



WEEK 1

Introducing Yourself

Practice a little each day and become more confident speaking Italian!

S	S – STUDY Lesson Day	Learn the new vocabulary and grammar. Practice the questions and answers.	☐
P	P – PRACTICE Practice Day	Record yourself answering the questions. Speak for 30 seconds.	☐
E	E – ENGAGE Engage Day	Write 5 sentences about yourself. Read them aloud 3 times.	☐
A	A – APPLY Apply Day	Ask the questions to another person. Report back what you learned.	☐
K	K – KEEP LEARNING Vocab Day	Learn the extra vocabulary. Create 5 new sentences.	☐
CH	CH – CHALLENGE Challenge Day	Speak for 1 minute about yourself. Try not to stop!	☐
R	R – REVIEW Review Day	Answer all the questions without looking. Are you ready for Week 2?	☐

VERBS

- essere (to be)
- chiamarsi (to be called)
- abitare (to live)
- parlare (to speak)
- avere (to have)
- studiare (to study)
- lavorare (to work)
- vivere (to live)

NOUNS

- il nome (name)
- il cognome (surname)
- la città (city)
- il paese (country)
- la lingua (language)
- il lavoro (job)
- la famiglia (family)
- l'amico (friend)

ADJECTIVES

- italiano (Italian)
- americano (American)
- inglese (English)
- simpatico (friendly)
- felice (happy)
- occupato (busy)
- giovane (young)
- pensionato (retired)

MY GOAL THIS WEEK:
Speak for 60 seconds about myself in Italian!

PROGRESS TRACKER
I completed all 7 steps!

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