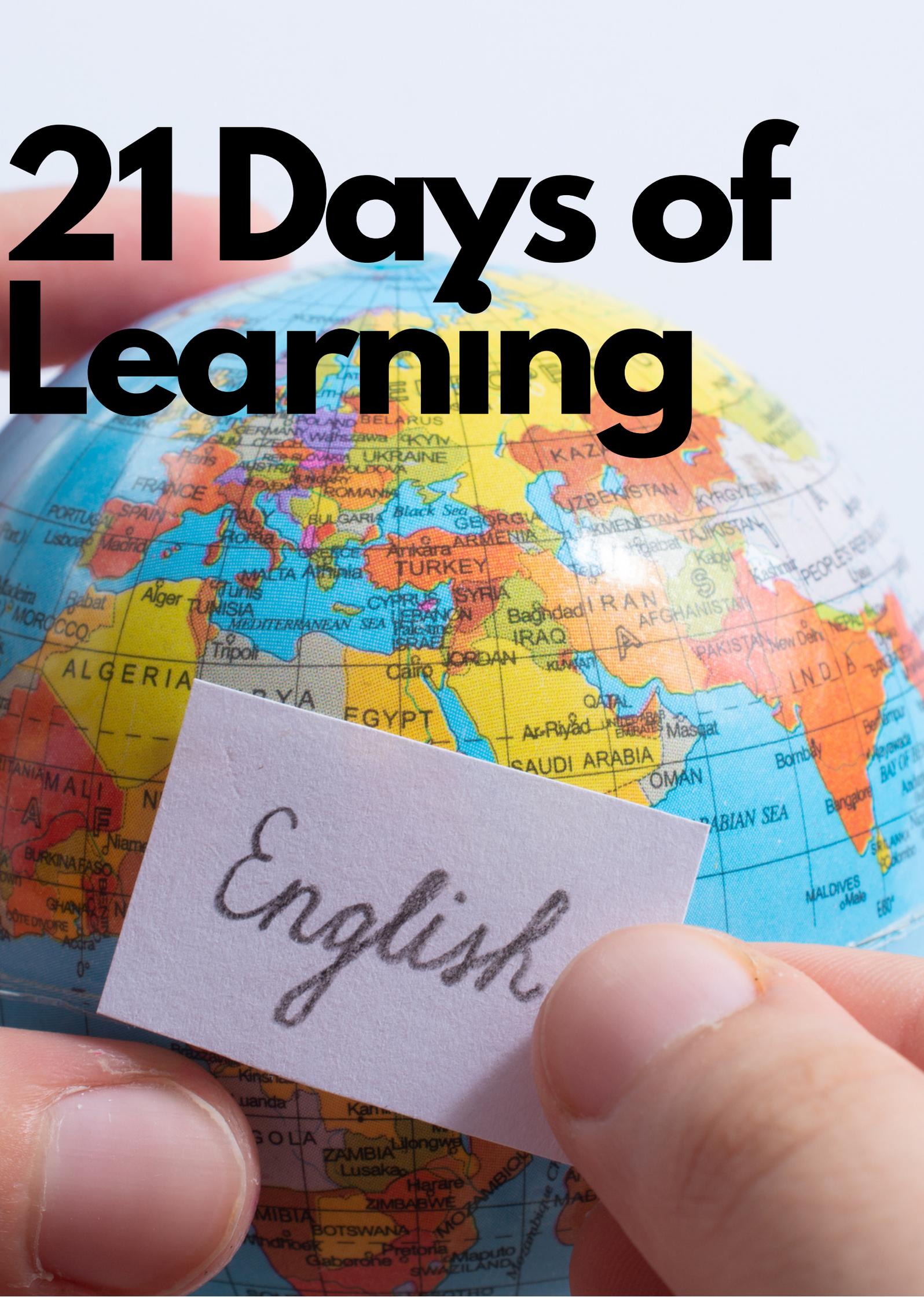


21 Days of Learning

English



21 Days of Learning English

Angela Kirwin

Who is it for?

You know some English already. Maybe you have used textbooks or apps before. You learned some grammar at school, or you might be having lessons now.

You understand the concept of English.

But... you feel nervous when you speak, or you believe your English isn't good enough when you need to use it.

