



A1 TEENS · LESSON 01

# Hello! Nice to Meet You

## *your first words in English*

Learn easy greetings and the most important verb in English — the verb **to be** (am / is / are). Read a story, do the exercises, speak with a partner, and write about yourself.

45 minutes

CEFR A1

Greetings

Verb "to be"

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

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WARM-UP

## Think before you start

### Before the lesson, ask yourself...

Take a minute. You don't need to write the answers — just think or tell a partner.

1. How do you say "hello" in your language?
2. What do you say when you meet a new person for the first time?
3. Do you say "hello" in a different way to a friend and to a teacher?
4. Can you say your name, your age, and your country in English right now?

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GRAMMAR FOCUS

## Greetings & the verb "to be"

## Saying hello and goodbye

We use different words at different times of the day. Here are the most useful ones.

**HELLO** Hello! / Hi! — you can say this any time. *Hi is more friendly.*

**DAY** Good morning (before 12), Good afternoon (12–6), Good evening (after 6).

**BYE** Goodbye! / Bye! / See you! — when you leave.

## The verb "to be": am / is / are

We use **am**, **is**, and **are** to say who we are, how old we are, and where we are from.

### POSITIVE

I + am = I am Sara. (I'm Sara.)

He / She / It + is = She is 13. (She's 13.)

You / We / They + are = We are friends. (We're friends.)

### NEGATIVE

I + am not = I'm not from Spain.

He / She / It + is not (isn't) = He isn't 12.

You / We / They + are not (aren't) = They aren't here.

### QUESTION

Am + I + ...? = Am I right?

Is + he / she / it + ...? = Is she your friend?

Are + you / we / they + ...? = Are you from Turkey?

## ✓ Short forms (contractions)

When we speak, we make the words shorter. This is normal and friendly. Use them!

LONG FORM	SHORT FORM (WE SAY THIS)
I am	I'm — I'm Sara.
You are / We are / They are	you're , we're , they're
He is / She is / It is	he's , she's , it's
is not	isn't — She isn't 14.
are not	aren't — We aren't tired.

🗣️ Useful phrases — learn these by heart!

What's your name?

My name is...

How are you?

I'm fine, thanks.

Nice to meet you!

Where are you from?

I'm from...

How old are you?

This is my friend...

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### KEY VOCABULARY

## Words you'll meet in the story

WORD	MEANING	EXAMPLE
<b>hello</b> EXCLAMATION	a word you say to greet someone	<i>Hello! How are you?</i>
<b>name</b> NOUN	the word people call you	<i>My name is Daniel.</i>
<b>friend</b> NOUN	a person you like and know well	<i>Lina is my best friend.</i>
<b>new</b> ADJECTIVE	not here before; not old	<i>I am the new student.</i>
<b>student</b> NOUN	a person who studies at school	<i>There are 24 students in my class.</i>
<b>classmate</b> NOUN	a person in the same class as you	<i>My classmates are very kind.</i>
<b>country</b> NOUN	a nation, for example Germany or Brazil	<i>What country are you from?</i>
<b>old</b> ADJECTIVE	used for age; the opposite of "young"	<i>How old are you? I'm 12.</i>
<b>meet</b> VERB	to see and talk to a person for the first time	<i>Nice to meet you!</i>
<b>welcome</b> EXCLAMATION	a friendly word for a new person	<i>Welcome to our school!</i>

## The New Student: "Hi, I'm Mariam!"

*A short story about a first day at a new school*

It is Monday morning. It is the first day at a new school for one girl. She is a little nervous — but everyone is friendly.

### A knock on the door

"Good morning, everyone! There **is** a **new** student today." The teacher, Mr. Brown, opens the door. A girl walks in. She **is** tall and she has a big smile.

"**Hello!** My **name is** Mariam," she says. "I **am** from Egypt. I **am** twelve years old. Nice to **meet** you!"

### New classmates

"Welcome, Mariam!" the **classmates** say. A boy with red hair stands up. "**Hi, I'm** Tom. This **is** my friend Sara. We **are** in Class 7B. **Are** you in our class, too?"

"Yes, I **am!**" Mariam says. She **is** happy. "What about you, Sara? Where **are** you from?"

"I**m** from Italy," Sara answers. "And Tom **is** from England. We'**re** all new here — the school **is** new for everyone!"

