

DAILY ENGLISH PRACTICE KIT

By AfrinEnglish.com



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Afrin English Daily Practice Kit

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.