TAILTIU / ENGLISH PRACTICE

Crossing Boundaries: Into, Onto, Out of and Off

Learner workbook · Name: _____ Date: _____ | High B1 / Lower B2 | British English

Paper edition of the approved 52-question interactive lesson. Tick ONE box for each question. Keep this booklet separate from the answer key.

Watch both videos / use the online version: https://learningenglish.tailtiu.org/prepositions-for-crossing-boundaries/

Scan for videos

1. Maya's Morning — story and listening

First, follow Maya's story. Watch once for the general idea; then watch a second time for details.

WATCH / LISTEN: Video Section 1 — Maya's Morning

Open the videos and interactive lesson: https://learningenglish.tailtiu.org/prepositions-for-crossing-boundaries/

For a paper-only lesson, ask the teacher to read the matching script aloud, or use the transcript appendix after attempting the questions.

Gist: Maya's Morning (Q01)

Choose the best answer after watching or reading the story.

Q01 Which sentence best summarises Maya's morning?

- ☐ A relaxed journey + wrong office building
- ☐ B late/stressful journey + wrong meeting
- ☐ C misses train/taxi all way
- ☐ D forgets phone at work/returns home

Second viewing: comprehension (Q02–Q07)

Watch Maya's Morning again, then choose the best answers. The same full lesson link is printed below for convenience.

Watch / replay Video Section 1: https://learningenglish.tailtiu.org/prepositions-for-crossing-boundaries/

Q02 Why is Maya late?

- ☐ alarm doesn't ring
- ☐ stops alarm and falls asleep again
- ☐ taxi late
- ☐ train delayed

Q03 Why does Maya return to her flat?

- ☐ forgot phone
- ☐ forgot bag
- ☐ needs taxi money
- ☐ forgot keys

Q04 Why does she leave the taxi before reaching the station?

- ☐ taxi breaks down
- ☐ driver lost
- ☐ traffic hardly moving
- ☐ sees train

Q05 What is true when Maya reaches the station?

- ☐ train left
- ☐ train already there
- ☐ cancelled
- ☐ waits an hour

Q06 When does Maya leave the train?

- ☐ next stop
- ☐ final stop
- ☐ two stops later
- ☐ three stops later

Q07 What is Maya's final mistake?

- ☐ wrong building
- ☐ wrong meeting
- ☐ phone on train
- ☐ wrong lift

2. Crossing Boundaries — how the pattern works

Watch the language explanation and then identify the directions of movement.

WATCH / LISTEN: Video Section 2 — Crossing Boundaries: How the Pattern Works

Open the videos and interactive lesson: https://learningenglish.tailtiu.org/prepositions-for-crossing-boundaries/

For a paper-only lesson, ask the teacher to read the matching script aloud, or use the transcript appendix after attempting the questions.

Directional patterns (Q08–Q11)

Choose one response for each direction.

Watch / replay Video Section 2: https://learningenglish.tailtiu.org/prepositions-for-crossing-boundaries/

Q08 outside → inside

- ☐ into
- ☐ onto
- ☐ out of
- ☐ off

Q09 inside → outside

- ☐ into
- ☐ onto
- ☐ out of
- ☐ off

Q10 away from a surface → on the surface

- ☐ into
- ☐ onto
- ☐ out of
- ☐ off

Q11 on a surface → away from it

- ☐ into
- ☐ onto
- ☐ out of
- ☐ off

Movement and position

She walked into the room. She is now in the room.

The cat jumped onto the table. The cat is now on the table.

Into and onto describe movement towards a new place or position. In and on can describe where somebody or something is.

Learner article: Crossing Boundaries

English has several small words that help us describe where somebody is moving.

Think about Maya's morning: Maya rushed out of her flat. She ran into the building. She got into a taxi. Later, she got out of the taxi. She hurried onto the platform. Then she got off the train.

These words describe different kinds of movement. The easiest way to understand them is to think about crossing a boundary.

Into and out of: moving between outside and inside

We normally use into when somebody or something moves from outside to the inside of a place, space or area.

She walked into the room. He ran into the building. Maya got into the taxi.

outside → INTO → inside

The opposite movement uses out of.

She walked out of the room. They ran out of the building. Maya got out of the taxi.

inside → OUT OF → outside

Compare: The dog ran into the house. The dog ran out of the house. The verb stays the same. What changes is the direction.

Onto and off: moving to or away from a surface

We can use onto when somebody or something moves to a surface.

She stepped onto the platform. The actor walked onto the stage. The cat jumped onto the table. He climbed onto the roof.

The opposite is off.

She stepped off the platform. The actor walked off the stage. The cat jumped off the table. He climbed off the roof.

onto <-> off

Movement and position

She walked into the room. She is now in the room.

The cat jumped onto the table. The cat is now on the table.

Into and onto describe movement towards a new place or position. In and on can describe where somebody or something is.

The verb tells us how the person moves

She walked into the room. She ran into the room. She rushed into the room.

The destination relationship stays similar, but the verb changes the picture.

