

Starting to learn spoken English can feel intimidating, but if you break it down into simple steps and practice regularly, it becomes much easier. Here's a structured approach:

1. Build a Basic Vocabulary

- Start with everyday words and phrases (greetings, numbers, colors, food, directions, etc.).
 - Use flashcards or apps like Duolingo, Memrise, or Anki.
 - Focus on words you'll use daily, not just "difficult words."
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2. Learn Simple Sentences

- Don't just memorize words; learn how to form basic sentences:
 - "I am happy."
 - "Where is the bus?"
 - "Can I have some water?"
 - Practice using subject + verb + object structure at first.
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3. Listen Actively

- Listen to English speakers daily:
 - YouTube channels, podcasts, movies, news.
 - Start with slow, clear English (BBC Learning English, VOA Learning English).
 - Focus on pronunciation and intonation.
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4. Speak from Day 1

- Speak even if you make mistakes—fluency comes before perfection.
 - Use mirror practice: speak to yourself, describing your day or surroundings.
 - Practice common dialogues: greetings, asking for help, shopping, etc.
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5. Think in English

- Start thinking in English, not translating from your language.
 - Describe your actions mentally: "I am eating breakfast," "I am going to the market."
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6. Practice Regularly

- Speak at least 15–30 minutes daily.
- Join language exchange apps like HelloTalk, Tandem, or Speaky.

- Practice with friends, family, or online tutors.
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7. Learn Pronunciation

- Use apps like Elsa Speak or YouGlish.
 - Focus on sounds you find hard, like “th” in “think” or “v/w” differences.
 - Watch videos with subtitles and repeat sentences aloud.
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8. Gradually Improve Grammar


- Start with present simple, past simple, and future simple.
 - Don't over-focus on grammar at first; speaking confidently matters more.
 - As you progress, gradually include complex tenses.
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9. Record Yourself

- Record your voice speaking simple sentences or reading paragraphs.
 - Listen back to notice mistakes and improve pronunciation.
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10. Be Consistent and Patient

- Consistency beats intensity. Daily 15–30 minutes is better than a 3-hour session once a week.
 - Celebrate small progress. Even speaking a few sentences fluently is a win.
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 **Tip:** Combine all skills: listen, speak, read, write. For example, watch a short video, write a summary, then speak it aloud.