

# English *in* Action

Speaking Practice Handbook:  
A HOLISTIC APPROACH TO ENGLISH COMMUNICATION SKILLS

*Student's Book*



*Speaking* CORNER

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# unit 01

## WHO AM I?

- describe your personality and interests
- talk about your strengths and goals
- speak about your hobbies and passions
- describe your relationships with others
- use natural everyday expressions to talk about yourself

### UNIT GOALS

## Warm Up

Work in pairs.

### NAME THREE...

1. personality traits: .....
2. qualities of a good friend: .....
3. hobbies or interests: .....
4. things you're good at: .....
5. activities you dislike doing: .....



### DISCUSS

1. How would you describe yourself in three words?
2. What do you enjoy doing in your free time?
3. What are you really good at?
4. What kind of people do you admire? Why?
5. Do you like trying new things? Why / Why not?
6. What is one goal you would like to achieve this year?
7. Do you prefer spending time alone or with other people? Why?
8. What makes someone a good friend?



## Let's talk!

Describe the pictures.



PHOTO A



PHOTO B

## USEFUL language

- The picture shows/ presents
- In the foreground
- In the background
- On the left/ right
- In the middle
- There is/ are
- In my opinion
- She looks (happy/ sad)
- They look like (siblings/ friends)

chat with friends · laugh together · use their phones · scroll through social media · hang out  
enjoy each other's company · be in a good mood · take a selfie

### VOCABULARY BANK



## Personality & Relationships

- |                             |       |                                                                                                  |
|-----------------------------|-------|--------------------------------------------------------------------------------------------------|
| 1. people pleaser           | _____ | She never says "no" because she wants everyone to like her. She's a real <b>people pleaser</b> . |
| 2. attention seeker         | _____ | He loves being the centre of attention. He's such an <b>attention seeker</b> .                   |
| 3. people person            | _____ | She loves meeting new people and making friends. She's definitely a <b>people person</b> .       |
| 4. come across as           | _____ | At first, he <b>came across as</b> shy, but he's actually very funny.                            |
| 5. fit in                   | _____ | It was hard to <b>fit in</b> when I started at a new school, but now I have lots of friends.     |
| 6. stand out from the crowd | _____ | With her colourful clothes and pink hair, she really <b>stands out from the crowd</b> .          |
| 7. get on well with         | _____ | I <b>get on well with</b> my classmates because we have a lot in common.                         |
| 8. look up to               | _____ | I really <b>look up to</b> my older sister because she always helps other people.                |
| 9. overthink everything     | _____ | Stop <b>overthinking everything</b> ! It's just a maths test, not the end of the world.          |
| 10. be the main character   | _____ | He always acts like everyone is watching him. He thinks he's <b>the main character</b> .         |

- A. To admire and respect someone.
- B. A person who loves meeting and talking to other people.
- C. To think too much about a problem or situation.
- D. To be accepted by a group and feel like you belong.
- E. Someone who always wants other people to like them.
- F. To seem a certain way to other people when they first meet you.
- G. Someone who always wants to be the centre of attention.
- H. To be different from everyone else in a noticeable way.
- I. To have a friendly relationship with someone.
- J. Someone who acts like everything is about them.



## COMPLETE & DISCUSS fit in · look up to · get on well with · people person · overthink everything

- Do you usually \_\_\_\_\_ everyone in your class?
- Is it important to \_\_\_\_\_ at school?
- Are you a \_\_\_\_\_ or do you prefer spending time alone?
- Do you sometimes \_\_\_\_\_ before a test?
- Who do you \_\_\_\_\_ the most? Why?

## TALK IN PAIRS: Do you agree or disagree?

- Being a **people pleaser** makes life more difficult. ☐
- Some **attention seekers** just want other people to like them. ☐
- First impressions matter because people often **come across as** someone they aren't. ☐
- It's better to **stand out from the crowd** than to be like everyone else. ☐
- Some people act like they're **the main character**, and that's annoying. ☐



## USEFUL language

I totally agree.

I partly agree.

That's true.

I'm not sure about that.

I disagree.

My notes



Read the chat. Look at the underlined parts.

Can you work out when we use Present Simple and Present Continuous?

Mia

Hey! 😊 What are you doing?

Emma

I'm waiting for my dance class.  
What about you?

Mia

I don't usually study after school,  
but today I'm revising for a history test.

Emma

Really? Do you always overthink  
everything before a test? 😂

Mia

Haha... maybe I do! 😊

Emma

Do you get on well with the new  
girl in your class?

