



THE NATIVE CODE

OFFICIAL WORKBOOK

EPISODE 001

Age Isn't Something You Have



THE
Daily
FLOW

Miss Stephany
ENGLISH COACH



WELCOME



Hi There!

Welcome to Episode 001.

Today you're about to discover one of the biggest differences between French and English.

This workbook is designed to help you understand why native speakers say what they say.



Don't memorize English.
Understand English.
Think like a native.



Let's begin your journey !

Miss Stephany

Lesson Roadmap



Here's your learning journey for Episode 001.
Each step is designed to help you understand,
practice and **think like a native speaker**.



- | | | | |
|----|---|----------------------------|---|
| 01 |  | WHY? | Discover the logic behind the rule.
Understand why English is different. |
| 02 |  | THE NATIVE CODE | Learn the native structure and
see the difference clearly. |
| 03 |  | NATIVE EXAMPLES | See how native speakers use it
in real life. |
| 04 |  | COMMON MISTAKES | Avoid the most common errors
French speakers make. |
| 05 |  | SPEAKING PRACTICE | Practice out loud and train your
natural pronunciation. |
| 06 |  | PRACTICE TIME | Apply what you learned with fun
and useful written exercises. |
| 07 |  | THINK LIKE A NATIVE | Shift your mindset and start
thinking in English, not translating. |
| 08 |  | VOCABULARY | Build your word bank with useful
vocabulary and examples. |
| 09 |  | NATIVE EXPRESSIONS | Sound more natural with authentic
expressions natives really use. |
| 10 |  | YOUR CHALLENGE | Use your new skills in a real-life
challenge and make it yours! |



Goal: Stop translating and start
thinking like a native!

You've got this!



THE
NATIVE CODE

OFFICIAL WORKBOOK

The Native Code

🌟 In English, your age is something you **are**,
not something you **have**. 🌟

QUÉBEC FRENCH



J'ai 32 ans.

(J'ai 32 années.)

LITERAL TRANSLATION



I have 32 years.



NATIVE ENGLISH



I'm 32.



The Code

English speakers don't use HAVE to talk about age.
They use the verb **TO BE**.



WHY THIS MATTERS?

French uses **AVOIR (to have)** to talk about many things,
including age.
But in English, age is part of your **identity**,
not something you possess.

“

*You are
your age.*



REMEMBER

In English,
your age is something
YOU ARE,
not something
YOU HAVE. 🌟

MORE EXAMPLES



QUÉBEC FRENCH

- ♥ J'ai 18 ans.
- ♥ Elle a 25 ans.
- ♥ Il a 40 ans.
- ♥ Nous avons 30 ans.
- ♥ Vous avez 22 ans.
- ♥ J'ai presque 50 ans.



NATIVE ENGLISH

- I'm 18.
- She's 25.
- He's 40.
- We're 30.
- You're 22.
- I'm almost 50.

Miss Stephany ♥
ENGLISH COACH



THE NATIVE CODE

OFFICIAL WORKBOOK

WHY?



The Logic Behind It

The difference comes from how each language sees **identity**, **state** and **possession**.

In English, your age is part of **who you are**, not something you **own**.



FRENCH BRAIN

For the French brain, age is seen as something you **HAVE**.

Age



Something I **HAVE**



J'ai 32 ans.

VS.

NATIVE BRAIN



For the English brain, age is part of who you **ARE**.

Age



Something I **AM**



I'm 32.

WHY DOES FRENCH USE AVOIR (TO HAVE) ?

French uses **AVOIR (to have)** to talk about things we possess or things that belong to us.



J'ai une maison.
(I have a house.)



J'ai une voiture.
(I have a car.)



J'ai un livre.
(I have a book.)



J'ai un téléphone.
(I have a phone.)



J'ai du temps.
(I have time.)

WHY DOES ENGLISH USE TO BE (TO BE) ?

English uses **TO BE** to talk about who we are or the state we are in.



I'm happy.
(Je suis heureux.)



I'm tired.
(Je suis fatigué.)



I'm ready.
(Je suis prêt.)



I'm agree.
(Je suis d'accord.)



I'm 32.
(J'ai 32 ans.)



REMEMBER

When something is a part of you, your identity or your state, English uses **TO BE**.

You are your age.



Miss Stephany 
ENGLISH COACH

 THE
NATIVE CODE

OFFICIAL WORKBOOK

= NATIVE EXAMPLES =

Here are **20+ real examples** so you can see how native speakers talk about age naturally.

