

# **30-Day Spoken English Practice Sheet**

Structured week-wise with skill-building exercises. Focus is on practical speaking, vocabulary, and real-life usage.

## **Week 1: Everyday English**

- Day 1–2: Greetings, introducing yourself and others
- Day 3–4: Talking about family and home
- Day 5: My school and favourite subject (2-min talk)
- Day 6: Role play: Asking for help at school
- Day 7: Revision and peer conversation

## **Week 2: Vocabulary & Confidence**

- Day 8–9: Naming things around you (school, home, road)
- Day 10–11: Talking about daily routine and time
- Day 12: Use of “can/can’t”, “like/don’t like”
- Day 13: Describe a classroom in 5 sentences
- Day 14: Use 5 different words in simple sentences.

## **Week 3: Practical Conversations**

- Day 15: Market conversation role play
- Day 16: Doctor-patient dialogue
- Day 17: Giving directions to the local park
- Day 18: Asking 3 questions in 3 different sections
- Day 19: Talk about a festival
- Day 20: Group story building
- Day 21: Speak on “What I Want to Be”

## **Week 4: Real-Life Speaking Practice**

- Day 22–23: Watch 5-min video in English and explain what you understood
- Day 24–25: Debate: “Which is better – city or village?”
- Day 26: Speak about your favourite food
- Day 27: Express 5 feelings using sentences
- Day 28: Describe a picture/scene
- Day 29: Teach a friend one thing you learnt
- Day 30: Final speech: “How English helps me in my life”