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FREE PRINTABLE

30-Day English Speaking Practice

Ten minutes a day for anyone who understands English but finds it hard to say it.



18 PAGES · ENGLISH ONLY

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For the grown-up

How to use this book

Read this first, then hand the book to your child.

Ten minutes a day

1. **Say each sentence aloud first.** Your child repeats it.
2. **Say it again, a little faster.** Then let your child say it alone.
3. **Ask the two questions.** The grey example is only a guide; any true answer is a good answer.
4. **Do the small task today.** Real use is what makes the sentences stick.

What helps most

- Praise the trying, not only the correct sentence.
- Do not stop your child to fix every mistake. Say the sentence back correctly and carry on.
- A shy child can whisper first, or say the sentences to a toy.
- Skip a day if you need to. The days do not have to be consecutive.

Change one word

Once a sentence is easy, change one word to make a new one: “I like rice” becomes “I like mangoes”, then “I like my school”. Children learn to speak by changing sentences they already know. Where you see a line like “My name is ___”, say it with your own words in the gap.

What this book is

It is a short plan for speaking practice at home, in English only. It does not teach reading or grammar, it is not matched to any school board or exam, and no age or level is given, because a child can start at any age. Do one day at a time and stop when it stops being fun.

Learning on your own?

The book works for an adult too. Read this page as your own tips, say the sentences aloud, and answer the questions about your own life.

Days 1 and 2

Say it, answer it, try it

01 Saying hello

SAY IT

1. Hello! How are you?
2. I am fine, thank you.
3. Good morning.
4. Good night.
5. Goodbye! See you tomorrow.

ANSWER ALOUD

1. How are you today?
   For example: I am happy.
2. What do you say when you meet your friend?
   For example: Hello!

TRY IT TODAY

Say hello to three people at home, each with a different greeting.

02 About me

SAY IT

1. My name is _____ .
2. I am _____ years old.
3. I live in _____ .
4. I go to school.
5. I like to play.

ANSWER ALOUD

1. What is your name?
   For example: My name is Ravi.
2. Where do you live?
   For example: I live in Hyderabad.

TRY IT TODAY

Tell a grown-up four things about yourself, with no pause between them.

Days 3 and 4

Say it, answer it, try it

03 My family

SAY IT

1. This is my mother.
2. This is my father.
3. I have one brother.
4. My grandmother is kind.
5. I love my family.

ANSWER ALOUD

1. Who is in your family?
   For example: My mother, my father and my sister.
2. Who do you play with at home?
   For example: I play with my brother.

TRY IT TODAY

Point to each person in a family photo and say who it is.

04 My home

SAY IT

1. This is my house.
2. It has a kitchen.
3. I sleep in my room.
4. The door is open.
5. I like my home.

ANSWER ALOUD

1. What rooms are in your house?
   For example: A kitchen, a bedroom and a bathroom.
2. Where do you sleep?
   For example: I sleep in my bedroom.

TRY IT TODAY

Walk through your home and name every room out loud.

Days 5 and 6

Say it, answer it, try it

05 In the morning

SAY IT

1. I wake up.
2. I brush my teeth.
3. I take a bath.
4. I eat my breakfast.
5. I go to school.

ANSWER ALOUD

1. What do you do first in the morning?
   For example: I wake up.
2. What do you eat for breakfast?
   For example: I eat idli.

TRY IT TODAY

Say your morning in order, one sentence for each thing you do.

06 Food I like

SAY IT

1. I am hungry.
2. I like rice.
3. I do not like bitter gourd.
4. This is tasty.
5. May I have some water?

ANSWER ALOUD

1. What food do you like?
   For example: I like mangoes.
2. What do you drink?
   For example: I drink milk.

TRY IT TODAY

Name three foods you like and one you do not like.

Days 7 and 8

Say it, answer it, try it

07 At the table

SAY IT

1. Please pass the salt.
2. Can I have more rice?
3. I am full.
4. Thank you for the food.
5. May I leave the table?

ANSWER ALOUD

1. What do you say when you want more food?
   For example: Can I have more, please?
2. What do you say when you are full?
   For example: I am full, thank you.

TRY IT TODAY

At your next meal, ask for something using “please”.

08 Colours and clothes

SAY IT

1. I am wearing a blue shirt.
2. My shoes are black.
3. It is a red dress.
4. These socks are too big.
5. I like my new bag.

ANSWER ALOUD

1. What colour is your shirt?
   For example: It is green.
2. What are you wearing today?
   For example: I am wearing a white shirt and black shorts.

TRY IT TODAY

Describe what a family member is wearing.