 FRENCH (QUÉBEC)	 NATIVE ENGLISH 
1 J'ai 18 ans.	I'm 18.
2 J'ai 20 ans.	I'm 20.
3 J'ai 22 ans.	I'm 22.
4 J'ai 25 ans.	I'm 25.
5 J'ai 28 ans.	I'm 28.
6 J'ai 30 ans.	I'm 30.
7 J'ai 32 ans.	I'm 32.
8 J'ai 35 ans.	I'm 35.
9 J'ai 40 ans.	I'm 40.
10 J'ai 45 ans.	I'm 45.
11 J'ai 50 ans.	I'm 50.
12 Elle a 19 ans.	She's 19.
13 Elle a 27 ans.	She's 27.
14 Elle a 33 ans.	She's 33.
15 Il a 21 ans.	He's 21.
16 Il a 29 ans.	He's 29.
17 Il a 41 ans.	He's 41.
18 Nous avons 24 ans.	We're 24.
19 Nous avons 37 ans.	We're 37.
20 Vous avez 26 ans.	You're 26.
21 Vous avez 38 ans.	You're 38.
22 J'ai presque 30 ans.	I'm almost 30.
23 Elle a un peu plus de 40 ans.	She's just over 40.
24 Il a la cinquantaine.	He's in his fifties.
25 Nous sommes dans la trentaine.	We're in our thirties.



REMEMBER

Native speakers don't say "I have..." for age.
 They say "I am..." because age is part of **who we are**.



THE
NATIVE CODE

OFFICIAL WORKBOOK



COMMON MISTAKES



French speakers often translate directly from French.
Here are the **most common mistakes** about **age**.

	COMMON MISTAKE (French way)	NATIVE ENGLISH (The right way)
1	✗ I have 30 years. (J'ai 30 ans.) Using HAVE .	✓ I'm 30. Age is part of who you ARE .
2	✗ She have 25 years. (Elle a 25 ans.) Wrong verb (HAVE).	✓ She's 25. Use TO BE : is / 's / are.
3	✗ He are 40. (Il a 40 ans.) Wrong verb (ARE).	✓ He's 40. Use TO BE : is / 's / are.
4	✗ We have 28 years. (Nous avons 28 ans.) Using HAVE .	✓ We're 28. Age is part of who you ARE .
5	✗ You have 18 years. (Vous avez 18 ans.) Using HAVE .	✓ You're 18. Age is part of who you ARE .
6	✗ I almost have 50 years. (J'ai presque 50 ans.) Using HAVE .	✓ I'm almost 50. Use TO BE + almost.
7	✗ He have more than 40 years. (Il a plus de 40 ans.) Using HAVE .	✓ He's over 40. Use TO BE + over.



REMEMBER

In English, we don't **HAVE** age.
We **ARE** our age.



Native Tip

Think: **"I am this age right now."**
Not: **"I have this age."**

THE
NATIVE CODE

OFFICIAL WORKBOOK



THE POWER OF TO BE



The verb **TO BE** is one of the most important verbs in English.
It is a state of being. It describes **who you are** and **how you feel**.



TO BE – PRESENT SIMPLE

SUBJECT	TO BE
I	am
You	are
He	is
She	is
It	is
We	are
They	are



Remember: am / is / are
There is no **TO BE** in past tense.



WE USE TO BE TO TALK ABOUT:



Who we are
I'm a teacher.



How we feel
I'm happy today.



Our age
I'm 32 years old.



Our profession / job
She's a nurse.



Description / personality
He's kind and smart.



Where we are
We're at home.



Time / day
It's Monday.

MORE EXAMPLES

- ✓ **I'm** from Canada.
- ✓ **You're** my best friend.
- ✓ **He's** very busy.
- ✓ **She's** at the gym.
- ✓ **It's** a beautiful day.
- ✓ **We're** ready.
- ✓ **They're** my students.
- ✓ **I'm** tired.
- ✓ **You're** amazing!
- ✓ **He's** not at home.

Remember 💡

When in doubt,
use **TO BE**.
It's almost always
the answer! 💖



Native Tip

To be is the **foundation** of English.
Master it, and everything becomes **easier**!





SPEAKING PRACTICE



Let's practice using **TO BE** to talk about **YOU!**



ANSWER THESE QUESTIONS ABOUT YOURSELF

- | | | | |
|---|---|--------|------------------------------------|
| 1 | How old are you? |→ | <i>I'm 32.</i> |
| 2 | Where are you from ? |→ | <i>I'm from Québec, Canada.</i> |
| 3 | How do you feel today? |→ | <i>I'm happy and motivated.</i> |
| 4 | What is your job / profession ? |→ | <i>I'm an English coach.</i> |
| 5 | Where are you right now ? |→ | <i>I'm at home.</i> |
| 6 | What day is it today? |→ | <i>It's Monday.</i> |
| 7 | What are you like ? |→ | <i>I'm positive and organized.</i> |
| 8 | What are you doing now? |→ | <i>I'm working on my workbook.</i> |



PAIR PRACTICE

Ask your partner these questions and have a conversation.
Use **TO BE** in your answers!



