**Activities to do on your own**

**ESOL Stage 1**

In this booklet, you will find some tasks to do on your own to help you with your English skills.

There are tasks for:

* Listening
* Speaking
* Writing
* Reading

For each task you can fill in a ‘Task Reflection Sheet’ to say:

* what you thought about it
* what was easy
* what was hard.

There are **10 texts to read with different tasks to do**. For each text, you can fill in a reading log. This will give you a record of your reading. You can use your reading log for other reading you do, too.

If you are not sure what to do, ask your tutor or somebody else who can help you.

# Listening

**1. Make a listening log**

Make a list of new and interesting words that you hear.

What does each word mean? How do you spell it? Use a dictionary or ask someone.

You can include words:

* you hear spoken around you
* from TV programmes you watch
* from films you watch
* from songs you listen to.

**Listening Log**

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| --- | --- | --- |
| **Interesting Words** | | |
| **New word** | **What does it mean?** | **Where did you hear this word?** |
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**2. Keep a viewing log**

Write down what you watch and listen to on TV and in films.

You can put:

* The date you watched it
* The title
* What it was about
* The people in the programme
* What happened
* Some things you liked
* Some things you didn’t like.

**Viewing log**

|  |  |
| --- | --- |
| **Date:** | **Title:** |
| **What was it about?** | |
| **Who was in it?**  **…………………………………………………………………………………………………………………………………………** | |
| **What happened?**  **………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………** | |
| **What did you like?**  **………………………………………………………………………………………………………………………………………………………………** | |
| **What didn’t you like?**  **…………………………………………………………………….…………………………………………………………………….** | |

**Speaking**

**1. Any questions?**

* See how many questions you can ask in a week. What question words did you use? Write them down.

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| --- | --- | --- |
| **Questions** | | |
| **Day** | **Question word** | **Who did you ask?** |
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* Play 20 Questions with other learners or prisoners.

**2. Say what you think**

Tell other people what you like about:

* food
* sport
* a hobby
* a film or TV programme
* a person

Tell them what you don’t like – be polite!

**3. Have a chat**

Say something, give your view, and ask a question!

For example, when you:

|  |  |
| --- | --- |
| * watch TV * watch a film * eat together | * play a game * play a sport. |

**Writing**

**1. Keep a journal**

Every day write one sentence (or more) about what you do and what you think.

Write the date. Now choose what you want to write about, for example:

|  |  |
| --- | --- |
| * What you did * What you ate * What you liked * What you didn’t like | * What you saw * What you heard * What went well * What you want to do better |

Put pictures in too if you want to.

**Writing Journal**

|  |  |
| --- | --- |
| **Date:** | **Title** Example: A new song |
| **What did you do? What do you think? How do you feel?**  **……………………………………………………………………….……………………………………………………………………….……….……………………………………………………………………………………………………………………………………….……………….……………………………………………………………………………………………………………………………….……………………….……………………………………………………………………………………………………………………….……………………………….………………………………………** | |

**2. Be creative**

Make up your own writing. Share what you write with other people: friends, other learners, family.

* Write a short poem. Start with just three lines.

Look at the example.

The weather changes

Rain, wind, sun, cloud, snow, hot, cold

Here it stays the same



* Write a poem with words and pictures (an acrostic). Look at the example.





**F** ish

**O** nion

**O** range

**D** inner

* Write a poem using your own name. Use your poem to say something about you. Look at the example.

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| --- |
| **M** other  **A** unt  **R** unner  **I** talian  **A** rtist |

|  |  |
| --- | --- |
| **My poem** | |
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|  |  |

* Write 5 sentences about something you like e.g. food, sport, nature, your life, your family – you choose!

|  |  |
| --- | --- |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |

**3. Write what you see**

* Write about what you see around you. Try to write one sentence a day.
* Find a picture. Write two sentences about it. Make a book of your pictures and your writing.

### 4. Play a game

* Make up a crossword with words you know.
* Make up a word search for somebody else to do.