Days 9 and 10

Say it, answer it, try it

09 My school bag

SAY IT

1. This is my school bag.
2. I have a pencil and a ruler.
3. My book is on the desk.
4. I forgot my eraser.
5. Can I borrow your pencil?

ANSWER ALOUD

1. What is in your bag?
   For example: A book, a pencil and my lunch.
2. What do you say if you forget your pencil?
   For example: Can I borrow your pencil, please?

TRY IT TODAY

Pack your bag and say each thing as it goes in.

10 In the classroom

SAY IT

1. Good morning, teacher.
2. May I come in?
3. I do not understand.
4. Can you say it again, please?
5. May I go to the toilet?

ANSWER ALOUD

1. What do you say when you do not understand?
   For example: Can you say it again, please?
2. How do you greet your teacher?
   For example: Good morning, teacher.

TRY IT TODAY

Pretend to be the teacher and let a grown-up be the child.

Days 11 and 12

Say it, answer it, try it

11 Asking for help

SAY IT

1. Can you help me, please?
2. I cannot open this.
3. Please show me how.
4. I need some help.
5. Thank you for helping me.

ANSWER ALOUD

1. What do you say when something is hard?
   For example: Can you help me, please?
2. What do you say after someone helps you?
   For example: Thank you.

TRY IT TODAY

Ask for help once today in a whole sentence.

12 Sorry and thank you

SAY IT

1. I am sorry.
2. Thank you very much.
3. You are welcome.
4. Excuse me.
5. It is okay.

ANSWER ALOUD

1. What do you say if you step on someone's foot?
   For example: I am sorry.
2. What do you say when someone gives you a gift?
   For example: Thank you very much.

TRY IT TODAY

Use "sorry" and "thank you" correctly at least once each today.

Days 13 and 14

Say it, answer it, try it

13 How I feel

SAY IT

1. I am happy.
2. I am tired.
3. I am angry.
4. I feel scared.
5. I feel better now.

ANSWER ALOUD

1. How do you feel when you win?
   For example: I feel happy.
2. How do you feel when you are sleepy?
   For example: I feel tired.

TRY IT TODAY

Tell a grown-up how you feel at three different times today.

14 The weather

SAY IT

1. It is sunny.
2. It is raining.
3. It is very hot today.
4. The wind is strong.
5. I need an umbrella.

ANSWER ALOUD

1. What is the weather like today?
   For example: It is sunny.
2. What do you take when it rains?
   For example: I take an umbrella.

TRY IT TODAY

Look outside and describe the weather in two sentences.

Days 15 and 16

Say it, answer it, try it

15 Animals I like

SAY IT

1. I like dogs.
2. A cat has four legs.
3. Birds can fly.
4. The elephant is very big.
5. A fish lives in water.

ANSWER ALOUD

1. Which animal do you like?
   For example: I like rabbits.
2. What can a bird do?
   For example: A bird can fly.

TRY IT TODAY

Choose an animal and say three sentences about it.

16 Numbers and counting

SAY IT

1. I have two hands.
2. There are five apples.
3. One, two, three, four, five.
4. I am ten years old.
5. How many are there?

ANSWER ALOUD

1. How many fingers do you have?
   For example: I have ten fingers.
2. How many people are in your family?
   For example: There are four people.

TRY IT TODAY

Count ten things in the room and say each number aloud.

Days 17 and 18

Say it, answer it, try it

17 At the shop

SAY IT

1. How much is this?
2. I want two bananas.
3. Do you have milk?
4. Here is the money.
5. Thank you, bye.

ANSWER ALOUD

1. What do you ask to find the price?
   For example: How much is this?
2. What do you say when you pay?
   For example: Here is the money.

TRY IT TODAY

Play shop with a grown-up. Take turns being the shopkeeper.

18 Days and time

SAY IT

1. Today is Monday.
2. Tomorrow is Tuesday.
3. School starts at nine o'clock.
4. What time is it?
5. It is time to sleep.

ANSWER ALOUD

1. What day is it today?
   For example: Today is Friday.
2. What time do you go to bed?
   For example: I go to bed at nine o'clock.

TRY IT TODAY

Say today's day and tomorrow's day, then the time on a clock.

Days 19 and 20

Say it, answer it, try it

19 My favourite game

SAY IT

1. I like to play cricket.
2. It is my turn.
3. You are out!
4. Let us play together.
5. That was fun.

ANSWER ALOUD

1. What game do you like?
   For example: I like to play carrom.
2. How do you ask to join a game?
   For example: Can I play too?

TRY IT TODAY

Teach a grown-up the rules of a game in five sentences.