Mia

Yes, I do! She comes across as  
quiet, but she's actually really  
funny.

Emma

That's nice!  
You're such a people person.

Mia

Haha, thanks! 😊 Does Ben fit in  
at your school?

Emma

Not really. He doesn't talk to  
many people yet, but I think he'll  
be fine.

Mia

Look! Everyone is waiting for the  
teacher.

Emma

You're right! The lesson is  
starting. I have to go!

Mia

See you later! 🙋

### WHEN TO USE IT?

S

C

1. to talk about things happening now/ around now
2. to talk about daily routines
3. to talk about facts and things that are usually true
4. to talk about temporary situations
5. to talk about habits
6. to talk about annoying habits
7. to talk about future arrangements
8. to talk about timetables/ schedules
9. to talk about changing situations
10. to describe the picture

### TIME EXPRESSIONS

every (right) now tomorrow usually always seldom  
in the morning/ evening/afternoon tonight this never  
often sometimes today at the moment at weekends

Simple

Continuous

My notes



### COMPLETE THE GAPS: Use Present Simple or Present Continuous.

1. What \_\_\_\_\_ your best friend usually \_\_\_\_\_ after school? (do)
2. Look! Ben \_\_\_\_\_ to the new student right now. (talk)
3. My sister \_\_\_\_\_ computer games very often because she prefers reading. (not play)
4. Why \_\_\_\_\_ you \_\_\_\_\_ your laptop today? (take)
5. Emma usually \_\_\_\_\_ well with everyone in her class. (get)
6. We \_\_\_\_\_ for our English test at the moment, so we can't go out. (study)
7. \_\_\_\_\_ your parents \_\_\_\_\_ TV every evening? (watch)
8. I \_\_\_\_\_ usually \_\_\_\_\_ this much before a test, but this one is really important! (not worry)
9. Our school library \_\_\_\_\_ at 8:00 a.m. every weekday. (open)
10. Where \_\_\_\_\_ Josh \_\_\_\_\_ now? He isn't in the classroom. (sit)

**USUALLY VS TODAY:** Look at the prompts. Make sentences about the people

|                   | usually                   | today                       |
|-------------------|---------------------------|-----------------------------|
| 1. Emma           | walk to school            | take the bus                |
| 2. Tom            | play football             | scroll through social media |
| 3. My neighbour   | have cereal for breakfast | eat pancakes                |
| 4. His classmates | spend hours gaming        | revise for an exam          |
| 5. Joe and Phil   | work out at the gym       | help their grandparents     |
| 6. Me             | .....                     | .....                       |
| 7. ....           | .....                     | .....                       |

**CORRECT THE MISTAKES**

- I usually am very tired after volleyball practice. ....
- What is your brother usually doing after school? ....
- Our English lesson is starting at 8:00 every Monday. ....
- How often your dad drives you to school? ....

**DESCRIBE THEIR ROUTINES:** Use the time expressions from the boxes.**Emma**

often · sometimes · every morning · never · at weekends



- get up at 6:30
- cycle to school
- listen to podcasts
- have lunch with her friends
- spend hours drawing



- like maths
- drink coffee
- stay up late
- play computer games
- do crosswords

**Greg**

usually · seldom · every day · on Mondays · always



- walk his dog
- love skateboarding
- study French
- help his grandparents
- get on well with everyone



- eat breakfast
- enjoy shopping
- read fantasy books
- get up early
- be hooked on basketball

**Phil & Isabel**

every Friday · usually · never · in the afternoon · at weekends



- post photos on Instagram
- follow travel bloggers
- reply to their friends' comments
- take lots of pictures
- love iced coffee



- use TikTok
- share personal information
- spend hours online
- follow celebrities
- be attention seekers

**FIND SOMEBODY WHO...****NAME**

- ...gets up before 7 a.m. in a week.
- ...is learning something new this month.
- ...has a passion for music.
- ...spends more than two hours a day on their phone.
- ...is hooked on a TV series right now.
- ...is planning something exciting.
- ...doesn't drink coffee.
- ...usually walks to school.
- ...is wearing something blue today.
- ...is reading an interesting book at the moment.

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## TALK IN PAIRS

1. Do you often send voice messages? Why (not)?
2. When do you prefer sending a voice message instead of texting?
3. Which apps do you use to chat with your friends?
4. How many messages do you send every day?



