Flucie

FREE PRINTABLE

30-Day Spoken English for Daily Life

Short daily practice for adult beginners: the sentences you need at work, in shops, on the phone and at the doctor.



18 PAGES · ENGLISH ONLY

FLUCIE.COM/PRINTABLES

Before you start

How to use this book

Read this first, then start Day 1.

Ten to fifteen minutes a day

1. **Say each sentence aloud, slowly.** Speaking is a skill of the mouth, so say it, do not only read it.
2. **Say it again at normal speed.** Then say it once without looking at the page.
3. **Answer the two questions aloud.** Record yourself on your phone and listen back.
4. **Do the real-life task today.** Use the sentences with a real person where you can.

What helps most

- Speak even when you are alone. A mirror or a phone recording works.
- Mistakes are normal. Keep going, and say the sentence again correctly.
- Learn whole sentences, not word-by-word translations.
- Practise with a friend, a colleague or someone at home.
- 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 would like a kilo of rice” becomes “I would like two kilos of onions”. 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 spoken English practice in everyday situations, in English only. It is not a grammar course, it is not matched to any exam, and it does not promise a result or a job. It has no audio, so if you are not sure how a word sounds, check it in an online dictionary that has audio. The names, places and prices are only examples.

Days 1 and 2

Say it, answer it, do it

01 Introducing yourself

SAY IT

1. Hello, my name is _____ .
2. Nice to meet you.
3. I am from _____ .
4. Please call me _____ .
5. It is a pleasure to meet you.

ANSWER ALOUD

1. What is your name, and where are you from?
   For example: My name is Anil, and I am from Vijayawada.
2. How do you say hello to someone older than you?
   For example: Good morning. It is nice to meet you.

TRY IT TODAY

Introduce yourself aloud in four sentences, then say it again without stopping.

02 Your work or studies

SAY IT

1. I work in _____ .
2. I am a student.
3. I work from nine to five.
4. I like my job.
5. I am learning something new.

ANSWER ALOUD

1. What do you do?
   For example: I work in a bank.
2. What do you like about it?
   For example: I like meeting people.

TRY IT TODAY

Describe what you do in three sentences, as if to a new neighbour.

Days 3 and 4

Say it, answer it, do it

03 Family and home

SAY IT

1. I live with my family.
2. I have two brothers.
3. My parents live in _____.
4. We live in a small flat.
5. My home is near the market.

ANSWER ALOUD

1. Who do you live with?
   For example: I live with my wife and two children.
2. Where is your home?
   For example: It is near the bus stand.

TRY IT TODAY

Say five true sentences about your home to a friend or to a mirror.

04 Your daily routine

SAY IT

1. I wake up at six.
2. I leave home at eight.
3. I have lunch at one.
4. I get home in the evening.
5. I go to bed at ten.

ANSWER ALOUD

1. What time do you wake up?
   For example: I wake up at six.
2. What do you do after work?
   For example: I cook dinner and rest.

TRY IT TODAY

Tell your whole day in order, using “first”, “then” and “after that”.

Days 5 and 6

Say it, answer it, do it

05 Small talk

SAY IT

1. It is very hot today.
2. Did you have a good weekend?
3. What are you doing this evening?
4. That sounds nice.
5. How is your family?

ANSWER ALOUD

1. How do you start a short chat with a neighbour?
   For example: It is very hot today, isn't it?
2. How do you reply when someone asks about your weekend?
   For example: It was good, thank you. I rested at home.

TRY IT TODAY

Start a two-line chat with someone today, even a shopkeeper.

06 Asking for help

SAY IT

1. Excuse me, can you help me?
2. Could you say that again, please?
3. I am sorry, I did not understand.
4. Could you speak a little slower?
5. Thank you very much for your help.

ANSWER ALOUD

1. What do you say when you do not understand?
   For example: Sorry, could you say that again, please?
2. How do you thank someone who helped you?
   For example: Thank you very much for your help.

TRY IT TODAY

Ask one person for help today in a full, polite sentence.

Days 7 and 8

Say it, answer it, do it

07 Shopping for groceries

SAY IT

1. I would like a kilo of rice.
2. Do you have fresh vegetables?
3. How much is this?
4. That is a little expensive.
5. Can I have a bag, please?

ANSWER ALOUD

1. How do you ask the price?
   For example: How much is this?
2. How do you ask for a quantity?
   For example: I would like two kilos of onions.

TRY IT TODAY

Make a shopping list in English and say each item with a quantity.

08 At the market

SAY IT

1. What is the price per kilo?
2. Can you give a better price?
3. I will take two kilos.
4. Is this fresh today?
5. Please keep the change.

ANSWER ALOUD

1. How do you ask for a lower price politely?
   For example: Can you give a better price, please?
2. How do you ask if something is fresh?
   For example: Is this fresh today?

TRY IT TODAY

Practise a short bargaining talk aloud with a friend, playing both parts.

Days 9 and 10

Say it, answer it, do it

09 Ordering food and tea

SAY IT

1. Can I see the menu, please?
2. I will have a masala dosa.
3. One tea, no sugar, please.
4. Could we have some water?
5. Can we have the bill, please?

