

Unit 1

Language and learning

Talk to yourself!

Student's sheet

Before you get out of bed every morning this week talk to yourself about your plans for the day.

Examples:

"I'm going to the dentist this afternoon."

"I'm taking the children to the zoo. I hope the weather's fine!"

This week talk to yourself at the end of your day about what you did.

Examples:

"I went to dentist, and I met my ex-husband there."

"I didn't take the children to the zoo, but we went to see the film *The Jungle Book*."

This week imagine you have an English-speaking visitor. Talk to him/her and tell your guest what you read in the newspaper this morning.

This week sit down for three minutes every day, close your eyes and describe to yourself what you hear. Do you like the sounds? Why? Why not? Talk to yourself.

This week talk to yourself about things you've done or things you've never done. Ask yourself questions like "Have you ever travelled to New Zealand?", "Have you ever written a blog?", "Have you ever cooked an exotic meal?" and give answers. Say why or why not.

This week talk to yourself about how often you do things, for example, how often you go to the cinema, wash your car, smoke a cigarette, meet friends at the pub, go hiking, etc.

This week talk to yourself while you make your shopping list in English.

This week talk to yourself while writing your to-do lists in English.

This week think about your next holiday and what you need to do and what you ought to do before you go.

Examples:

"I need to buy enough sunblock this time."

"I ought to buy a travel guide before I go."

This week talk to yourself about some stories – maybe children's stories – that you know, for example: *Cinderella*, *Snow White*, *Pippi Longstocking*, *The Jungle Book*.

This week talk to yourself and describe other people that you meet. Talk to yourself about what they look like, what they are wearing, what their job might be.

This week imagine you have an English-speaking visitor. Talk to yourself as you show him/her around and explain all the sights you want your visitor to see.

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Teacher's notes

Preparation:

The aim of this activity is to get students to talk to themselves so that they get plenty of speaking practice. Copy and cut up the cards. For classes with more than twelve students copy some cards twice.

In class:

Write "How often do you talk to yourself?" on the board. Elicit a few ideas, and ask your students how often they do these things in any foreign language they want to practise. Exchange ideas.

Put the cards on a table, face down. Invite students to pick one card per person and keep the card secret. Take a card yourself. Tell your students they all have a task on their card for talking to themselves. The idea now is to do the talking, and the others have to guess what the task is.

Act as an example and do the task which you find on your card. Example: Your card says "This week talk to yourself and describe other people that you meet. Talk to yourself about what they look like, what they are wearing, what their job might be", so you look around and describe a few students you see. The others have to guess what your task is. If this is too difficult, copy the worksheet and give all the students a copy to look at. Students then take their own cards, mingle and find a partner. They do their task and the partner has to find out what it is. Then they exchange cards with their partner and find a new partner. Repeat several times.

After the activity:

Hand out a copy of the student's sheet to every student. Tell your students that from now on they should choose one card and follow the instruction for every day of a full week. It is enough if they practise three minutes every day.

Extension activity:

Every time you meet encourage your students to exchange their experiences of talking to themselves.

Extension activity:

Collect students' own ideas and make more cards.