This course is for you if:

- **You need to use more English for a new job, or to progress in your career**
- **You have avoided work with certain clients or customers because you believe your English isn't good enough**
- **You want to move abroad or travel**
- **You have practiced for years but still don't feel confident**
- **You can read or listen but your mind stops working when you need to speak**
- **You rely on translation apps to write emails**
- **You avoid speaking English on the phone**
- **You are bored of verb tables and grammar lessons**
- **You have 30 minutes every day for three weeks to use to improve your English**

Why try this course?

I've taught 1000s of hours of English to people from all over the world. Most people have tried to learn tables of verbs, modal verbs and prepositions. Most people are actually a lot better than they think they are at grammar.

The problem is usually with using English in an easy, relaxed and natural way.

I have noticed that the people who improve the fastest are not the people who study textbooks, but those who use English in their normal, daily life.

I created this course so you can learn how to add English to your daily routine.

I created this course to make learning more natural and fun.

I created this course so you can feel more confident using English.

What you need to do

It takes 21 days to create a habit.

You need to promise yourself that you will spend 20 minutes each day completing these activities.

Put a time on your calendar for when you will practice.

If you want to spend longer on each activity, you can. But if you only have 20 minutes, that is enough to see improvements.

Each activity will include some speaking. Do not avoid this part of the activity. It is the most important.

Use voice notes, or any voice recording app when you speak. At the end of the 3 weeks, you can listen to your voice notes and listen to how much you have improved.

The course has been designed so you can repeat it as many times as you want. You could repeat it for 1 month, 90 days, or even try and complete a whole year.

Useful Resources

Each exercise has a 'Useful Resources' document to help you with the specific task, but before we begin here is a list of the programmes and websites I find most helpful.

All resources have hyperlinks.

DeepL is my favourite online translator.

Grammarly can be installed for free and used on top of any webpage, email or document.

Natural Readers and Speechify can be installed for free and used to read out any text to you.

YouTube & TED Talks provide great video content

The BBC provides the latest news in clear, shorter articles. BBC Newsround presents the stories in simpler language.

I use Voice Notes on the iPhone, but most smartphones come with a voice recorder app.

Writing by hand, with pen and paper, is the best way to record words or phrases. Buy a new notebook, or print this one out.

Learning Objectives

How confident do you feel at the moment?

Speaking (0 - 10)

Reading (0 - 10)

Listening (0 - 10)

Writing (0 - 10)

What are your English goals?

**How confident do you hope to feel at the end of 21
Days of Learning English?**

Speaking (0 - 10)

Reading (0 - 10)

Listening (0 - 10)

Writing (0 - 10)

Day 1

Karaoke

Use the 21 Days of Learning English Playlist on Spotify and choose a song.

When the song is playing, select 'lyrics' and follow the words of the song as the musician sings.

Next, listen again and sing or say the words out loud.

Finally, record yourself saying (or singing!) the words without the song playing.

Alternative - Find your favourite song, google 'lyrics' and do the steps with any song you want

Optional Extra - Write down some of the most interesting words or phrases. Try to make sentences using these words or phrases and write them on the next page.

Expert English - Listen to Billy Joel 'We didn't start the fire'. It's impossible for me and I'm from England!

Useful Resources

21 Days of Learning English Spotify Playlist

Lyric Finder

Karaoke Notes

Song Title

Artist (Singer or Band)

1 - Word / Phrase

Sentence -

2 - Word / Phrase

Sentence -

3 - Word / Phrase

Sentence -

Day 2

Report the News

Go to BBC News, The Guardian, Al Jazeera and pick any article.

For easier news, go to the BBC Newsround website.

Translate it into your own language and read it quickly so you understand the main ideas

**Now read the English version and record yourself.
(if it is a long article, do this for only 5 minutes and stop before the end)**

Pick 3 words or phrases that you would like to start using. Check the meaning using DeepL or a translation app. Write them down, say them and make one new sentence using each word or phrase.

Alternative - Find an article about your work, hobby or even celebrity gossip.

Optional Extra - Once you have read the article, try to explain the story using your own words

Expert English - The Economist has advanced vocabulary, metaphors and phrases. You can access some articles for free.

