

Self-Guided ESL Lesson

For Adults with Intermediate English Skills

Lesson Topic: Everyday Conversations

Lesson Objectives

- Improve spoken fluency in daily life situations
- Expand vocabulary related to everyday activities
- Practice listening and comprehension skills
- Build confidence in asking and answering questions

Section 1: Warm-Up

Begin by answering these questions in writing or by speaking aloud:

1. What did you do yesterday?
2. Describe your morning routine.
3. What is one thing you enjoy doing in your free time?

Section 2: Vocabulary Builder

Review and practice these common words and phrases used in daily conversations:

- Appointment – a planned meeting
- Groceries – food and other items from the store
- Errands – short trips to do tasks
- Catch up – talk to someone to learn their news
- Make sure – check or confirm something
- Run late – be delayed or behind schedule

Write a sentence for each word to show you understand its meaning.

Section 3: Listening Practice

Watch or listen to a short video or audio clip about someone's daily life. You can search for "A Day in My Life" videos on YouTube or podcasts about daily routines.

1. Write down 5 activities the person does.
2. Write two questions you would ask the person about their day.

Section 4: Conversation Practice

Imagine you are speaking with a friend about your week. Choose one of the prompts and write a short conversation (at least 6 lines):

- Talking about a recent appointment (doctor, dentist, bank, etc.)
- Discussing plans for the weekend
- Explaining a problem you had and how you solved it

Try to use the new vocabulary from Section 2 in your conversation.

Section 5: Grammar Focus – Asking Questions

Review how to form questions in English. Fill in the blanks with the correct word:

1. _____ are you going to the store? (When/Where/Why)
2. _____ did you meet at the party? (Who/What/Which)
3. _____ do you do every morning? (What/When/How)

Check your answers: 1. When, 2. Who, 3. What

Section 6: Writing Practice

Write a short paragraph (5-7 sentences) about a typical day in your life. Include details about your routine, any challenges you face, and what you enjoy most.

Section 7: Self-Assessment

After completing the lesson, reflect on your progress:

- Which section was easiest for you?
- Which section was most difficult?
- What new words or phrases did you learn?
- How can you use these skills in your daily life?