

Talk to yourself in English.



Most students are spending time alone these days.

Here are some easy ways to practice English. Use these ideas.

Talk to yourself *silently* in English. This follows the units in *English Firsthand ACCESS*.

Unit 1 – Introductions. Turn on the TV. Find a show with people doing something (not just talking). Turn off the sound. If you were meeting them, what would you ask? What would you say about yourself? ("Hi, I'm (name). I'm a student at (school). What do you do? ...").

Unit 2 – Instructions. Look at people on TV (sound off). What are they doing? Imagine they are robots. You are the robot master. What did you tell them to get them to do things? ("Stand up!. Hold on to that pole. Walk down the street. Push the "open" button. ...")

Unit 3 – Personal items. Look at things on TV or in a magazine. How many different things can you name? ("There's a backpack. There are 3 mobile phones. There's a red scarf.")

Unit 4 – Daily activities. Think about your daily schedule. Use many different verbs. Was it typical? ("I get up at 7:00. I eat rice for breakfast. I do that every day.. Sometimes i... ..").

Unit 5 – Family Think about your family. How would you describe them. Think of at least 4-5 sentences about each person. ("My mom's name is Yoko. She's a office worker. She's 48 years old. She likes karaoke. She's really nice. ...")

Unit 6 – Clothes shopping Look at people on TV or in a magazine. In your mind, describe their clothing. ("He's wearing a red t-shirt, and black jeans. She has a yellow, flowered dress and a designer bag. ...")

Unit 7 – Lifestyles. Think about your schedule today. Was it typical? ("I got up at 7:00. That's what I usually do. I ate eggs for breakfast. I hardly every do that.").

Unit 8 – Food and drink Think about food. How many different words do you know for each groups: *fruits, vegetables, kinds of bread, rice and pasta, meats, drinks*.

Unit 9 – Sports and recreation. In this unit, you are talking about what people are doing now. Turn on the TV (no sound). What are people doing now? ("She is reading a comic. He is getting on the train. That woman is...ing...")

Unit 10 – Places to live. Look out the window. In your mind, describe the buildings and other things you see. ("There's a red car in front of my house. There is an old woman next to the bus stop. ...")

Unit 11 – Vacation This unit practices talking about the past. n the bus/train on the way home, think about every thing you did today. How many different verbs can you use? ("I ate toast and drank coffee for breakfast. I took a shower and washed my hair....").

Unit 12 – Hopes and dreams. Think about your next school vacation or a time the virus is over.. What do you want to do? Use as many verbs as you can. ("I'm going to meet my friends Saturday night? Maybe we'll go to karaoke....").

• Think about your life in 5, 10, 20 years into the future. What is your dream in English? What little things can you do TODAY to help make that dream come true. (Someday, I'll travel around the world. Having good English will help me. Today I am practicing by thinking of English sentences right now!....")