

# DAILY ENGLISH PRACTICE KIT

By AfrinEnglish.com



LET'S GO

ADVENTURE

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# Afrin English Daily Practice Templates

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**Build Your English Speaking Habit – One Day at a Time CEFR Level: A1–B1**

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## Welcome!

This is not a textbook — it's your daily toolkit to speak English more, with confidence and less stress.

Each page helps you:

- Reflect on what you **say and hear**
- Practice with **real-life situations**
- Build a **daily speaking routine**
- And most importantly — **track your growth**

These pages are used by learners in the **Afrin English Speaking Challenge**, a 365-day journey to fluent, natural English.

You only need a few minutes a day to use this workbook. Speaking builds confidence. Confidence builds fluency.

Let's begin.

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## What's Inside

#	Template Name	Why It Helps
1	Daily Speaking Journal	Reflects on real English use each day
2	1-Minute Talk Prompt	Builds fluency with short, focused speech
3	Real Situation Roleplay	Practices real-life scenes like asking, helping
4	Shadowing Practice Sheet	Improves pronunciation, tone, and flow
5	Describe a Person Prompt	Expands fluency through people-based vocabulary
6	A Day in My Life Timeline	Practices speaking about your full routine
7	Confidence Tracker	Builds emotional consistency and motivation
8	30-Day Streak Tracker	Tracks speaking habit visually

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## 1. Daily Speaking Journal

## Daily Speaking Journal

Use this at the end of the day to reflect.

Date: \_\_\_\_\_ Day \_\_\_ / 30

**What did I say today in English?**

**Something I'm proud of:**

**A sentence I want to remember or say better:**

## **2. 1-Minute Talk Prompt**

## 1-Minute Talk Prompt

Choose a topic and speak for 60 seconds — no stopping.

**Date:** \_\_\_\_\_ **Topic:** \_\_\_\_\_

Some ideas:

- My favorite dish is...
- One memory from my school...
- The last thing I bought...
- How I feel about Mondays...

**Notes (after speaking):**

### **3. Real Situation Roleplay**

## Real Situation Roleplay

Practice scenes you'll face in real life — at work, outside, or home.

Date: \_\_\_\_\_ Scene Title: \_\_\_\_\_

Some ideas:

- Asking for directions
- Returning a product
- Talking to a teacher or boss
- Ordering food

**What I would say:**

**Another version of the same sentence:**

#### **4. Shadowing Practice Sheet**

## Shadowing Practice Sheet

Shadowing = listen and repeat the same sentence, with same tone.

Date: \_\_\_\_\_ Audio/Video Title: \_\_\_\_\_

**Sentence I shadowed:**

**Now say it 3 times:**

1. (slow) \_\_\_\_\_
2. (normal) \_\_\_\_\_
3. (fast) \_\_\_\_\_

**What I noticed about the speaker:**

## **5. Describe a Person Prompt**

## Describe a Person Prompt

Use this page to describe someone using English — what they look like, how they act, etc.

Date: \_\_\_\_\_ Who I'm describing: \_\_\_\_\_

**3–5 Sentences About Them:**

Optional prompts:

- They are always...
- Their job is...
- I like them because...

## 6. A Day in My Life Timeline

## A Day in My Life Timeline

Speak about your full day using time phrases and verbs.

**Date:** \_\_\_\_\_

**Morning (6AM–12PM):**

**Afternoon (12PM–6PM):**

**Evening (6PM–10PM):**

**One verb I used today:** \_\_\_\_\_

## 7. Confidence Tracker

## **Confidence Tracker**

Track how you feel about speaking English today.

Date: \_\_\_\_\_

Confidence Score: 😞 1     😐 2     😃 3     😄 4     💪 5

**What helped or hurt my confidence?**

**A small win I noticed:**

**Tomorrow I want to:**



Speak to someone



Watch English video + shadow



Try a new sentence



Record myself speaking



Use 2 new words

## 8. 30-Day Streak Tracker

## **30-Day Streak Tracker**

Tick a box every day you speak or shadow something in English.

Day	Spoke Today	Shadowed Today	Notes
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	

Day	Spoke Today	Shadowed Today	Notes
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day	Spoke Today	Shadowed Today	Notes
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day	Spoke Today	Shadowed Today	Notes
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Don't break the chain! Even 2 minutes counts.

### Final Note

This workbook is part of the **AfrinEnglish.com 365-Day Speaking Challenge** — a powerful habit system for real-world fluency.

Use these templates as part of your daily routine. Speak a little every day. Reflect a little every night. And let your English grow the natural way.

You've got this. Let's keep speaking!

## Progress Tracking

## Monthly Progress Overview

**Month:** \_\_\_\_\_

**Days Completed:** \_\_\_\_\_ / 30

**Confidence Average:** \_\_\_\_\_ / 5

**New Words Learned:** \_\_\_\_\_

**Favorite Template:** \_\_\_\_\_

**Biggest Challenge:** \_\_\_\_\_

**Next Month's Goal:** \_\_\_\_\_

This workbook is designed to be printed and used daily. Each template can be photocopied for multiple uses throughout your learning journey.