

# ESL Session Series

## Session 2: Daily Routines

### Hello Student!

This session will help you practice:

- Daily routines and time expressions
- Correct sentence rhythm
- Question and answer patterns
- Common pronunciation challenges
- Reading with emotion
- Writing a short paragraph

### 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

### Talking About Your Daily Routine

Example: "I wake up at 7:00 in the morning." 🕒

Try saying it like:

- "I eat breakfast at 7:30 every day."
- "I go to school at 8:15 in the morning." Your Practice: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

### Asking About Time

Example: "What time do you go to bed?" 🕒

Try saying it like:

- "What time does your class start?"
- "When do you do your homework?" Your Practice: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

## Describing Your Weekend

Example: "On weekends, I like to relax and watch movies." 🎬

Try saying it like:

- "On Saturdays, I usually go shopping with my friends."
- "During the weekend, I spend time with my family." Your Practice: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

## Making Plans

Example: "Would you like to study together after school?" 📅

Try saying it like:

- "Do you want to get coffee tomorrow afternoon?"
- "Are you free to meet this weekend?" 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

Where do you live?

Voice pattern: ☐ Rising ↗ ☐ Falling ↘ ☐ Flat →

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

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

I live in Boston.

Voice pattern: ☐ Rising ↗ ☐ Falling ↘ ☐ Flat →

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

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

Do you like coffee?

Voice pattern: ☐ Rising ↗ ☐ Falling ↘ ☐ Flat →

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

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

I love cooking!

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Falling tone with emphasis (enthusiastic statement)

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

Let me think about it...

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Flat tone (showing you're thinking)

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

restaurant

Say it like: RES-tau-rant (stress on first syllable)

Try it in a sentence: "I ate dinner at a RES-tau-rant last night."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

important

Say it like: im-POR-tant (stress on middle syllable)

Try it in a sentence: "Learning English is im-POR-tant to me."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

vacation

Say it like: va-CA-tion (stress on middle syllable)

Try it in a sentence: "I'm going on va-CA-tion next month."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

apartment

Say it like: a-PART-ment (stress on middle syllable)

Try it in a sentence: "I live in an a-PART-ment downtown."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

beautiful

Say it like: BEAU-ti-ful (stress on first syllable)

Try it in a sentence: "The park is very BEAU-ti-ful in spring."

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'm really tired today. 😞

(Express: Tired - speak slower, quieter voice)

Voice: Lower energy, slight yawn

Face: Droopy eyes, maybe rub eyes

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

Congratulations on your new job! 🎉

(Express: Enthusiastic - speak louder, energetic)

Voice: Higher pitch, excited tone

Face: Big smile, wide eyes

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

I'm not sure which way to go. 😕

(Express: Uncertain - hesitant, questioning tone)

Voice: Slightly rising at the end, pauses

Face: Furrowed brow, looking around

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

This food is delicious! 😊

(Express: Pleased - warm, appreciative tone)

Voice: Emphasis on "delicious," satisfied tone

Face: Smile, nodding head

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

Can I ask you a question? 🙋

(Express: Polite inquiry - gentle, respectful tone)

Voice: Gentle, rising at the end

Face: Attentive expression, slight head tilt

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. Make a sentence using each word
4. Circle the word you hear when your tutor tests you

think vs. sink

(Different beginning sounds: "th" vs. "s")

Say both: 🗨️ think (tongue between teeth) - 🗨️ sink (tongue behind teeth)

Make sentences:

- "I think about my family every day."
- "Please put the dishes in the sink." Your Answer: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

very vs. berry

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



Say both: 🗨️ very (lower lip touches upper teeth) - 🗨️ berry (lips pressed together)

Make sentences:

- "It is very cold today."
- "I like to eat strawberry and berry smoothies." Your Answer: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

ship vs. sheep

(Different vowel sounds: short "i" vs. long "ee")

Say both:  ship (short, relaxed sound) -  sheep (longer, tense sound)

Make sentences:

- "The ship is sailing on the ocean."
- "The sheep is eating grass in the field." Your Answer: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

walk vs. work

(Different vowel sounds: "aw" vs. "er")

Say both:  walk (rounded lips, "aw" sound) -  work (tighter lips, "er" sound)

Make sentences:

- "I walk to school every morning."
- "I have a lot of work to do today." Your Answer: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

price vs. prize

(Different ending sounds: unvoiced "s" vs. voiced "z")

Say both:  price (quiet ending) -  prize (buzzing ending)

Make sentences:


- "What is the price of that book?"
- "He won first prize in the competition." Your Answer: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

## Section 6: Reading Practice: A Busy Day

How to do this:

1. First listen to your tutor read
2. Then read out loud, sentence by sentence
3. Pay attention to punctuation and emotions

It's Monday morning and my alarm goes off at 6:30. 


I get out of bed and stretch. "Time to start the day," I think to myself. 

First, I take a quick shower and get dressed. Then I eat breakfast - usually cereal or toast. 

At 7:45, I leave home and walk to the bus stop. Sometimes I listen to music while I walk. 

"Good morning!" I say to my friends when I arrive at school.  

Classes start at 8:30. Today, we have math, history, and English. I like English class the best!  

After school, I have soccer practice. Our coach says, "Remember to drink water!" 

When I get home, I eat dinner with my family. Then I do my homework. 🗒️

"How was your day?" my mother asks. "Busy but good," I answer. 🗨️ 🗒️

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: \_\_\_\_\_

## Section 7: Writing Practice: My Daily Routine

How to do this:

1. Write 5-7 sentences about your daily routine
2. Use time expressions (in the morning, at 3:00, after dinner)
3. Try to use some new vocabulary

My Daily Routine:

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Tutor's tip: \_\_\_\_\_

## Wrap-Up: For Next Time

Words I Want to Learn:

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Things to Practice:

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