Useful Resources

BBC News
The Guardian
Al Jazeera

BBC Newsround
The Economist

News Notes

Article Title

Which Newspaper?

1 - Word / Phrase

Sentence -

2 - Word / Phrase

Sentence -

3 - Word / Phrase

Sentence -

Day 3

Holiday Planning

Go on YouTube and type in the English name of your dream holiday destination followed by 'tourist board'.

Choose a 5-minute video to watch.

Make a note of the things you see.

Record yourself describing what you see in the video and explain why you want to visit this place.

Alternative - Search AirBnB, Lonely Planet or Time Out for your dream holiday. Record yourself describing what you learn about this place.

Optional Extra - Compare two places. Write down the differences and explain why you would prefer to go to one place more than the other.

Expert English - Use the future tense and conditional sentences to explain what you will / would do when you visit this place

Useful Resources

Maldives Tourist Video

London Tourist Video

Val d'Iserre, France

Lonely Planet

Air BnB

Time Out

Holiday Planning

Place -

What did you learn about the place?

Compare two places -

What would / will you do if / when you visit?

Day 4

Follow, Like, Subscribe

**Instagram, Facebook, LinkedIn, Twitter or TikTok...
Do you already use any social media?**

Find an English-speaking account (or group) that you are interested in and follow it. Read past posts, watch their videos and add the English language into your daily scrolling.

Look at your past posts on social media and write down what you would say if you posted them in English

Alternative - If you hate social media, find the website of someone who inspires you and read their blog or subscribe to their newsletter

Optional Extra - Leave comments in English on social media posts.

Expert English - Start posting on social media in English.

Useful Resources

Instagram -
English Learning Tips
BBC Learning English
BBC News
English Tea Class

Facebook -
Tandem Language Exchange

Twitter
The Times Radio
The Rest is Politics Podcast

TikTok
Learn English Everyday
Mike the Chameleon

Follow, Like, Subscribe

Who or what did you follow?

What do they post about?

Write your past post in English -

Day 5

Become an Art Critic

Most art galleries have virtual tours on their website.

You can visit some of the most famous art galleries in the world from your computer or phone.

Spend 10 minutes exploring an art gallery online.

Record yourself as you explain what you see. Explain your opinions about the art and if you think it is good or bad. Explain why.

Alternative - Search for a picture of your favourite work of art. Write notes about why you love it and how you would describe it to someone who has never seen it before.

Optional Extra - Download the Google Arts & Culture app and spend some more time learning about something completely new.

Expert English - Record yourself answering the question 'what is art?'

Useful Resources

Tate Modern, UK

Rijksmuseum, Netherlands

The Vatican, Italy

The Louvre, France

Google Arts and Culture

Art Notes

Where did you visit?

What did you see?

What is your opinion?

What is art?

Day 6

Listen to the experts

I often use TED talks when teaching English. They are a great way to learn something new, while listening to different accents and learning new vocabulary.

It also helps to hear how vocabulary is used in speech. TED talks are full of metaphors, phrasal verbs and a good mixture of formal and informal language.

Listen to a TED talk. Use the transcript and subtitles to help. Listen again, and again.

Try to listen to how the person uses their voice to make the presentation interesting. Speaking really fast is not how we make spoken English sound good. Pay attention to how the person pauses, slows down and takes time to make their point clearly.

Alternative - For a simpler video, try watching NewsRound and learn something new today

Optional Extra - Learn more about Discourse Markers and practice using them in your speech

Expert English - Find examples of phrasal verbs in the video. Write them down and record yourself using them in sentences.

Useful Resources

TED Talks

BBC Newsround

Why we hesitate when we speak TED Talk

How to speak so that people want to listen TED Talk

Ten ways to have better conversations TED Talk

Discourse Markers

Expert Notes

Talk Title

Notes

Day 7

Do your own TED talk

Now you have watched an expert speak, it's time to practice your presentation skills. Choose your expert subject or something you are passionate about and prepare a presentation.

**Spend 15 minutes planning what you will talk about. Remember to make the presentation interesting: how will you start to make the audience listen?
Can you mix some formal and informal sentences?
What information do you want to share?**

Voice record your presentation.

Alternative - Imagine you are training a new colleague and need to do a presentation for them about the company.