ANSWER ALOUD

1. How do you order something simple?
   For example: I will have a plain dosa, please.
2. How do you ask for the bill?
   For example: Can we have the bill, please?

TRY IT TODAY

Order a full meal aloud, from asking for the menu to asking for the bill.

10 Paying and bills

SAY IT

1. How much is the total?
2. Can I pay by card?
3. Can I pay by UPI?
4. Here is the money.
5. Could I have a receipt, please?

ANSWER ALOUD

1. How do you ask how much you must pay?
   For example: How much is the total?
2. How do you ask to pay by card?
   For example: Can I pay by card, please?

TRY IT TODAY

Say the whole payment talk once, from the total to the receipt.

Days 11 and 12

Say it, answer it, do it

11 Buses, autos and trains

SAY IT

1. Does this bus go to the station?
2. How much is the fare?
3. Please stop here.
4. Which platform is it?
5. What time does the train leave?

ANSWER ALOUD

1. How do you ask if a bus goes to a place?
   For example: Does this bus go to the station?
2. How do you ask for a train time?
   For example: What time does the train leave?

TRY IT TODAY

Plan a short trip in English: where, how, how long and how much.

12 Directions

SAY IT

1. Excuse me, where is the bank?
2. Go straight and turn left.
3. It is next to the pharmacy.
4. It is about five minutes on foot.
5. Is it far from here?

ANSWER ALOUD

1. How do you ask for a place?
   For example: Excuse me, where is the post office?
2. How do you describe where something is?
   For example: It is next to the bank, on the right.

TRY IT TODAY

Give directions from your home to the nearest shop, aloud, in four sentences.

Days 13 and 14

Say it, answer it, do it

13 Phone calls

SAY IT

1. Hello, this is _____ speaking.
2. Can I speak to _____, please?
3. Could you hold on a moment?
4. I will call you back.
5. Thank you for calling.

ANSWER ALOUD

1. How do you start a call?
   For example: Hello, this is Meena speaking.
2. How do you end a call politely?
   For example: Thank you for calling. Goodbye.

TRY IT TODAY

Make a real or pretend call and use all five sentences.

14 Messages and calling back

SAY IT

1. I am sorry, he is not here.
2. Can I take a message?
3. Please tell her I called.
4. Could you ask him to call me back?
5. My number is _____.

ANSWER ALOUD

1. What do you say when someone is not available?
   For example: I am sorry, she is not here. Can I take a message?
2. How do you leave a message?
   For example: Please ask him to call me back.

TRY IT TODAY

Say your phone number and a short message aloud, slowly and clearly.

Days 15 and 16

Say it, answer it, do it

15 Making an appointment

SAY IT

1. I would like to make an appointment.
2. Is Tuesday morning free?
3. What time is good for you?
4. Could we make it a little later?
5. Thank you, I will see you then.

ANSWER ALOUD

1. How do you ask for an appointment?
   For example: I would like to make an appointment, please.
2. How do you suggest a different time?
   For example: Could we make it a little later?

TRY IT TODAY

Practise booking an appointment aloud: day, time and a reason.

16 At the doctor and pharmacy

SAY IT

1. I have a headache and a fever.
2. It started two days ago.
3. I am allergic to _____ .
4. How often should I take this?
5. Should I come back next week?

ANSWER ALOUD

1. How do you describe a problem?
   For example: I have a cough and a sore throat.
2. How do you ask about medicine?
   For example: How often should I take this?

TRY IT TODAY

Explain a small health problem aloud in three sentences, with when it started.

Days 17 and 18

Say it, answer it, do it

17 At the bank

SAY IT

1. I would like to open an account.
2. I want to deposit some money.
3. Can I check my balance?
4. Where do I sign?
5. Could you help me fill in this form?

ANSWER ALOUD

1. How do you say what you want to do?
   For example: I would like to open a savings account.
2. How do you ask for help with a form?
   For example: Could you help me fill in this form?

TRY IT TODAY

Say what you would like to do at a bank in two polite sentences.

18 Making a complaint politely

SAY IT

1. I am sorry to bother you, but there is a problem.
2. This does not work.
3. I ordered this on Monday.
4. Could you check it, please?
5. Could I have a refund?

ANSWER ALOUD

1. How do you start a complaint politely?
   For example: I am sorry to bother you, but there is a problem.
2. How do you ask for a solution?
   For example: Could you replace it, please?

TRY IT TODAY

Pick something that went wrong recently and explain it calmly in four sentences.

Days 19 and 20

Say it, answer it, do it

19 Renting a home

SAY IT

1. I am looking for a flat to rent.
2. How much is the rent?
3. Is water included?
4. When can I move in?
5. Is there a deposit?

ANSWER ALOUD

1. How do you ask about the rent?
   For example: How much is the rent per month?
2. How do you ask about a rule?
   For example: Are pets allowed?

TRY IT TODAY

Write three questions you would ask a landlord, then say them aloud.

