

High School Beginner ESL - Session 1

Hello Student!

This session will help you practice:

- Basic English conversations
- Voice patterns (intonation)
- Word stress in English
- Expressing different emotions
- Similar-sounding words
- Reading a short story

Section 1: Conversation Practice

How to do this:

1. Read each conversation phrase
2. Practice saying it clearly and naturally
3. Try using hand gestures or facial expressions

Saying Hello

Example: "Hi, my name is [Your Name]. What's your name?" 🙋

Try saying it like:

- "Hello, I'm [Your Name]. Nice to meet you."
- "Good morning! My name is [Your Name]."

Your Practice: _____

Tutor's tip: _____

Introducing Yourself

Example: "I am a high school student. I am learning English." 📖

Try saying it like:

- "I'm in 10th grade and I'm studying English."
- "I go to high school and English is my new language."

Your Practice: _____

Tutor's tip: _____

Asking for Help

Example: "Can you help me, please?" 🙋

Try saying it like:

- "Excuse me, could you help me with this?"
- "I need some help, please."

Your Practice: _____

Tutor's tip: _____

Talking About School

Example: "I go to [School Name]. I like my [Subject] class." 🏫

Try saying it like:

- "My school is [School Name]. Math is my favorite subject."
- "I study at [School Name]. Science class is interesting."

Your Practice: _____

Tutor's tip: _____

Making Friends

Example: "What do you like to do for fun?" 🤝

Try saying it like:

- "What are your hobbies?"
- "Do you play any sports or games?"

Your Practice: _____

Tutor's tip: _____

Section 2: Pitch & Intonation Practice

How to do this:

1. Read each sentence out loud
2. Try the different voice patterns (up, down, flat)
3. Check the one that sounds most natural

Hello! How are you?

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Rising tone (voice goes up at the end for questions)

Your Answer: _____

Tutor's tip: _____

My name is Alex.

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Falling tone (voice goes down at the end for statements)

Your Answer: _____

Tutor's tip: _____

Wow! That is great!

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Rise-Fall (voice goes up for "Wow" then down for "great")

Your Answer: _____

Tutor's tip: _____

Can you help me?

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Rising tone (voice goes up at the end for yes/no questions)

Your Answer: _____

Tutor's tip: _____

The school is big.

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Falling tone (voice goes down at the end for statements)

Your Answer: _____

Tutor's tip: _____

Section 3: Word Stress Practice

How to do this:

1. The CAPITAL letters show the stressed syllable
2. Say that part LOUDER and slightly longer

3. Practice each word several times

banana

Say it like: ba-NA-na (stress on middle syllable)

Try it in a sentence: "I eat a ba-NA-na for breakfast."

Your Practice: _____

Tutor's tip: _____

computer

Say it like: com-PU-ter (stress on middle syllable)

Try it in a sentence: "I use a com-PU-ter at school."

Your Practice: _____

Tutor's tip: _____

teacher

Say it like: TEA-cher (stress on first syllable)

Try it in a sentence: "My TEA-cher helps me learn English."

Your Practice: _____

Tutor's tip: _____

school

Say it like: SCHOOL (one syllable, said clearly)

Try it in a sentence: "I go to SCHOOL every day."

Your Practice: _____

Tutor's tip: _____

hello

Say it like: he-LLO (stress on second syllable)

Try it in a sentence: "He-LLO, how are you today?"

Your Practice: _____

Tutor's tip: _____

Section 4: How Do You Say It?

How to do this:

1. Read each sentence with the feeling shown
2. Pay attention to your tone of voice and face
3. Practice showing the emotion clearly

I am so happy! 😄

(Express: Excited - speak louder, faster, with enthusiasm)

Voice: Higher pitch, energetic tone

Face: Big smile, wide eyes

Your Practice: _____

Tutor's tip: _____

I don't understand. 😞

(Express: Confused - speak slower, uncertain tone)

Voice: Lower volume, slightly hesitant

Face: Furrowed eyebrows, slight head tilt

Your Practice: _____

Tutor's tip: _____

That is very important. 😐

(Express: Serious - speak clearly, with emphasis)

Voice: Lower pitch, slower pace, clear articulation

Face: Serious expression, direct eye contact

Your Practice: _____

Tutor's tip: _____

Can you help me? 🙋

(Express: Asking for help - polite, slightly higher pitch)

Voice: Gentle tone, rising at the end

Face: Open expression, leaning forward slightly

Your Practice: _____

Tutor's tip: _____

I love pizza! 😋

(Express: Happy - enthusiastic, warm tone)

Voice: Energetic, emphasis on "love"

Face: Smile, animated expression

Your Practice: _____

Tutor's tip: _____

Section 5: Minimal Pairs



How to do this:

1. Listen carefully to your tutor say each pair
2. Try saying both words and feel the difference

3. Circle the word you hear when your tutor tests you

bat vs. bet

(Different vowel sounds: "a" as in "apple" vs. "e" as in "egg")



Say both:  bat (mouth more open) -  bet (mouth less open)

Your Answer: _____

Tutor's tip: _____

cat vs. cap

(Different ending sounds: "t" vs. "p")

Say both:  cat (tongue touches roof of mouth) -  cap (lips close together)

Your Answer: _____

Tutor's tip: _____

big vs. pig

(Different beginning sounds: "b" vs. "p")


Say both:  big (voiced, feel vibration) -  pig (unvoiced, no vibration)

Your Answer: _____

Tutor's tip: _____

sit vs. seat

(Different vowel lengths: short "i" vs. long "ea")

Say both:  sit (short, quick sound) -  seat (longer sound)

Your Answer: _____

Tutor's tip: _____

read vs. red

(Different vowel sounds: long "ea" vs. short "e")

Say both:  read (long "ee" sound) -  red (short "e" sound)

Your Answer: _____

Tutor's tip: _____

Section 6: Reading Practice: My First Day at School

How to do this:

1. First listen to your tutor read
2. Then read out loud, sentence by sentence
3. Pay attention to periods (.) and commas (,)

Today is my first day at my new school. I feel excited and nervous!  

I walk into the classroom. The teacher smiles and says, "Welcome!" 🗑️

I sit next to a new friend. "Hi, my name is Alex," I say. ↗️

"Nice to meet you, Alex!" my friend says. ↗️ 🗑️

The teacher asks us to read a book. I try my best to read the words. →

At lunch, I sit with my new friends. We talk and eat together. 🗑️

After school, I tell my family, "Today was a good day!" ↗️ 🗑️

Reading Tips:

- Pause at commas (,) ⏸️
- Stop at periods (.) ◻️
- Sound excited at exclamation points (!) 🔔
- Make your voice go up for questions (?) ↗️
- Use different voices for dialogue (" ") 🗨️

Tutor's tip: _____

Wrap-Up: What Did You Learn Today?

New Words I Learned:

- 1.
- 2.
- 3.
- 4.
- 5.

Words or Sounds to Practice Next Time:

- 1.
- 2.
- 3.
- 4.
- 5.

My Favorite Part of Today's Session:
