

7-Day English Speaking Challenge

Simple daily conversations for parents and children

How to use this challenge

Spend just **10–15 minutes** speaking English with your child each day. You do not need perfect English, and your child does not need perfect grammar. Choose the day's topic, use the sentences below, and encourage your child to answer naturally. If your child gets stuck, give a choice or model a simple answer.

The goal: Help your child become comfortable using English in everyday situations—not simply memorizing English sentences.

Day 1 — Morning

Start the day with simple English.

- Good morning.
- Did you sleep well?
- Are you ready for the day?
- What do you want for breakfast?

Parent tip: Keep the conversation short. Let your child answer with simple words or sentences.

Today we practiced: ■

Day 2 — Breakfast

Talk about food in English.

- Are you hungry?
- What would you like to eat?
- How does it taste?
- Do you want some more?

Parent tip: If your child gives a one-word answer, gently model a longer sentence instead of correcting them.

Today we practiced: ■

Day 3 — School Time

Use English while getting ready.

- Are you ready for school?
- Where is your school bag?
- Did you pack your books?
- Put on your shoes.

Parent tip: Use the same sentences every morning. Repetition helps children become comfortable.

Today we practiced: ■

Day 4 — Homework

Learn and practice together.

- Have you finished your homework?
- What are you studying?
- Do you need any help?
- Can you read this aloud?

Parent tip: Don't turn every mistake into a correction. Keep your child talking and model the correct English naturally.

Today we practiced: ■

Day 5 — Playtime

Make playtime an English-speaking time.

- What are you playing?
- Can I play with you?
- Whose turn is it?
- What should we play next?

Parent tip: Follow your child's interests. When children are enjoying themselves, speaking feels less like a lesson.

Today we practiced: ■

Day 6 — Feelings & Family

Talk about feelings and people they love.

- How are you feeling today?
- What made you happy?
- Who did you play with?
- Tell me about your family.

Parent tip: Give your child time to think. You can offer choices if they are struggling to answer.

Today we practiced: ■

Day 7 — My Day

Have a simple conversation about the whole day.

- What was the best part of your day?
- What did you learn today?
- What did you enjoy most?

- What would you like to do tomorrow?

Parent tip: Celebrate the effort, not perfect grammar. The goal is confidence and regular use of English.

Today we practiced: ■

Your 7-Day Progress Check

At the end of the week, ask yourself:

- Did we speak English every day?
- Is my child answering more comfortably?
- Did my child use any sentence without being prompted?
- Which topic did my child enjoy most?
- Which sentences should we keep practicing?

Remember: A few simple sentences repeated every day can gradually become real conversations. Keep English friendly, useful, and part of everyday life.

More English-learning tips and resources: sonikabahadur.com