



31-day plan for practicing English

- ☐ **1.** On <https://www.oxfordlearnersdictionaries.com/> find the word of the day and make your own sentence(s) with it.
- ☐ **2.** Think of a person you'd like to talk to right now. Write a letter/message for him/her (even if they don't understand English :) No need to send it).
- ☐ **3.** Describe today's weather. Look up at least one word you don't know.
- ☐ **4.** Have fun and draw https://quickdraw.withgoogle.com/?locale=en_US
- ☐ **5.** What's the time now? What will it be in 15 minutes? In 50 minutes?
- ☐ **6.** Switch one of the apps on your phone into English, just for a day.
- ☐ **7.** Pick one of the recent photos in your phone gallery. Speak about it for one minute (it's best if you record your speech).
- ☐ **8.** Take a 5-minute break and stretch out. Healthy body, healthy mind!
<https://youtu.be/6fnLKyRJsrs>
- ☐ **9.** Name as many parts of your body as you can.
- ☐ **10.** Spin the wheel and answer the questions
<https://wordwall.net/resource/562434/conversation-wheel> .
- ☐ **11.** Listen to an episode of the podcast
<https://zeitgeistbanana.podbean.com/> .
- ☐ **12.** Have a good laugh
<https://www.boredpanda.com/funny-out-of-context->

- ☐ **13.** Watch one of the episodes of this funny children's animated TV series <https://www.youtube.com/playlist?list=PLaj7VJ1ZT-cdV0TXacMUIkwh4K7z5F-Hd> .
- ☐ **14.** Revise how to use intensifies <https://www.cambridgeenglish.org/learning-english/activities-for-learners/b1g087-very-really-or-absolutely> .
- ☐ **15.** Give yourself 5 complements. Why are you just awesome today?
- ☐ **16.** Write a to-do list for today or tomorrow in English.
- ☐ **17.** Write 5 phrases that a tourist needs.
- ☐ **18.** Translate phrases which you here during the day into English (just in head).
- ☐ **19.** Listen to a song and do a fun dictation exercise <https://lyricstraining.com/> . Sing along!
- ☐ **20.** If you google something today, do it in English.
- ☐ **21.** Practice saying the following tongue twister: "A box of biscuits, a box of mixed biscuits, and a biscuit mixer."
- ☐ **22.** Think of one famous person you'd like to meet face-to-face. Write 5 questions you'd ask them.
- ☐ **23.** Read a story from <https://www.humansofnewyork.com/> .
- ☐ **24.** Watch a video from <https://www.youtube.com/@theschooloflifetv/videos>. Read the comments and write your comment there.

- ☐ **25.** Look around and try to find as many English words as you can (look at labels, packages, names of shops and cafes etc.).
- ☐ **26.** Name all the objects which you can see right now.
- ☐ **27.** Open your fridge and write a list of products which aren't there and which you'd like to buy (check your spelling after writing it) .
- ☐ **28.** Watch a video from <https://www.youtube.com/@realenglishwithrealteacher4777> .
- ☐ **29.** Do one test from <https://test-english.com/> .
- ☐ **30.** Read an article from <https://www.goodnewsnetwork.org/> .
- ☐ **31.** Choose 3-5 activities you're going to use to practice English next month.

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как это убрать?