20 At work: a colleague

SAY IT

1. Good morning, how are you?
2. Could I ask you a quick question?
3. Do you have a minute?
4. I will send it by this evening.
5. Thank you, that is very helpful.

ANSWER ALOUD

1. How do you ask for a minute of someone's time?
   For example: Do you have a minute, please?
2. How do you promise to do something?
   For example: I will send it by this evening.

TRY IT TODAY

Practise asking a colleague a question in two polite sentences.

Days 21 and 22

Say it, answer it, do it

21 Giving opinions

SAY IT

1. I think this is a good idea.
2. In my opinion, it is too expensive.
3. I agree with you.
4. I am not sure about that.
5. What do you think?

ANSWER ALOUD

1. How do you give an opinion?
   For example: I think it is a good idea.
2. How do you disagree politely?
   For example: I see your point, but I am not sure.

TRY IT TODAY

Give your opinion on one everyday topic in three sentences, with a reason.

22 Making plans

SAY IT

1. Are you free on Saturday?
2. Let us meet at the market.
3. What time suits you?
4. I will be there at five.
5. See you then.

ANSWER ALOUD

1. How do you suggest a plan?
   For example: Are you free on Saturday? Let us meet at five.
2. How do you confirm a plan?
   For example: Yes, that suits me. See you then.

TRY IT TODAY

Make a real plan with someone in English, with a day, a time and a place.

Days 23 and 24

Say it, answer it, do it

23 Inviting, accepting, declining

SAY IT

1. Would you like to come for dinner?
2. I would love to, thank you.
3. I am sorry, I cannot make it.
4. Maybe another time.
5. Thank you for inviting me.

ANSWER ALOUD

1. How do you invite someone?
   For example: Would you like to come for dinner on Sunday?
2. How do you say no politely?
   For example: I am sorry, I cannot make it, but thank you.

TRY IT TODAY

Practise one invitation, one yes and one polite no, aloud.

24 Talking about yesterday

SAY IT

1. Yesterday I went to the market.
2. I met an old friend.
3. We had tea together.
4. It was a long day.
5. I came home late.

ANSWER ALOUD

1. What did you do yesterday?
   For example: I went to work and then I cooked dinner.
2. Who did you meet?
   For example: I met my cousin.

TRY IT TODAY

Tell the story of yesterday in six sentences, using the past tense.

Days 25 and 26

Say it, answer it, do it

25 Talking about plans

SAY IT

1. Tomorrow I am going to _____ .
2. Next week I will visit my family.
3. I am planning to learn more English.
4. I hope to _____ soon.
5. We are going to move next month.

ANSWER ALOUD

1. What are you doing this weekend?
   For example: I am going to visit my aunt.
2. What do you hope to do this year?
   For example: I hope to speak English with confidence.

TRY IT TODAY

Say five sentences about your plans for the next month.

26 Describing people and places

SAY IT

1. She is tall and very kind.
2. He has a quiet voice.
3. The street is busy and noisy.
4. It is a small, clean town.
5. The food there is delicious.

ANSWER ALOUD

1. How would you describe your best friend?
   For example: He is funny and very helpful.
2. How would you describe your town?
   For example: It is small, green and quiet.

TRY IT TODAY

Describe one person and one place you know well, in three sentences each.

Days 27 and 28

Say it, answer it, do it

27 Telling what happened

SAY IT

1. Last week something funny happened.
2. I was waiting for the bus.
3. Suddenly it started to rain.
4. So I ran into a shop.
5. In the end, I was late, but happy.

ANSWER ALOUD

1. What happened first?
   For example: I was waiting for the bus.
2. How did it end?
   For example: I got home safely, but I was wet.

TRY IT TODAY

Tell a short true story from your week in six sentences, in order.

28 A job interview

SAY IT

1. Thank you for seeing me.
2. I have three years of experience.
3. My strongest skill is _____ .
4. I am a quick learner.
5. I would be happy to work with your team.

ANSWER ALOUD

1. How do you start an interview answer?
   For example: Thank you for the question. I think...
2. How do you describe a strength?
   For example: I am organised and I work well in a team.

TRY IT TODAY

Practise a one-minute introduction about yourself for an interview, then time it.

Days 29 and 30

Say it, answer it, do it

29 Speaking in a meeting

SAY IT

1. Let me explain my idea.
2. I would like to add something.
3. Could you repeat the question?
4. That is a good point.
5. To sum up, I suggest we start next week.

ANSWER ALOUD

1. How do you join a discussion politely?
   For example: I would like to add something, please.
2. How do you end what you are saying?
   For example: To sum up, I suggest we start next week.

TRY IT TODAY

Give a thirty-second talk on any topic, with a start, a middle and an end.

30 Your whole day, in English

SAY IT

1. I woke up early today.
2. I had a busy morning.
3. I spoke English with a few people.
4. I learned some new phrases.
5. I am proud of how much I practised.

ANSWER ALOUD

1. How was your day?
   For example: It was busy, but it was good.
2. What was the best part?
   For example: I had a long chat in English, and I was not afraid.

TRY IT TODAY

Tell the story of today in ten sentences. You finished the book, so celebrate.

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: _____