## LISTEN AND CHOOSE: What are they mainly talking about?

- ☐ A new student at school
 ☐ Different personalities
 ☐ Weekend plans
 ☐ Lunch options

## TRACK 1



## LISTEN AGAIN: Choose the correct answer.

1. Why does Emma think Maya is sitting on her own?
  - A. She doesn't like talking to people.
  - B. She feels nervous because she's new.
  - C. She's waiting for her friends.
2. Why is Josh late for school?
  - A. He woke up late.
  - B. He missed the first bus.
  - C. His bus is delayed because of the traffic.
3. What does Emma want to do during the break?
  - A. Introduce Maya to the teacher.
  - B. Start a conversation with Maya.
  - C. Invite Maya to sit with her classmates.
4. What does Josh admire about Emma?
  - A. She's friendly and outgoing.
  - B. She always helps him with homework.
  - C. She never worries about anything.
5. What do Emma and Josh think about Ben?
  - A. They both think he's an attention seeker.
  - B. They think he likes wearing colourful clothes.
  - C. They don't like his yellow hoodie.



Scan me!

*My notes*

## EXPRESS YOUR OPINION

1. It's easy for new students to fit in at school.
2. First impressions are usually correct.
3. Everyone should try to talk to new classmates.
4. Standing out from the crowd is a good thing.
5. People shouldn't judge others by their clothes.

☐  
☐  
☐  
☐  
☐


**USEFUL** *language*

In my opinion,

On the one hand,

On the other hand,

Personally,

## Interests & Goals

- |                                  |       |                                                                                       |
|----------------------------------|-------|---------------------------------------------------------------------------------------|
| 1. be hooked on                  | _____ | He's <b>hooked on</b> video games. He plays them every day after school.              |
| 2. have a passion for            | _____ | She <b>has a passion for</b> photography. She never leaves home without her camera.   |
| 3. take up (a new hobby)         | _____ | My brother <b>took up</b> rock climbing last month, and he really enjoys it.          |
| 4. step out of your comfort zone | _____ | I decided to <b>step out of my comfort zone</b> and join the school drama club.       |
| 5. never give up                 | _____ | The maths test was difficult, but I never <b>gave up</b> and finished every question. |
| 6. chase your dreams             | _____ | If you want to be a doctor, you have to <b>chase your dreams</b> and work hard.       |
| 7. challenge yourself            | _____ | I want to <b>challenge myself</b> , so I'm learning to play the guitar.               |
| 8. spend hours doing sth         | _____ | She <b>spends hours drawing</b> because she wants to become an artist.                |

- A. To keep trying, even when something is difficult.  
 B. To start doing a new activity regularly.  
 C. To really love doing something and be very interested in it.  
 D. To spend a lot of time doing one activity.  
 E. To do something that feels difficult or a little scary because it's new.  
 F. To work hard to achieve your goals.  
 G. To really enjoy something so much that you want to do it all the time.  
 H. To try something difficult in order to improve yourself.



## COMPLETE & DISCUSS

challenge yourself · have a passion for · take up a new hobby · spend hours doing

- What activity do you \_\_\_\_\_ every week?
- What is something you \_\_\_\_\_ and why do you enjoy it so much?
- Would you like to \_\_\_\_\_ this year? What would you choose?
- How do you like to \_\_\_\_\_ when learning English or another subject?

## TALK IN PAIRS: Do you agree or disagree?

- Being **hooked on** social media makes it harder to enjoy real life. ☐
- You should **step out of your comfort zone** if you want to grow as a person. ☐
- You should **never give up**, even when something is very difficult. ☐
- Everyone should **chase their dreams**, even if they seem impossible. ☐



## USEFUL language

I totally agree/ disagree.

I partly agree.

That's true.

I'm not sure about that.

My notes



## TALK IN PAIRS: Would you rather...?

1. take up a new hobby or be really good at your favourite hobby?
2. step out of your comfort zone or always play it safe?
3. chase your dream job or choose a safe job with a good salary?
4. have a passion for art or have a passion for sport?



My notes

## READ AND CHOOSE: Choose the best title for each person.

- A. Turning creativity into a future plan
- B. Choosing the easiest option
- C. Learning useful skills through gaming
- D. Building confidence through new experiences
- E. Doing the same thing every day

### New words

|                |                      |
|----------------|----------------------|
| solve problems | rozwiązywać problemy |
| tutorial       | poradnik, tutorial   |
| confident      | pewny siebie         |
| proud          | dumny                |



### Leo | Future Game Developer

Hi! I'm Leo. I'm hooked on strategy games, and I sometimes spend hours playing them after school. My parents think it's too much, but I also love solving problems and learning new things. This year I've decided to challenge myself and join a coding club. At first, I thought coding would be too difficult, but I'm really enjoying it. My dream is to create my own video game one day. I know it will take time, but I'm ready to work hard.