Native Tip

Native speakers use **TO BE** all the time!
The more you practice,
the more natural it becomes.





EXERCISES

Practice makes it natural! Complete the exercises
using **TO BE** in the correct form.

1 FILL IN THE BLANKS WITH AM, IS OR ARE.

- | | |
|-----------------------------|----------------------------|
| 1 I happy today. | 6 We ready to start. |
| 2 You my best friend. | 7 They at the gym. |
| 3 She from Québec. | 8 I 28 years old. |
| 4 He a great teacher. | 9 You amazing! |
| 5 It a beautiful day. | 10 She my sister. |



REMEMBER

I → **AM**

He / She / It → **IS**

You / We / They → **ARE**

2 TURN THESE SENTENCES INTO NEGATIVE.

- | | |
|----------------------------|--------------------------|
| 1 I am tired. | 6 He is a doctor. |
| 2 She is from Canada. | 7 It is cold today. |
| 3 We are at home. | 8 I am happy. |
| 4 They are ready. | 9 She is my sister. |
| 5 You are my friend. | 10 We are late. |

3 WRITE QUESTIONS USING TO BE.

- | | |
|-----------------------------|---|
| 1 (you / ready) | ? |
| 2 (she / from France) | ? |
| 3 (they / at school) | ? |
| 4 (he / your brother) | ? |
| 5 (it / a book) | ? |



EXTRA CHALLENGE

Can you answer your
own questions?



Native Tip

Don't just study it,
use it every day!
That's how it becomes yours.





CONVERSATION PRACTICE

Use **TO BE** to practice real conversations about yourself.
Read the dialogues and choose **your own answers!**

1 READ THE DIALOGUES

A



A: Hi! How are you today?

B: I _____ good, thank you! And you?

A: I _____ great!

Ideas for you

- am
- am not
- is
- are

B



A: Where are you from?

B: I _____ from Québec, Canada.

A: Nice! I _____ from Québec too!

Ideas for you

- am
- am not
- is
- are

C



A: What is your job?

B: I _____ an English coach.

A: That's awesome! I _____ a teacher.

Ideas for you

- am
- am not
- is
- are

2 YOUR TURN!



Ask and answer with a partner.

Use **TO BE** in your answers.

1 How old are you?

.....

2 Where are you right now?

.....

3 How do you feel today?

.....

4 What is your profession?

.....

5 What day is it today?

.....

6 What are you doing now?

.....

Useful starters ♥

- I'm ...
- I'm not ...
- I am ...
- I am not ...
- You're ...
- He / She is ...
- We're ...
- They're ...



Native Tip

Speak about **YOU** every day.
The more you use **TO BE**,
the more natural your English will become!



THE
NATIVE CODE
OFFICIAL WORKBOOK



NATIVE TIPS



Small tips. Big difference.
That's how native speakers **think** and **speak**.

1



KEEP IT SIMPLE

Short sentences are powerful.

Native speakers don't need long sentences to express their ideas.

→ I'm tired.

NOT: I am feeling very tired at the moment.

2



LISTEN TO THE NATURAL RHYTHM

English has a melody.

We stress important words and reduce the others.

→ I'm goin' to the gym later.

NOT: I am going to the gym later.

3



CONTRACTIONS ARE YOUR FRIENDS

They sound natural.

Use contractions in everyday conversations.

→ I'm, you're, he's, she's, we're, they're, don't, can't, won't, it's...



4



THINK IN ENGLISH, NOT IN FRENCH

Don't translate.

Try to understand the idea, not each individual word.

→ "Je suis fatigué." = I'm tired.



5



BE FLEXIBLE

There's often more than one way.

Many sentences are correct.

Choose the one that sounds natural to you.

→ I'm at home. / I'm home. Both are perfect!

6



SPEAK ABOUT YOU

Practice your life, not a textbook.

Talk about your day, your feelings, your routine. It's the best way to learn!

→ What did you do today?
How are you feeling?



7



DON'T BE AFRAID TO MAKE MISTAKES

It's part of the process.

Mistakes help you grow.

Keep going, you're improving every day!

→ Progress, not perfection!



Remember

Consistency + **Confidence** = Fluency
You've got this!