He stepped onto the platform. He jumped onto the platform. He climbed onto the platform.

verb = how the movement happens; into / out of / onto / off = where the movement goes.

Cars and taxis: into and out of

With cars and taxis, English normally uses: get into a car; get out of a car; get into a taxi; get out of a taxi.

Buses, trains and planes: on and off

We normally say: get on/off a bus; get on/off a train; get on/off a plane.

Compare: Maya got into the taxi. Maya got on the train. Maya got out of the taxi. Maya got off the train.

Into does not only describe rooms

The basic idea is movement towards the inside of a place or area.

She ran into the station. He walked into the garden.

These places are not all closed containers like a room or car, but English can still present the movement as entering a new place or area.

A useful question is: Am I moving into a place, or onto a surface?

Compare: She ran into the station. She stepped onto the platform.

We can sometimes use the same idea metaphorically

English also uses the idea of moving into and out of a situation.

He got into trouble at school. His teacher helped him get out of trouble.

Nobody physically moves inside a place here. Instead, we imagine trouble as a situation that somebody enters and later leaves.

The pattern to remember

Moving inside — into: walk into a room; run into a building; get into a taxi.

Moving outside — out of: walk out of a room; run out of a building; get out of a taxi.

Moving to a surface — onto: step onto a platform; walk onto a stage; climb onto a roof.

Moving away from a surface — off: step off a platform; walk off a stage; climb off a roof.

Remember: get into/out of a car or taxi; get on/off a bus, train or plane.

Think about the movement: Are you entering a place, leaving a place, moving onto a surface, or moving away from a surface?

3. Practice exercises

Choose one answer for every item. Tick the best option in each question.

Exercise 1 — Crossing Boundaries (Q12–Q19)

Tick the single best answer for each question.

Q12 **Mia opened the door and walked ___ the classroom.**

- ☐ into
- ☐ onto
- ☐ off
- ☐ out of

Q13 **The cat jumped ___ the kitchen table to reach the food.**

- ☐ out of
- ☐ into
- ☐ onto
- ☐ off

Q14 **At the end of the lesson, the students walked ___ the classroom.**

- ☐ onto
- ☐ out of
- ☐ into
- ☐ off

Q15 **The cyclist fell ___ the bike but wasn't badly hurt.**

- ☐ into
- ☐ onto
- ☐ out of
- ☐ off

Q16 **The children ran ___ the house when it started raining.**

- ☐ into
- ☐ onto
- ☐ off
- ☐ out of

Q17 **The singer walked ___ the stage and the audience started clapping.**

- ☐ out of
- ☐ onto
- ☐ off
- ☐ into

Q18 **After fixing the roof, the worker climbed carefully ___ it.**

- ☐ off
- ☐ onto
- ☐ into
- ☐ out of

Q19 **Everyone rushed ___ the building when the fire alarm sounded.**

- ☐ onto
- ☐ off
- ☐ into
- ☐ out of

Exercise 2A — The Usual Transport Pattern (Q20–Q24)

Tick the single best answer for each question.

Q20 **Usual pair for car**

- ☐ into / out of
- ☐ on / off

Q21 **Usual pair for taxi**

- ☐ into / out of
- ☐ on / off

Q22 **Usual pair for bus**

- ☐ into / out of
- ☐ on / off

Q23 **Usual pair for train**

- ☐ into / out of
- ☐ on / off

Q24 **Usual pair for plane**

- ☐ into / out of
- ☐ on / off

Exercise 2B — Getting Around (Q25–Q30)

Tick the single best answer for each question.

Q25 **Maya opened the taxi door and sat down inside. She got ___ the taxi.**

- ☐ into
- ☐ out of

Q26 **At the station, Maya boarded the train. She got ___ the train.**

- ☐ on
- ☐ off

Q27 **The taxi reached the station. Maya paid the driver and left it. She got ___ the taxi.**

- ☐ into
- ☐ out of

Q28 **Two stops later, Maya left the train. She got ___ the train.**

- ☐ on
- ☐ off

Q29 **The passengers boarded the plane. They got ___ the plane.**

- ☐ on
- ☐ off

Q30 **The bus reached its final stop and everybody left. They got ___ the bus.**

- ☐ on
- ☐ off

Exercise 3 — What Is the Movement? (Q31–Q36)

Tick the single best answer for each question.

Q31 **Nina is waiting outside the office. Her manager opens the door and invites her ___.**

- ☐ onto the office
- ☐ into the office
- ☐ off the office
- ☐ out of the office

Q32 **The children are standing beside the swimming pool. Suddenly, one of them jumps ___ the diving board.**

- ☐ into
- ☐ out of
- ☐ onto
- ☐ off

Q33 **The meeting finishes at six. Everyone collects their things and walks ___ the conference room.**

- ☐ onto
- ☐ into
- ☐ off
- ☐ out of

Q34 **The climber finally reaches the top, but strong winds force her to climb ___ the exposed platform.**

- ☐ out of
- ☐ into
- ☐ off
- ☐ onto

Q35 **A child is standing beside a low wall. He wants to sit on top of it. Which sentence describes his movement?**

- ☐ climbs into
- ☐ climbs out of
- ☐ climbs onto
- ☐ climbs off

Q36 **The taxi stops outside the airport. Amir pays the driver and gets ___ the car.**

- ☐ off
- ☐ out of
- ☐ onto
- ☐ on

Exercise 4A — Physical or Metaphorical? (Q37–Q42)

Tick the single best answer for each question.

