

A B1 INTERMEDIATE LESSON

# How *YOU* learn.

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SPEAKING & PERSONAL LANGUAGE

*90 minutes · Day 1, Lesson 2*

- Reflect on a language you've learned
- Notice what works for YOU
- Plan your next month of English

LESSON PACK · 12 slides · An original lesson

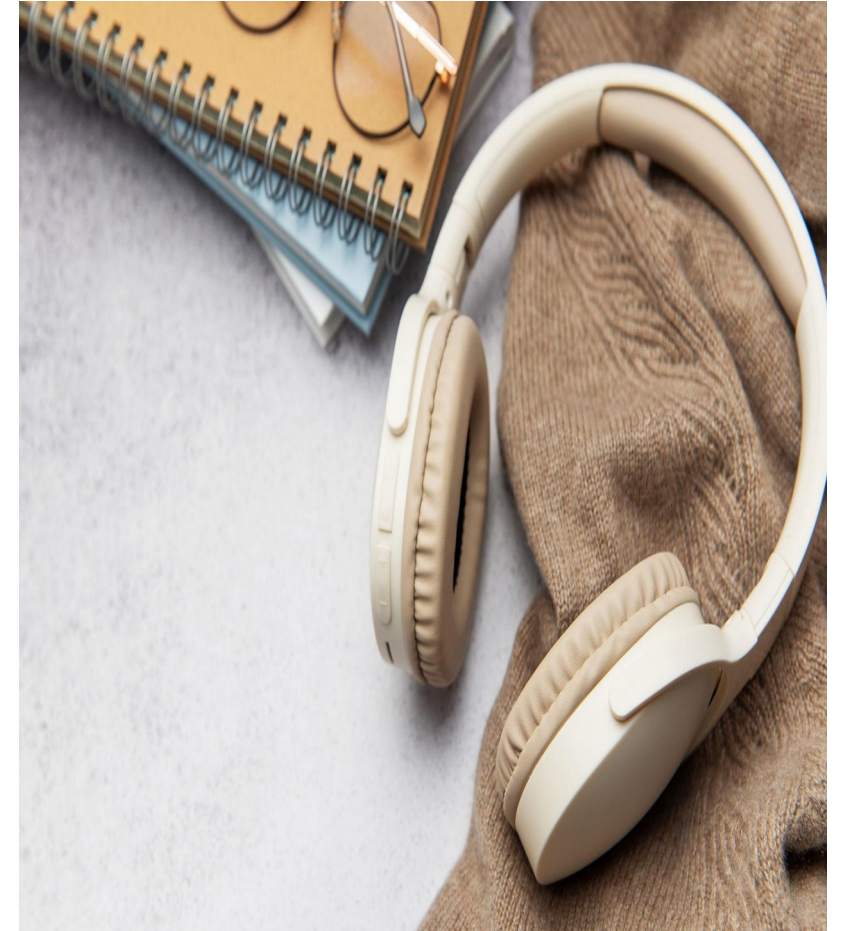


# How do YOU learn a language?

Rank these from most helpful (1) to least helpful (5) for you.

- ? Watching films and TV in the language
- ? Talking to people who speak it
- ? Using apps (like Duolingo, Babbel)
- ? Travelling to a country that speaks it
- ? Lessons with a teacher

*Then tell your partner. What's your number 1? Why?*



# Have you ever learned another language?

Think about a language you (or someone you know) tried to learn, could even be English.



## TALK WITH YOUR PARTNER

- 1 Which language? When did you start? Why?
- 2 What was the hardest part? What was easier than you thought?
- 3 What helped you the most?
- 4 What kept you going, or made you stop?

"I started learning... because..." · "The hardest thing was..." · "What helped me was..."

# What surprised you about your partner?

*Tell the class one thing they said that you didn't expect.*

## WHAT TO DO

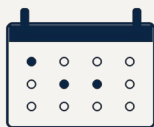
1. Choose ONE thing your partner said.
2. Tell the class, but don't say their name.
3. Did anyone in the room have something in common?
4. Was there a strategy you'd like to try yourself?

## USEFUL LANGUAGE

- *I was surprised that my partner started learning...*
- *Something I didn't expect was...*
- *The most interesting thing they said was...*
- *We had something in common, we both...*
- *I'd like to try [their strategy] because...*

# What actually works?

Three things research tells us. Tick what you do, star one to add to your plan.



