

Slang Expressions in Speaking Lab classes

By Miguel Prada

Have you ever heard someone say “That’s lit!” or “No worries!” and wondered what it really meant? Those phrases are examples of slang, the fun and informal words people use every day. Slang makes conversations sound natural and full of personality. In schools, English is often taught with formal grammar and vocabulary, but students also need to understand the way people actually speak. That is why slang expressions can become an exciting part of Speaking Lab. They help learners connect classroom English with the real world.

For primary school students, slang can be a playful tool to enjoy English. Children are naturally curious and love trying out new words. Teachers can introduce simple slang, such as “cool” or “nice job,” during class activities. Games, songs, and role-plays can make the experience fun while teaching when and how to use the words. By doing so, students not only learn grammar rules but also discover that English is a living language. Early exposure to slang can motivate them and make them feel closer to the language.

High school students are already exposed to slang daily through music, movies, and social media. In Speaking Lab, they can study the meaning of trendy expressions like “chill out” or “throw shade” and practice using them correctly. Activities such as debates, group discussions, or creative dialogues can help teenagers understand when slang is appropriate. This is important because they also need to recognize when formal English is required, such as in exams or job interviews. Learning the difference between formal and informal language gives them confidence in real conversations.

Slang Expressions C1 English Learners

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| 1. Hang out Spend time relaxing “We’re just going to hang out at the café after class.” | 6. Piece of cake Very easy “That exam was a piece of cake.” |
| 2. Crash To sleep or stay somewhere temporarily, often unexpectedly “I was so tired, I crashed at my friend’s place.” | 7. Couch potato Someone who spends a lot of time sitting and watching TV “Don’t be a couch potato—go outside!” |
| 3. Bail Leave a situation or cancel plans “Sorry, I have to bail on tonight’s movie.” | 8. Chill out Relax, calm down “Just chill out. Everything’s going to be fine.” |
| 4. Hit the books To study hard “Finals are next week—I need to hit the books.” | 9. In the loop Informed or up to date “I want to stay in the loop about the project.” |
| 5. Blow off steam Release stress or anger “I go running to blow off steam after work.” | 10. Throw shade Subtly insult or criticize someone “She was totally throwing shade during the meeting.” |

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Another advantage of teaching slang is that it makes listening practice more effective. Native speakers often use slang naturally, and students may feel lost if they only know textbook English. By using videos, songs, or interviews in class, teachers can highlight slang terms and explain their context. Students then realize that slang is not just “extra words”

but part of how people communicate feelings and ideas. This improves both their listening skills and their cultural understanding.

In conclusion, slang expressions make English lively, fun, and real. Including them in Speaking Lab allows students in primary and high school to explore language beyond textbooks. With guidance from teachers, they learn how to balance slang and formal English depending on the situation. This approach prepares them to feel comfortable whether they are chatting with friends, traveling abroad, or speaking in professional settings. Learning slang is not just about words—it's about discovering the true spirit of communication.

Imagen destacada



Taken from: <https://englishlive.ef.com/es-mx/blog/palabras-en-ingles/palabras-de-slang-en-ingles-explicadas/>

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