Optional Extra - Imagine there is time for questions at the end of your presentation. What do you think people would ask you? Write down these questions and practice your answers

Expert English - Video record yourself doing your presentation. Watch it and think about your tone of voice and body language. Write down some notes about how you will improve next time.

Useful Resources

TED Talks

BBC Newsround

Why we hesitate when we speak TED Talk

How to speak so that people want to listen TED Talk

Ten ways to have better conversations TED Talk

Discourse Markers

My TED Talk

Talk Title -

Notes

Question and Answer Notes

Day 8

Master Chef

This is another activity to help you add English into your normal day.

Everyone needs to eat. So today, you are going to find and follow an English recipe.

Even if you already know how to make the meal, find the recipe in English and learn the vocabulary to smash, mash, crush, boil, glaze, dice, slice and chop.

Alternative - Write out the recipe for one of your favourite meals in English

Optional Extra - Watch a cookery programme

Expert English - Voice record yourself describing the best meal you have ever eaten. If someone else made the meal, try to guess how they made it. Remember to use past tenses.

Useful Resources

BBC Food

Deliciously Ella

All Recipes

Masterchef Notes

Recipe Title-

Ingredients -

Recipe -

Day 9

Netflix

Watch one 20 minute episode of any programme in English. You can use subtitles, in your own language or in English if this helps.
(You can choose any streaming service)

Alternative - For an easier alternative, add English subtitles to an episode in your own language. Read the subtitles as you listen.

Optional Extra - Watch a film in English

Expert English - Watch without any subtitles, then voice record yourself explaining what happened.

Netflix Notes

Programme Title -

Episode Name -

Notes -

Day 10

Get Motivated

This activity is designed to make you feel more relaxed and confident in general. Learning English is just a nice, added extra.

Also, this exercise can help remind you why you are working to improve your English. Sometimes, it can feel like you are not improving, or it is too difficult. Listening to a motivational speaker or guided meditation can remind you of your 'why'.

Select one of the videos or audios from the 'Useful Resources' section. Sit quietly and listen for 10 minutes.

Spend 10 minutes writing down 'why' you want to improve your english

Alternative - Think about your biggest successes in life. What have been your greatest achievements. Write some notes. Then voice record yourself describing what you did to achieve these results.

Optional Extra - You can do both tasks if you have time today.

Useful Resources

Molly's Mornings - Daily 10 Minute Meditation

Matthew McConaughey (Difficult Accent!)

Get Comfortable Being Uncomfortable

Motivation Notes

Why do you want to improve your English?

What are your biggest successes / achievements?

Day 11

Work Out

Today's activity requires a bit of movement, but you can choose the right level for you, no matter what your level of fitness.

If you already exercise frequently, this is another great way to add English into your normal life.

Choose one of the videos from the 'Useful Resources' section, or search for your own workout video on YouTube.

I have included different levels of difficult. The easiest is the 'chair cardio' workouts I did when I broke my leg. None of the videos need any special equipment.

Alternative – Find your own short exercise video

Optional Extra – Write out any fitness goals you have and how you will try to achieve these.

Expert English – Read an article about fitness. I've included some website suggestions in the useful resources.

Useful Resources

10 Minute Chair Cardio

20 Minute Full Body Workout

Morning Routine - Stretching and Meditation

Work Out Notes

What exercise did you do?

New Vocabulary and Notes -

Day 12

Tell a Joke

Learning how to tell funny stories and jokes in English shows you have really mastered the language. Practicing this will really build your confidence for both casual conversations and for work and business.

Watch one of the videos suggested in the 'Useful Resources' or find your own funny stand-up, TV series, or film.

Pay attention to how the person speaks: tone of voice, speed, pauses, body language and volume.

Now, think about a funny story or joke in your own language. Then try to do it in English. Is it still funny when translated? Do you need to change anything to make this story or joke funny in English?

Voice record yourself telling the joke.

Alternative - Watch one of the videos and make notes about why this person is funny

Optional Extra - Write your story or joke in a way that would be suitable to tell friends, then rewrite and record how you would tell this joke to your boss, or clients at work.