THE
NATIVE CODE

OFFICIAL WORKBOOK



COMMON MISTAKES

Don't worry! Everyone makes mistakes.
The important thing is to **learn from them!**

	COMMON MISTAKES	WHY IT'S WRONG	THE NATIVE WAY	
1	✗ I am agree. ↓ ✓ I agree.	After the verb agree, we don't use am/is/are .	→ I agree with you.	
2	✗ She don't like coffee. ✓ She doesn't like coffee.	He / She / It → we use doesn't .	→ She doesn't like coffee.	
3	✗ Where are you from? ✓ Where are you from?	We use from for the country.	→ I'm from Canada.	
4	✗ I have 20 year. ✓ I am 20 years old.	For age, we use be (am/is/are) .	→ I am 20 years old.	
5	✗ I go to work every day. ✓ I go to work every day.	We need an adverb of frequency. (every day, often, usually...)	→ I go to work every day.	
6	✗ I very happy today. ✓ I am very happy today.	We need the verb be (am/is/are) after I.	→ I am very happy today.	
7	✗ She is work late. ✓ She is working late.	For actions now, we use the -ing form .	→ She is working late.	
8	✗ I live in Canada since 5 years. ✓ I have lived in Canada for 5 years.	Since + point in time For + period of time	→ I have lived in Canada for 5 years.	
9	✗ I'm looking forward to meet you. ✓ I'm looking forward to meeting you.	After looking forward to, we use the -ing form .	→ I'm looking forward to meeting you.	
10	✗ Can you lend me some money? ✓ Can you lend me some money?	lend = to give borrow = to take	→ Can you lend me some money?	



Native Tip

Mistakes are **proof** that you're trying!
Keep practicing, keep smiling,
and your English will keep **improving!**



THE NATIVE CODE

OFFICIAL WORKBOOK



VOCABULARY BOOST

Upgrade your English with these **useful words** and expressions!



USEFUL WORDS (TO BE)

- | | | |
|--|---|--|
| • happy = content, pleased | • bored = not interested | • different = not the same |
| • tired = exhausted | • surprised = feeling unexpected | • similar = almost the same |
| • busy = having a lot to do | • angry = feeling mad | • possible = able to happen |
| • ready = prepared | • grateful = thankful | • impossible = not able to happen |
| • excited = very happy and eager | • confident = sure of yourself | • true = correct, real |
| • relaxed = calm | • positive = thinking good | • right = correct |
| • proud = satisfied about your achievements | • important = having value | • wrong = not correct |
| • nervous = feeling worried | • available = free, not busy | • okay = good, fine |



USEFUL EXPRESSIONS

- | | |
|-------------------------------------|--------------------------------------|
| ✓ I'm looking forward to ... | ✓ I'm really busy these days. |
| ✓ That's awesome ! | ✓ That sounds good ! |
| ✓ I'm not sure about that. | ✓ I don't think so. |
| ✓ To be honest , I think ... | ✓ In my opinion ... |
| ✓ What do you think? | ✓ I'm proud of myself. |
| ✓ I agree with you . | ✓ That's not easy. |
| ✓ I'm so excited about ... | ✓ I can't wait to ... |
| ③ It depends . | ⑤ Let's see. |

Remember!

The more words
you know,
the more naturally
you can express

YOURSELF!



YOUR TURN!

Choose **5** new words or expressions from above and use them in a sentence about **YOU**.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Practice
makes
PROGRESS!



Native Tip

Learn a few new words every day
and try to use them in real conversations.
Small steps, **BIG** results!





SPEAKING PRACTICE

The best way to improve your English is to speak!
Answer these questions **about yourself**.



1. ABOUT YOU

- 1 What's your name?
- 2 Where are you from?
- 3 How old are you?
- 4 What do you do?
- 5 What do you like to do in your free time?



2. YOUR DAY

- 1 What time do you usually wake up?
- 2 What's your morning routine?
- 3 What do you do during the day?
- 4 What's the best part of your day?
- 5 What do you do before going to bed?



3. YOUR OPINIONS

- 1 What's your favorite food? Why?
- 2 What's your favorite movie or TV show? Why?
- 3 Do you prefer traveling or staying at home? Why?
- 4 What's something you want to learn?
- 5 What's your biggest goal right now?



Native Tip

Speak with **confidence**!
There's no perfect English.
Just **real communication**.



THE
NATIVE CODE

OFFICIAL WORKBOOK



YOUR CHALLENGE ≡



It's your turn! Talk about **yourself**.
Use full sentences and be honest.

1 How old are you?

.....

.....



2 How old are your parents?

.....

.....



3 How old are your siblings or friends?

.....

.....



4 How do you feel about your age?

.....

.....



Record your answers and **listen to yourself**!
Practice makes progress.
You've got this! ❤️



THE
NATIVE CODE

OFFICIAL WORKBOOK

My Notes



Handwriting practice lines consisting of 14 horizontal dotted lines.





THE NATIVE CODE

OFFICIAL WORKBOOK

≡ Congratulations! ≡

≡ You did it! ♥ ≡

You've completed this lesson
and taken a **big step forward**
in your English journey.

✦ **Be proud of yourself!**
Every effort you make today
brings you closer to your goals.



Remember:

Practice a little every day,
stay **positive**,
and **never stop learning!**

≡ Keep going, you're doing great! ♥ ≡

THE *Daily*
FLOW ♥