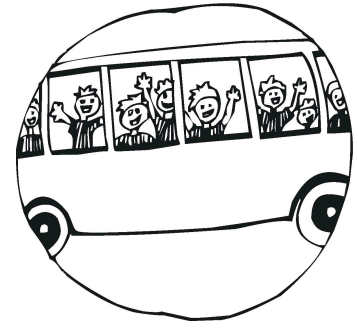


Talk to yourself in English.



Most students spend time on trains or busses everyday.
Here are some easy ways to practice English. Use these ideas.
Talk to yourself *silently* in English.

Meeting people. Look at people in the bus/train or on the street. If you were meeting them, what would you ask? What would you say about yourself? ("Hi, I'm (name). I'm a student at (school's name)/ What do you do? ...").

Fashion. Look at people in the bus/train or on the street. In your mind, describe their clothing. ("He's wearing a blue t-shirt, and jeans. She has a red, striped dress and a silver belt. ...")

Health and happiness. On the bus/train on the way home, think about your life. How many good things can you think of? ("The weather is nice today. My family loves me. I ate chocolate today. It was delicious.")

Giving directions. Imagine the bus is a taxi. In your mind, you are giving the taxi driver directions in English ("Turn right at the next corner. See that signal? Turn left there.").

Describing things. Look around the train/bus or outside. How could you describe the things you see? ("That bag is made of cloth. She uses it to carry books. That car is made of metal and plastic. It is very small. Someone used it to go places. ...")

The future. Think about next weekend (or your next school vacation.)What do you want to do? Use as many verbs as you can. ("I'm going to meet my friends Sunday? Maybe we'll go shopping.").

• Think about your life in 5, 10, 20 years into the future. What is your dream in English? What little things can you do TODAY to help make that dream come true. (Someday, I'll travel around the world. Having good English will help me. Today I am practicing by thinking of English sentences right now!...").

Past events On the bus/train on the way home, think about every thing you did today. How many different verbs can you use? ("I ate toast and drank coffee for breakfast. I took a shower and washed my hair...."). (You can do this about your last vacation, too.)

Present activities. How many things are you doing right now? Use as many verbs as you can. ("I'm sitting down. I'm looking out the window. I'm breathing.).

Animals and nature Think of some animals you know (real or not). How can you describe them? ("My dog is really cute. But she isn't very smart. Doraemon is clever.).

Abilities. Look at people in the train/bus or on the street. Or look out the window at businesses. What jobs do you imagine the people do? What abilities do they need? ("She's beautiful. She could be a model. A model has to be able to look good all the time. She looks like a business woman. Maybe she can do math well. ...").

Likes and dislikes Look out the window. What do you see that you like? What don't you like? ("That couple is holding hands. I like the feeling of love. Some guy is smoking. I dislike cigarette smoke. ...")

Following the rules. Look out the window. What kinds of signs do you see? How would you explain the meaning in English? ("That sign means you cannot turn left. There's a sale at that store. You can save money. That's signal is green. We can go.). (Culture note: In English, we say the "go" color on a traffic signal is "green".)

Stories Look at the people on the train/bus. Find someone who looks interesting. Make up a story about the person. ("He is really beautiful. Maybe he has lots of girlfriends. One day, he went to a fancy restaurant with one of his girlfriends. But the waitress was another girlfriend! ...")