## Little and often.

Your brain remembers more when you practise often, even just a few minutes.

*15 minutes every day > 2 hours on Sunday.*



## Find things you almost understand.

Read or listen to material that's a bit hard, but not too hard. That's where new words stick.

*A children's book. A podcast for learners.  
English subtitles.*



## Speak, even when you're not sure.

Mistakes are part of it. Silent practice doesn't build speaking. Your mouth has to do the work.

*With a classmate. With your teacher. Out loud,  
alone.*

✓ Tick the ones you already do. ★ Star ONE to add to your plan.

# First conditional.

*First conditional for real possibilities in the future.*

## FORM

**If + present simple** , **will + base verb**

*Some examples about learning:*

*If I watch films in English, I'll improve my listening.*

*If I'm afraid of mistakes, I won't speak.*

*I'll learn faster if I practise every day.*

# Make it true for YOU.

Complete each sentence with your own ideas, then share with your partner.

1. If I \_\_\_\_\_ every day, I'll \_\_\_\_\_.

2. I'll \_\_\_\_\_ if I \_\_\_\_\_ more.

3. If I don't \_\_\_\_\_, I won't \_\_\_\_\_.

4. My English will improve if I \_\_\_\_\_.

## WORDS YOU CAN USE

### ACTIONS

practise • read • watch  
listen to • speak • write  
travel • study • try

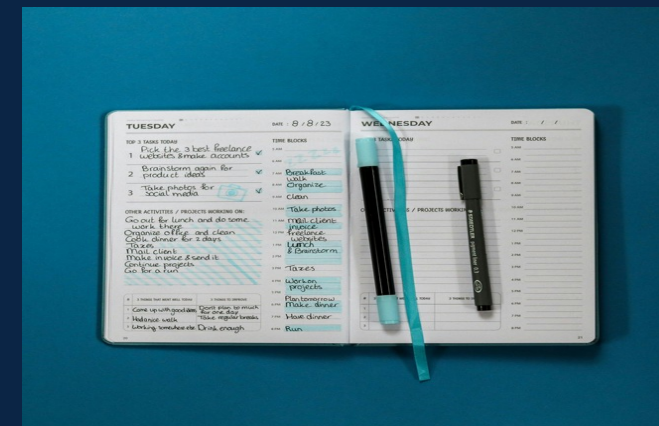
### RESULTS

improve • get better  
understand • remember  
feel confident • forget

***Be specific. Be honest.***

# Your English plan for this month.

Real plans only. Write them down. Tell your partner.



## YOUR TASK

### Write 5 plans for your English this month.

For each one, use the first conditional to say what will happen if you do it. Be specific about WHEN and WHERE.

**"If I [action] [when/where], I'll [result]."**

## EXAMPLES

- If I watch one Netflix episode in English every evening, I'll improve my listening.
- If I write one diary entry a week, I'll get more confident at writing.

## USEFUL LANGUAGE

### WHEN

every day • every morning  
before bed • on the bus  
at the weekend

### HOW LONG

for 10 minutes • for 30 minutes  
for an hour

### ACTIONS

read • watch • listen to  
talk to • write • practise

# Make a promise.

Tell your partner your plan. Choose one of theirs to check on next week.

1

## Tell

Tell your partner your top 3 plans. Don't read them. Say them naturally.

2

## Listen

Listen to theirs. Ask one question. "How will you do that?" or "When exactly?"

3

## Promise

Choose ONE plan from your partner's list. Promise to ask them next week if they did it.

***"I promise I'll [their plan]. Ask me next week!"***

# Three takeaways.

*What stays with you from this lesson?*

## 01

**You know how YOU learn.**

*Different things work for different people. Use what works, and stop doing what doesn't.*

## 02

**First conditional is your tool.**

*"If I do X, I'll get Y." Use it for plans, predictions, and promises about the future.*

## 03

**Plans only matter if you do them.**

*Tell someone. Make it real. Promise. Then come back next week and tell them what happened.*

# Three questions for your partner.

Two minutes each direction. Then write one sentence each.

## WHAT?

*What's one thing about your learning you didn't know before today?*

## SO WHAT?

*Why does it matter for your English?*

## NOW WHAT?

*If you keep your promise this week, what will be different next Monday?*

**Take your plan with  
you.**

*Come back to it every week.*