### A new friend

Mariam sits next to Sara. "You'**re** very kind," she says. "Thank you. I **am** not nervous now." The three friends laugh. The first day **is** not scary — it **is** a good day.

**Think about it:** A first day is hard for everyone. But three small words can start a friendship: "Hi, I'm..."  
Can you **welcome** a new student today?

01

**hello****EXCLAMATION**

A word you say to greet a person. "Hi" is the friendly, short form.

"Hello, Mr. Brown! Good morning."

02

**name****NOUN**

The word that people use to call you.

"What's your name?" "My name is Leo."

03

**friend****NOUN**

A person you like, trust, and spend time with.

"This is my friend Sara."

04

**country****NOUN**

A nation with its own name, like Egypt, Italy, or Germany.

"Where are you from?" "I'm from a country in Europe."

05

**meet****VERB**

To see and talk to a person for the first time.

"Nice to meet you!"

06

**welcome****EXCLAMATION**

A kind word we say to a new person to make them feel good.

"Welcome to Class 7B!"

## Fill in the blanks

💡 Complete each sentence with the correct form of the verb **to be** (am / is / are) or the missing greeting word. Look carefully at the subject!

1 My name \_\_\_\_\_ Mariam. *(to be)*

2 I \_\_\_\_\_ twelve years old. *(to be)*

3 Tom and Sara \_\_\_\_\_ in Class 7B. *(to be)*

4 " \_\_\_\_\_ to meet you!" *(greeting)*

5 \_\_\_\_\_ you from Italy? *(question)*

6 She \_\_\_\_\_ nervous now. *(to be / negative)*

7 Where \_\_\_\_\_ you from? *(to be)*

8 "Good \_\_\_\_\_, everyone!" said the teacher at 9 a.m. *(greeting)*


## 7


## SPEAKING


## Meet your partner

**Pretend it's your first day!**

Work with a partner. Imagine you are both new students. Say hello and ask these questions. Use am / is / are in your answers. Then change partners and do it again with someone new!

 Hello! What's your name?

 How are you today?

 How old are you?

 Where are you from?

 Are we in the same class?

**EXAMPLE CONVERSATION**

**A:** Hi! My name is Mariam. What's your name?

**B:** Hello, Mariam! I'm Tom. Nice to meet you!

**A:** Nice to meet you too! How old are you?

**B:** I'm twelve. And you?

**A:** I'm twelve too! Where are you from?

**B:** I'm from England. Are you in Class 7B?

**A:** Yes, I am! We're classmates!

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## WRITING

## Introduce yourself

**Write a short paragraph (40–60 words)**

Introduce yourself, just like Mariam in the story. Use the verb **to be**. Try to include these things:

- a greeting (Hello! or Hi!)
- your name (My name is... / I'm...)
- your age (I am... years old.)
- your country (I'm from...)
- a friendly ending (Nice to meet you!)

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## Check your understanding

1. Choose the correct form: My name \_\_\_\_\_ Tom.

A am

B is

C are

D be

2. Choose the correct form: I \_\_\_\_\_ from Egypt.

A am

B is

C are

D be

3. Which sentence is CORRECT?

A You is my friend.

B You am my friend.

C You are my friend.

D You be my friend.

4. What's the short form of "She is"?

A She're

B She's

C Shes

D She is'nt

5. \_\_\_\_\_ you from Italy?

A Am

B Is

C Are

D Do

6. Choose the correct NEGATIVE: She \_\_\_\_\_ twelve.

A isn't

B aren't

C amn't

D not is

7. It is 9 o'clock in the morning. What do you say?

A Good evening!

B Good night!

C Good afternoon!

D Good morning!

8. A new friend says "Nice to meet you!" A good reply is:

A Goodbye!

B Nice to meet you too!

C I am ten.

D No, thanks.

**Part 6 — Fill in the blanks**

1. is
2. am
3. are
4. Nice
5. Are
6. isn't (is not)
7. are
8. morning

**Part 9 — Quiz**

1. **B**  
— is. "My name" = it (third person) → is.
2. **A**  
— am. With I we always use am.
3. **C**  
— You are my friend. With you we use are.
4. **B**  
— She's. She is → She's.
5. **C**  
— Are. Question with you → Are you...?
6. **A**  
— isn't. With she we use is → isn't.
7. **D**  
— Good morning! Before 12 o'clock.
8. **B**  
— Nice to meet you too! The friendly reply.