an information sheet, and decides to return there on Friday afternoon for his very first free lesson.

37_03 Grace is watering the plants on her balcony when she sees a beautiful butterfly resting on a flower. She watches it quietly, takes a quick photograph, and smiles as it suddenly flies away over the nearby houses.

37_04 A family visits a small mountain village during their holiday. They explore the local shops, eat lunch beside an old fountain, talk to some friendly residents, and buy two handmade gifts before continuing their long journey home.

38-WORD ITEMS

38_01 During breakfast, Daniel notices that the kitchen clock is showing the wrong time. He quickly changes the battery, resets the hands, checks it again ten minutes later, and is very pleased to see that it is working normally.

38_02 Emma joins a group visiting a local radio station. A friendly presenter shows them the recording room, explains how programmes are made, and lets everyone speak into a microphone before the whole group finally leaves for lunch together.

38_03 While cleaning the garage, Victor discovers an old wooden box behind some tools. He opens it carefully and finds several childhood games inside. He calls his brother, and they spend the afternoon happily remembering how they played together.

38_04 During a boat trip, Julia sees a small island in the distance. The captain stops there for an hour, so everyone walks slowly along the shore, collects some unusual stones, and enjoys the peaceful sea view before returning.

39-WORD ITEMS

39_01 On her way to work, Rachel notices a new café beside the park. She goes inside, orders a hot drink, chooses a seat near the window, and spends a few quiet minutes watching people outside before continuing her journey.

39_02 After lunch, a boy decides to repair his old model airplane. He finds some glue, fixes the broken wing, waits for it to dry, and proudly shows the finished plane to his younger sister that same evening at home.

39_03 During a visit to the countryside, Andrew sees a farmer picking apples. He offers to help, fills two large baskets, tastes one of the fresh apples, and receives a small bag of fruit to take home with him later.

39_04 Karen opens the refrigerator and discovers that a bottle of milk has fallen over. She removes the food, cleans the shelf, puts everything back carefully, and makes sure the bottle is properly closed before finally putting it back inside.

40-WORD ITEMS

40_01 On Saturday afternoon, Caroline decides to make a bird feeder for her garden. She finds an empty bottle, cuts a small opening, adds some seeds, and hangs it from a tree where she can quietly watch the hungry birds feeding.

40_02 During a family dinner, Lucas hears a knock at the door. He opens it and finds a neighbour holding their missing cat. Everyone is surprised, and his little sister happily carries the animal back inside and gives it some food.

40_03 Before starting her first cooking class, Diana feels a little nervous. The instructor welcomes everyone, shows them how to prepare a simple dish, and walks around the room offering help while the students begin cooking together at their own tables.

40_04 While visiting a seaside town, Christopher notices several people looking towards the water. He joins them and sees two dolphins swimming near the boats. He watches excitedly until they disappear, then tells his family what happened during their lunch together.