### Olivia | Digital Artist

My name's Olivia. I've always had a passion for drawing and painting. Last year I took up digital art, and now I dream of designing characters for video games. Sometimes it's difficult, but I never give up because I want to chase my dreams. I often watch online tutorials to improve my skills and learn new techniques. My friends say I'm very creative, and I hope one day my artwork will inspire other people.

### Noah | Adventure Lover

I'm Noah. I don't like doing the same thing every day. Every year I try something new because I enjoy stepping out of my comfort zone. This month I'm learning to climb, and next month I'm going kayaking. I think trying new things helps you become more confident. Sometimes I feel nervous before I start, but I always feel proud afterwards. My next goal is to go on a camping trip with my friends.

## WHO ARE YOU? Tick ✓ the sentences that are true for you.

- |                                                                     |                                                                       |
|---------------------------------------------------------------------|-----------------------------------------------------------------------|
| 1. <input type="checkbox"/> I spend hours doing my favourite hobby. | 5. <input type="checkbox"/> I enjoy stepping out of my comfort zone.  |
| 2. <input type="checkbox"/> I like trying new things.               | 6. <input type="checkbox"/> I have a big dream for the future.        |
| 3. <input type="checkbox"/> I never give up easily.                 | 7. <input type="checkbox"/> I'm hooked on computer games.             |
| 4. <input type="checkbox"/> I'd like to take up a new hobby.        | 8. <input type="checkbox"/> I have a passion for art, music or sport. |



## TALK IN PAIRS: Compare your answers. Which profile are you most similar to? Explain why.

## THIS OR THAT? Choose and explain.

1. Spend hours reading **VS** spend hours creating something
2. Stand out from the crowd **VS** fit in with everyone
3. Have 3 close friends **VS** know lots of people
4. Create your own game **VS** write your own book

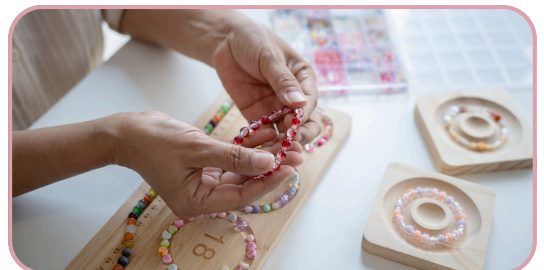


## SLAY OR NAY? Explain your answers.



1. Waking up at 5 a.m. every day.
2. Having only one hobby.
3. Spending 6 hours on TikTok.
4. Trying a new hobby every year.
5. Following trends instead of being yourself.
6. Giving up after your first mistake.
7. Planning everything.
8. Taking risks.

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## MAIN CHARACTER OR NPC? Why?



1. Starts every conversation about themselves.
2. Celebrates other people's success.
3. Thinks everyone is watching them.
4. Helps new students.
5. Tries to be different just for attention.
6. Works hard without showing off.

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NPC = Non-Player Character.



## GREEN FLAG OR RED FLAG? Why?



1. They always listen to other people.
2. They never try anything new.
3. They spend hours helping their friends.
4. They always seek attention.
5. They judge people by their clothes.
6. They admit when they're wrong.

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## POST IT OR DELETE IT? Why?



1. "I'm learning Spanish this year!"
2. "I'm the best player in school."
3. "Today I helped a new student."
4. "I failed my test, but I'll keep trying."
5. "Who's joining me for a weekend hike?"
6. "Today's sunset >>> scrolling TikTok."
7. "I got 100% on my English test!"
8. "Making something > buying something."

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My notes

## REACTING: Match the reactions with the situations.

- |                    |                                                                                            |
|--------------------|--------------------------------------------------------------------------------------------|
| 1. That's awesome! | 1. I'm really nervous about my first day at a new school. _____                            |
| 2. Lucky you!      | 2. I love watching crime series. _____                                                     |
| 3. Go for it!      | 3. I got tickets to the Imagine Dragons concert! _____                                     |
| 4. No way!         | 4. I want to start learning Japanese next month. _____                                     |
| 5. Really?         | 5. I dropped my phone in the swimming pool yesterday. _____                                |
| 6. Poor you.       | 6. I met Emma Watson at the airport! _____                                                 |
| 7. Don't worry.    | 7. I'm thinking about joining the basketball team, but I'm not sure I'm good enough. _____ |
| 8. You'll be fine. | 8. I spend hours drawing after school. _____                                               |
| 9. Same here!      | 9. I passed my English exam with 100%! _____                                               |
| 10. Me too!        | 10. I'm worried about tomorrow's maths test. _____                                         |