20 At the park

SAY IT

1. Let us go to the park.
2. I am on the swing.
3. Do not push, please.
4. Wait for your turn.
5. It is time to go home.

ANSWER ALOUD

1. What do you do at the park?
   For example: I play on the swing.
2. What do you say if someone pushes you?
   For example: Please do not push.

TRY IT TODAY

Say five sentences about a place you like to play.

Days 21 and 22

Say it, answer it, try it

21 Where is it?

SAY IT

1. The book is on the table.
2. The cat is under the chair.
3. My shoes are near the door.
4. The ball is behind the box.
5. The bird is in the tree.

ANSWER ALOUD

1. Where is your bag?
   For example: It is on the chair.
2. Where do you keep your shoes?
   For example: I keep them near the door.

TRY IT TODAY

Hide a toy. Say where it is, without pointing, until someone finds it.

22 My friend

SAY IT

1. This is my friend.
2. His name is _____.
3. We sit together.
4. She is very funny.
5. We play after school.

ANSWER ALOUD

1. Who is your best friend?
   For example: My best friend is Asha.
2. What do you do with your friend?
   For example: We play and talk.

TRY IT TODAY

Describe a friend in four sentences so a grown-up can guess who it is.

Days 23 and 24

Say it, answer it, try it

23 Describing a picture

SAY IT

1. I can see a boy.
2. He is holding a kite.
3. The sky is blue.
4. There are two birds.
5. It looks like a happy day.

ANSWER ALOUD

1. What can you see?
   For example: I can see a girl and a dog.
2. What is happening?
   For example: The girl is playing with the dog.

TRY IT TODAY

Open any picture book and describe one page in four sentences.

24 When I feel unwell

SAY IT

1. I do not feel well.
2. I have a headache.
3. My stomach hurts.
4. I have a cold.
5. Can I rest, please?

ANSWER ALOUD

1. What do you say if your head hurts?
   For example: I have a headache.
2. What do you say if you need to rest?
   For example: Can I rest, please?

TRY IT TODAY

Pretend to see a doctor. Say what is wrong in two sentences.

Days 25 and 26

Say it, answer it, try it

25 Telling a short story

SAY IT

1. Once there was a little bird.
2. It was very hungry.
3. It found a small seed.
4. It ate the seed.
5. Then it flew home.

ANSWER ALOUD

1. What happened first?
   For example: A little bird was hungry.
2. What happened at the end?
   For example: It flew home.

TRY IT TODAY

Tell a short story in five sentences. Use “first”, “then” and “at the end”.

26 Where do I go?

SAY IT

1. Go straight.
2. Turn left.
3. Turn right.
4. It is next to the shop.
5. Stop here.

ANSWER ALOUD

1. How do you get to the kitchen from your room?
   For example: Go straight and turn left.
2. What does “stop” mean?
   For example: It means do not go on.

TRY IT TODAY

Give a grown-up directions to a room in your home, with their eyes closed.

Days 27 and 28

Say it, answer it, try it

27 Asking questions

SAY IT

1. What is this?
2. Who is that?
3. Where are you going?
4. Why is the sky blue?
5. When will we eat?

ANSWER ALOUD

1. Which word do you use to ask about a place?
   For example: Where.
2. Which word do you use to ask about a person?
   For example: Who.

TRY IT TODAY

Ask a grown-up five questions, one with each of what, who, where, why and when.

28 Making a plan

SAY IT

1. Let us go to the market.
2. I will help you.
3. We can go tomorrow.
4. What shall we buy?
5. That is a good idea.

ANSWER ALOUD

1. What will you do tomorrow?
   For example: I will go to school.
2. What would you like to do on Sunday?
   For example: I would like to play outside.

TRY IT TODAY

Make a plan for tomorrow and say it in four sentences.

Days 29 and 30

Say it, answer it, try it

29 On the phone

SAY IT

1. Hello, this is _____ .
2. Can I speak to _____ , please?
3. Please wait a moment.
4. Thank you for calling.
5. Goodbye.

ANSWER ALOUD

1. How do you start a phone call?
   For example: Hello, this is Anil.
2. How do you end it politely?
   For example: Thank you. Goodbye.

TRY IT TODAY

Make a pretend phone call to a toy or a grown-up.

30 My whole day

SAY IT

1. Today I woke up early.
2. I went to school.
3. I played with my friends.
4. I ate my dinner.
5. It was a good day.

ANSWER ALOUD

1. What did you do today?
   For example: I went to school and played.
2. What was the best part?
   For example: The best part was the game.

TRY IT TODAY

Tell the story of your whole day in ten sentences. Celebrate: you finished the book.

My progress

Thirty days

Colour in one star after each day. When all thirty are coloured, you are done.



Looking back

My favourite day was day ____ .

The sentence I like best is: _____