Useful Resources

Stewart Lee (Dry, British humour)

Maz Jobrani (Lots of accents)

Michael McIntyre (Family Friendly)

Peter Kay (Northern Accent)

Joke Notes

Video Notes -

Your Joke Notes -

Day 13

Email a Company

Today you are going to communicate with an actual, real English speaker. This exercise is a great way of practicing how to write emails. Hopefully, you will get a reply and this will show you how English-speaking people structure their emails.

Choose a company to email. Maybe the Tourist Office for the holiday destination. Or, you could write a message to your favourite author, actor or motivational speaker to tell them why you like their work so much. How about writing to the chef whose recipe you followed and tell them what you liked about the meal? You can even email me.

Once you have written the email, you can use the excellent, and free, programmes Grammarly or DeepL to check for any mistakes.

And then hit send.

That's it for today. Just one email. If you get a reply, great! Keep that conversation going!

Useful Resources

**The Maldives Tourist Board -
info@visitmaldives.com**

**Cornwall Tourist Board -
visitcornwall@truro.gov.uk**

**The Tate Art Galleries, London -
Information@tate.org.uk**

Email Notes

Recipient -

Email -

Day 14

Job Search

Today, you are going to learn some of the vocabulary about your own job and learn how to describe what you do for work.

To complete this task, use one of the many English Job Search websites in the 'Useful Resources' section to search for adverts for your job role.

Read the job description and key skills needed to do this job. Make notes and practice saying these sentences out loud. Think about which words or phrases you would use to describe your own job.

Alternative - Search for the job you wanted to do when you were a child. I always wanted to be a firefighter!

Optional Extra - If you have extra time, write down any extra skills you need to do your job.

Expert English - Search for your dream job, or a job you would like to do in the future. Read through the job description and make notes about examples you have to show are capable of doing this job.

Useful Resources

Reed Job Site

Monster Jobs

Indeed Jobs

Job Notes

Job Title -

Job Description -

Skills -

Examples -

Day 15

CV Rewrite

After yesterday's task, you should have an understanding of how to describe your job in English.

Spend 20 minutes today to update your CV or create start to create an English version if you don't have one already.

Remember to try to write the CV to show you already have the skills for your dream job.

Alternative - Write down your strengths and weaknesses. try to think of examples of times you have demonstrated your strengths.

Optional Extra - sign up for alerts or notifications from the job search site, so you receive emails in English when similar jobs are advertised. This will expand your vocabulary further and get you thinking about the different words we use to describe job roles and responsibilities.

Expert English - Look at the list of basic interview questions in the notes. Practice answering these questions out loud. Voice record yourself as you do so.

CV Notes

Notes -

Day 16

Describe a process

Today you are going to create your own step-by-step guide.

First you need to decide what process you would like to describe. This could be as simple as how you make a cup of coffee, to as complicated as how to complete a complex process at work.

Explain all the steps in the process so a complete beginner could understand.

Alternative - Read one of the step by step processes in the 'Useful Resources' and make a note of the vocabulary used (First/Next/Then/Finally)

Optional Extra - Try to learn a new skill by following a step by step guide. There are some good websites in the 'Useful Resources' section.

Expert English - Think about a process that you know very little about. How does NASA choose astronauts? Or, how does your city decide where all the parks will go? Now try to describe this process using conditional sentences, guess and supposition.

Useful Resources

Wiki How

**How To Make the
Most of Your Tech**

How to Meditate

**How to Prepare for
IELTS**

Step by Step Guide

Notes

What step by step process will you describe?

Step 1 -

Step 2 -

Step 3 -

Step 4 -

Step 5 -

Day 17

Join a Group

It's time to start putting your skills into practice. There are lots of free resources on the internet from Facebook Groups, to Online Language Exchanges, to forums about your hobbies and interests.

You do not need to join a specific English Learning group (although there are lots of those), but you do need to find a group where English is used as the main language.

I have recently joined a Facebook Group about 'How to train your puppy' and I also join free online language groups on MeetUp.com to practice my Italian.

We have recently created The English Tea Class on Facebook, a private group for everyone who is taking part in this course.

Join, introduce yourself, and start posting in English.

Useful Resources

**Meet Up - Online and
Face to Face Groups**

**Discord - Groups for
Different Hobbies and
Interests**

Facebook Groups

Join a Group Notes

What group did you join?

Why did you join this group?

How did you introduce yourself?