## COMPLETE THE DIALOGUES: Use the expressions from the box.

Really    No way    That's awesome    Go for it    Poor you    Don't worry

- 1 A: I'm thinking about joining the school band.  
B: \_\_\_\_\_! You play the guitar really well.
- 2 A: I got tickets to the NBA game!  
B: \_\_\_\_\_! I'm so jealous.
- 3 A: I'm really nervous about tomorrow's presentation.  
B: \_\_\_\_\_. You'll do great.
- 4 A: My video got one million views overnight!  
B: \_\_\_\_\_!
- 5 A: I forgot about my science project, and it's due tomorrow.  
B: \_\_\_\_\_. Maybe your teacher will give you one more day.
- 6 A: My cousin is moving to Canada next month.  
B: \_\_\_\_\_? I thought he liked it here!

## CREATE THE SITUATION: Write a situation for each reaction.

1. Lucky you! .....
2. Go for it! .....
3. You'll be fine. ....
4. Same here! .....
5. No way! .....

*My notes*



**READ AND ANSWER:** Talk in pairs.

Hi! I'm Maya. I'm a friendly person, but I sometimes overthink everything. I'm hooked on photography and I spend hours taking pictures at weekends. At the moment I'm learning how to edit videos because I want to challenge myself. One day I'd like to travel and work as a content creator.

1. What is Maya hooked on?
2. What is she learning at the moment?
3. What does she want to do in the future?

**CREATE YOUR PROFILE:** Write 50–70 words.

Include:

- ✓ your personality
- ✓ your hobbies/interests
- ✓ what you're doing these days
- ✓ one dream or goal

## USEFUL language

I'm the kind of person who...

One thing I really enjoy is...

At the moment, I'm...

[illegible]

My notes

## CHECK YOUR PROFILE

1. ☐ I wrote 50–70 words.
2. ☐ I used Present Simple and Present Continuous.
3. ☐ I included my personality.
4. ☐ I wrote about my hobbies/interests.
5. ☐ I included one dream or future goal.
6. ☐ I used at least 3 expressions from this unit.

## Personality & Relationships

|                             |                                                         |
|-----------------------------|---------------------------------------------------------|
| 1. people pleaser           | osoba, która chce zadowolić wszystkich                  |
| 2. attention seeker         | osoba szukająca uwagi                                   |
| 3. people person            | osoba towarzyska                                        |
| 4. come across as           | sprawiać wrażenie                                       |
| 5. fit in                   | pasować, odnaleźć się w grupie                          |
| 6. stand out from the crowd | wyróżniać się z tłumu                                   |
| 7. get on well with         | dobrze się z kimś dogadywać                             |
| 8. look up to               | podziwiać, mieć kogoś za wzór                           |
| 9. overthink everything     | wszystko za bardzo analizować                           |
| 10. be the main character   | zachowywać się, jakby wszystko kręciło się wokół ciebie |

## Interests & Goals

|                                  |                                                     |
|----------------------------------|-----------------------------------------------------|
| 1. be hooked on                  | być uzależnionym od czegoś / być czymś pochłoniętym |
| 2. have a passion for            | mieć pasję do czegoś                                |
| 3. take up (a new hobby)         | zacząć nowe hobby                                   |
| 4. step out of your comfort zone | wyść ze swojej strefy komfortu                      |
| 5. never give up                 | nigdy się nie poddawać                              |
| 6. chase your dreams             | dążyć do spełnienia swoich marzeń                   |
| 7. challenge yourself            | stawiać sobie wyzwania                              |
| 8. spend hours doing sth         | spędzać godziny, robiąc coś                         |

## Real-life English

|                    |                         |
|--------------------|-------------------------|
| 1. That's awesome! | To świetnie!            |
| 2. Lucky you!      | Ale masz szczęście!     |
| 3. Go for it!      | Dawaj! / Śmiało!        |
| 4. No way!         | Nie wierzę!             |
| 5. Really?         | Naprawdę?               |
| 6. Poor you.       | Biedny/a ty.            |
| 7. Don't worry.    | Nie martw się.          |
| 8. You'll be fine. | Wszystko będzie dobrze. |
| 9. Same here!      | Mam tak samo.           |
| 10. Me too!        | Ja też.                 |

## My words