

# DAILY ENGLISH PRACTICE KIT

By AfrinEnglish.com



## Table of Contents

---

### Afrin English Daily Practice Templates

Welcome!

Daily Speaking Journal

1-Minute Talk Prompt

Real Situation Roleplay

Shadowing Practice Sheet

Describe a Person Prompt

A Day in My Life Timeline

Confidence Tracker

30-Day Streak Tracker

Final Note

Progress Tracking

Monthly Progress Overview

## Afrin English Daily Practice Templates

---

**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



## 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="text"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	

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

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



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

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.