AE

AI English Teacher

SPEAKING PRACTICE

Speak with Confidence
A 7-Day Practice Plan

A little speaking practice, every day.
Your words. Your pace. Your next step.

7 daily sessions + prompts + model answers

Beginner self-study | Read, practise and review

Original lessons and exercises. First edition, October 2026.

Use a notebook or print the practice pages.

YOUR SEVEN-DAY ROUTINE

Practice before perfection

This is a speaking-practice workbook, not a promise of fluency in seven days. The goal is to make it easier to begin, organise a short answer and try again.

Set aside about 10 minutes

2 minutes: Read the model answer and useful phrases.

3 minutes: Plan your own answer using the prompts.

3 minutes: Speak aloud twice. You can practise alone or with a partner.

2 minutes: Note one thing you did well and one thing to improve.

Make practice comfortable

Use real or imaginary details. You do not need to share private information. Recording is optional; if you record yourself, keep the recording somewhere you control.

Focus on being understood

Speak at a comfortable pace. Pause between ideas. If you forget a word, describe it another way or start the sentence again. This PDF includes no audio or automatic pronunciation scoring.

My reason for practising English:

DAY 01 / ABOUT 10 MINUTES

Introduce yourself

Say who you are and share two details.

Useful phrases: My name is ... | I live in ... | I enjoy ...

Read the example

Hi, my name is Lina. I live in a small town. I work in a shop, and I enjoy cooking. I am learning English to speak with more people.

Plan your own answer

1. What name would you like to use?

2. Where do you live? You can use an imaginary place.

3. What do you enjoy doing?

Say it aloud

Speak for about 20-30 seconds. Then repeat without reading every word.

Spot one mistake

Correct this sentence: *I am live in a city.*

Quick reflection: Was my message clear? What will I try differently next time?

DAY 02 / ABOUT 10 MINUTES

Describe your routine

Put everyday activities in a clear order.

Useful phrases: I usually ... | Then I ... | In the evening, I ...

Read the example

I usually get up at seven. First, I have breakfast. Then I go to work. In the evening, I cook dinner and read for a while.

Plan your own answer

1. What do you do first in the morning?

2. What happens next?

3. What do you do in the evening?

Say it aloud

Use first, then and in the evening to connect your ideas.

Spot one mistake

Correct this sentence: *I goes to work at eight.*

Quick reflection: Was my message clear? What will I try differently next time?

DAY 03 / ABOUT 10 MINUTES

Talk about something you like

Give an opinion and one simple reason.

Useful phrases: I like ... because ... | My favourite ... is ... | I also enjoy ...

Read the example

I like walking because it helps me relax. My favourite place is the park near my home. I also enjoy listening to music while I cook.

Plan your own answer

1. What activity do you like?

2. Why do you like it?

3. Where or when do you do it?

Say it aloud

Answer with more than one word. Add a reason with because.

Spot one mistake

Correct this sentence: *I like watch films.*

Quick reflection: Was my message clear? What will I try differently next time?

DAY 04 / ABOUT 10 MINUTES

Ask for what you need

Make a polite request and respond to a question.

Useful phrases: Could I have ... , please? | Could you help me with ... ? | Thank you. That is helpful.

Read the example

A: Could I have a glass of water, please? B: Of course. Would you like ice? A: No, thank you. B: Here you are.

Plan your own answer

1. Ask for something in a cafe.
2. Ask for help with a word.
3. Say thank you after someone helps you.

Say it aloud

Play both roles. Ask one follow-up question, then answer it.

Spot one mistake

Correct this sentence: *Could you helps me?*

Quick reflection: Was my message clear? What will I try differently next time?

DAY 05 / ABOUT 10 MINUTES

Tell a short story about yesterday

Describe two finished events in order.

Useful phrases: Yesterday, I ... | After that, I ... | It was ...

Read the example

Yesterday, I visited my cousin. We cooked lunch together. After that, we walked to a nearby shop. It was a quiet, enjoyable afternoon.

Plan your own answer

1. Where did you go, or what did you do?

2. What happened after that?

3. How was the experience?

Say it aloud

Tell the story once. Check one past verb, then tell it again.

Spot one mistake

Correct this sentence: *Yesterday, I go to the market.*

Quick reflection: Was my message clear? What will I try differently next time?

DAY 06 / ABOUT 10 MINUTES

Describe a plan

Explain an intention and invite someone.

Useful phrases: I am going to ... | On Saturday, I ... | Would you like to join me?

Read the example

I am going to visit the library on Saturday. I want to find a new book. After that, I am going to have lunch at home. Would you like to join me?

Plan your own answer

1. What are you going to do?
2. When are you going to do it?
3. What invitation could you add?

Say it aloud

Say two planned activities. Pause between them rather than rushing.

Spot one mistake

Correct this sentence: *I going to study tonight.*

Quick reflection: Was my message clear? What will I try differently next time?

DAY 07 / ABOUT 10 MINUTES

Keep a conversation going

Ask a question, listen and follow up.

Useful phrases: What do you like about ... ? | That sounds interesting. | Could you tell me more?

Read the example

A: What do you do in your free time? B: I grow vegetables. A: That sounds interesting. What do you grow? B: Tomatoes and beans. A: What do you like about gardening?

Plan your own answer

1. Ask an opening question about a hobby.

2. Write one possible reply.

3. Ask a follow-up question based on that reply.

Say it aloud

Practise a four-turn exchange. A useful follow-up connects to what the other person says.

Spot one mistake

Correct this sentence: *What you do in your free time?*

Quick reflection: Was my message clear? What will I try differently next time?

REVIEW AND ANSWERS

Notice what has changed

Return to Day 1 and introduce yourself again. Compare the experience with your first attempt: was it easier to begin, connect ideas or remember a useful phrase? This is personal reflection, not a formal test.

Spot one mistake: sample corrections

Day 1: I live in a city.
Use live for where you have your home; do not add am before it.

Day 2: I go to work at eight.
With I, use the base verb go.

Day 3: I like watching films. / I like to watch films.
After like, both watching and to watch can work here.

Day 4: Could you help me?
After could, use the base verb help.

Day 5: Yesterday, I went to the market.
Went is the past form of go.

Day 6: I am going to study tonight.
Use am/is/are before going to when describing a plan.

Day 7: What do you do in your free time?
Use do before you in this present-simple question.

Keep going

Repeat the week with new topics. Change the place, hobby, story or plan. Choose one small goal for your next seven days.