Notes -

Day 18

Podcast

This is another great way of getting English into your daily routine.

Want to stay up to date with the news? Listen to the BBC World Service?

Want to learn more about politics? The Rest is Politics is a brilliant podcast.

For entertaining short stories, The Truth podcast is great, and if you want to train your mental muscles, The Savvy Psychologist is short but brilliant.

But really, you can listen to anything you want - sport, true crime, celebrity gossip. Whatever it is, just make sure you choose a programme in English.

Listen to 20 minutes of a podcast today while you clean, cook, drive or travel to work. This is an easy way to add English to your life.

Optional Extra - Make notes about what you learned. Write down some words or phrases and practice putting them into your own sentences. Voice record yourself using these words or phrases.

Useful Resources

Business Daily

**Feel Better, Live More -
Longer podcasts about
health and wellbeing**

Football Podcast

BBC World Service

The Rest is Politics

The Savvy Psychologist

The Truth - Short Stories

Podcast Notes

Who or what did you listen to?

What was it about?

Words / Phrases -

Sentences -

Day 19

Take a Personality Test

This one might seem a bit silly, but I recently completed the Red Bull Wingfinders test with a student and it was a great way for them to think about their career, as well as practice English.

The test takes around 30 minutes and helps identify your strengths and weaknesses. It is very useful if you're thinking about your career, interviews or how you can improve in your job.

The first section is based on pictures and quick questions about you personality.

The second section is a word association game that is brilliant for your English practice.

Section three is a timed exercise to see if you can recognise patterns in shapes and numbers.

Section four is a hypothetical situation where you are the manager of a ski team. You will be asked questions with no right or wrong answer.

At the end of the test, you receive feedback on how to build on your strengths and develop your weaknesses.

Useful Resources

The Wingfinder page may open in your own language. You will be able to select the English version on the next page.

Red Bull Wingfinder

Personality Test Notes

Main Strengths -

Main Weaknesses -

What did you learn?

Day 20

Review, Revise and Record

You are nearly at the end of the 21 Days of Learning English. Now is a great time to review the exercises you have completed already.

Go through the new vocabulary you have learned and practice it again.

Listen back to the voice notes you have made. Are there any that you think you could improve? Try recording them again.

Write down which parts of English you feel more confident with, and which areas you would like to improve.

Are there any exercises you would like to repeat? Do that today.

Are there any exercises you want to keep doing every day?

Today's activity is all about looking back at how much you have achieved and planning what you want to focus on in the future.

Review Notes

Vocabulary Review

Voice Notes Review -

I feel more confident

I want to continue working on

The exercises I would like to repeat in my daily life are ...

Day 21

Book an English Lesson

If you already have an English tutor, great! Book a class with them for next week.

If you don't, there are plenty of places where you can find a tutor easily and with no pressure to book a course of classes.

The main websites are Preply and ITalki, but DuoLingo now offer classes and Cambly and Verbling are great too.

Write to the tutor before the class (in English) and explain to them what you would like to focus on. A good tutor can design classes that are made just for you, at your level.

After the class, review what you have learned and Voice Record yourself using the new vocabulary and phrases.

It might take a couple of tries to find someone you are comfortable with, but don't give up. The students I work with who see the most improvements are the ones who do as much as possible in English. This includes practice conversations with an English speaker!

Useful Resources

Cambly

Duolingo

ITalki

Preply

Verbling

English Class Notes

Date and Time of Class -

Tutor's Name -

What did you learn?

Completion Checklist

- 1. Karaoke**
- 2. Report the News**
- 3. Holiday Planning**
- 4. Follow, Like, Subscribe**
- 5. Become an Art Critic**
- 6. Listen to the Experts**
- 7. Do your own TED Talk**
- 8. Master Chef**
- 9. Netflix**
- 10. Get Motivated**
- 11. Work Out**
- 12. Tell a Joke**
- 13. Email a Company**
- 14. Job Search**
- 15. CV Rewrite**
- 16. Describe a Process**
- 17. Join a Group**
- 18. Podcast**
- 19. Take a Personality Test**
- 20. Review, Revise, Record**
- 21. Book an English Lesson**

**Congratulations! You have completed
21 Days of Learning English.**

**Remember, you can repeat any of the
exercises again and again.**



English