

# DAILY ENGLISH PRACTICE KIT

By AfrinEnglish.com



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## Afrin English Daily Practice Kit

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This book is part of the [Afrin English Speaking Challenge](#), a daily practice system designed to help real people build real fluency — one simple conversation at a time.

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

### 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.

## 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:**

## 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):**

## 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:**

## 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:**

## 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...



## 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:** \_\_\_\_\_

## 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

## Daily Streak Tracker

Track your daily English speaking habit.

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

**Day:** \_\_\_\_\_ / 30

**Today I:**

- ☐ Spoke English
- ☐ Shadowed something
- ☐ Used new words
- ☐ Practiced pronunciation

**Brief notes about today:**

**Tomorrow's goal:**

## Monthly Progress Overview

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

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

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

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

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

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

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

### 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!

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