Q37 **Jack walked into the head teacher's office.**

- ☐ Physical movement
- ☐ Metaphorical situation

Q38 **Jack got into trouble at school.**

- ☐ Physical movement
- ☐ Metaphorical situation

Q39 **Priya ran out of the building.**

- ☐ Physical movement
- ☐ Metaphorical situation

Q40 **Priya managed to get out of a difficult situation.**

- ☐ Physical movement
- ☐ Metaphorical situation

Q41 **The dog ran into the garden.**

- ☐ Physical movement
- ☐ Metaphorical situation

Q42 **The mistake got the company into trouble.**

☐ Physical movement ☐ Metaphorical situation

Exercise 4B — Into or Out Of? (Q43–Q46)

Tick the single best answer for each question.

Q43 **I didn't mean to get ___ trouble.**

☐ into ☐ out of

Q44 **Luckily, her friend helped her get ___ the difficult situation.**

☐ into ☐ out of

Q45 **One bad decision can sometimes get you ___ trouble.**

☐ into ☐ out of

Q46 **He explained what had happened and managed to get ___ trouble.**

☐ into ☐ out of

Final Challenge — Can You Cross the Right Boundary? (Q47–Q52)

Tick the single best answer for each question.

Q47 **The dog is outside the garden. The gate opens and it runs ___ the garden.**

☐ into ☐ out of

Q48 **Sara is standing on the floor beside the stage. She steps ___ it.**

☐ onto ☐ off

Q49 **The taxi arrives. Leo opens the door and sits inside. Leo gets ___ the taxi.**

☐ into ☐ out of

Q50 **At the station, we board the train. We get ___ the train.**

☐ on ☐ off

Q51 **Maria starts on the ground and uses a ladder to reach the roof. She climbs ___ the roof.**

☐ onto ☐ off

Q52 **Jack breaks a window at school and gets ___ trouble.**

☐ into ☐ out of

4. Use the language yourself

Retell Maya's Morning from the sequence of events without reading the script. Replace neutral movement verbs with more descriptive ones where appropriate.

Create a 5–7 sentence journey using at least one example of into , out of , onto , off and one transport pattern.

In class: compare journeys with a partner. Working alone: write or record your journey and use the checklist to review it. This is independent practice, not a teacher-assessed speaking result.

My 5–7 sentence journey:

_____

_____

_____

_____

_____

_____

_____

Self-study checklist:

- ☐ I described entering a place or space.
- ☐ I described leaving a place or space.
- ☐ I described moving onto and off a surface.
- ☐ I used the usual car/taxi or bus/train/plane transport pattern.
- ☐ I checked whether each movement expression matches the direction.

5. Text alternatives to the videos

Read these scripts if a video is unavailable or your teacher is using the lesson without a screen. For a listening activity, try answering first before reading the script.

Original audiovisual lesson: https://learningenglish.tailtiu.org/prepositions-for-crossing-boundaries/

Video Section 1 — Maya's Morning

Maya's alarm rings at seven, but she stops it and falls asleep again. Twenty minutes later, she wakes up, looks at the time and realises she's late.

She gets dressed quickly, grabs her bag and rushes out of her flat. Outside, she realises she has forgotten her phone, so she runs back into the building, goes into the flat, finds it on the kitchen table and rushes out again.

A taxi is waiting, so Maya gets into it and asks the driver to take her to the station. But the traffic hardly moves. After a few minutes, she gets out of the taxi and runs into the station.

Her train is already there. She hurries onto the platform, gets on the train and finally sits down. Two stops later, she gets off the train and races out of the station.

At work, Maya runs into the office building, takes the lift upstairs and walks into a meeting room. Everyone turns and looks at her.

There is just one problem.

It is the wrong meeting.

Maya quietly walks out of the room and closes the door.

Video Section 2 — How the Pattern Works

Maya's morning gives us a useful way to understand four common movement words: into, out of, onto and off.

First, think about places with an inside and an outside, such as a room, a building or a car.

When we move from outside to inside, we use into. Maya ran into the building. She got into the taxi.

When we move from inside to outside, we use out of. Maya rushed out of her flat. She got out of the taxi.

Now think about a surface or platform. When we move to that surface, we can use onto. Maya hurried onto the platform.

And when we move away from a surface, we use off. We can step off a stage, jump off a wall, or climb off a roof.

Transport has one important pattern to remember. With cars and taxis, we normally get into and out of them. With buses, trains and planes, we normally get on and off.

So the basic idea is simple: into and out of often describe movement into and out of a place or space; onto and off describe movement to and away from a surface.

Different verbs can show how we move — walk, run, rush, jump or climb — but the boundary pattern stays the same.