**Make a word search**

*Example – In the garden*

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **f** | **a** | **j** | **u** | **a** | **n** | **t** | **c** | **p** | **h** | **q** | **e** | **l** | **v** | **o** | **p** |
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| **w** | **o** | **w** | **d** | **g** | **c** | **a** | **j** | **b** | **l** | **g** | **d** | **a** | **a** | **b** | **d** |
| **e** | **h** | **b** | **b** | **j** | **o** | **a** | **f** | **s** | **v** | **i** | **b** | **g** | **r** | **h** | **f** |
| **r** | **l** | **f** | **p** | **v** | **j** | **d** | **l** | **g** | **c** | **b** | **i** | **i** | **i** | **e** | **c** |
| **i** | **o** | **c** | **i** | **p** | **t** | **r** | **e** | **e** | **j** | **w** | **r** | **a** | **o** | **m** | **j** |
| **p** | **c** | **k** | **p** | **m** | **d** | **z** | **l** | **c** | **k** | **g** | **d** | **a** | **d** | **h** | **m** |
| **q** | **f** | **g** | **e** | **e** | **s** | **n** | **a** | **i** | **l** | **n** | **i** | **n** | **t** | **k** | **j** |
| **a** | **b** | **e** | **e** | **f** | **d** | **l** | **l** | **y** | **i** | **b** | **h** | **e** | **e** | **n** | **c** |
| **p** | **a** | **m** | **a** | **f** | **d** | **a** | **f** | **k** | **k** | **f** | **g** | **r** | **a** | **s** | **s** |

Words:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **🗸** | Flower |  | **🗸** | Grass |
| **🗸** | Butterfly |  | **🗸** | Bee |
| **🗸** | Tree |  | **🗸** | Pond |
| **🗸** | Bird |  | **🗸** | Snail |

**Now make your own word search**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **f** | **a** | **j** | **u** | **a** | **n** | **t** | **c** | **p** | **h** | **q** | **e** | **l** | **v** | **p** |
| **l** | **g** | **e** | **r** | **d** | **h** | **b** | **c** | **f** |  | **u** |  | **n** |  | **o** |
| **o** | **x** | **k** | **b** | **m** | **b** | **u** | **t** | **t** | **e** | **r** | **f** | **l** | **y** | **n** |
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| **e** | **h** | **b** | **b** | **j** | **o** | **a** | **f** | **s** | **v** |  | **b** | **g** | **r** | **f** |
| **r** | **l** | **f** | **p** | **v** | **j** | **d** | **l** | **g** | **c** | **b** |  |  |  | **c** |
|  | **o** | **c** |  | **p** | **t** | **r** | **e** | **e** | **j** | **w** | **r** | **a** | **o** | **j** |
| **p** | **c** | **k** | **p** | **m** | **d** | **z** | **l** | **c** | **k** | **g** | **d** | **a** | **d** | **m** |
| **q** | **f** | **g** | **e** | **e** | **s** | **n** | **a** |  | **l** | **n** |  | **n** | **t** | **j** |
| **a** | **b** | **e** | **e** | **f** | **d** | **l** | **l** | **y** |  | **b** | **h** | **e** | **e** | **c** |
| **p** | **a** | **m** | **a** | **f** | **d** | **a** | **f** | **k** | **k** | **f** | **g** | **r** | **a** | **s** |

Words:

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**Reading**

Fill in your reading log each time you read.

**1. Practise using a dictionary.**

* Look around you. What words can you see? Find words on signs and notices. Copy them down. Look them up in the dictionary. How would you say these words in your own language?
* Learn a new word a day from the dictionary. See if you can use it when you speak or write.

**Using a dictionary**

|  |  |  |
| --- | --- | --- |
| **Word:** |  | |
| **Where did you see this word?** | | **What does it mean?** |
|  | |  |
| **Word:** |  | |
| **Where did you see this word?** | | **What does it mean?** |
|  | |  |
| **Word:** |  | |
| **Where did you see this word?** | | **What does it mean?** |
|  | |  |

**2. Work with texts**

* There are 10 texts in this booklet.

Choose one you like.

Read the text and do the tasks that go with it.

Fill in the reading log.

* Choose a text of your own. It could be from a book, a newspaper or a magazine. Read it and fill in the reading log.
* You can make up your own things to do.

**Reading log**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date completed:** | |  | | | |
| **Title of text:** | |  | | | |
| **What is this text?** (e.g. email, advert, letter, webpage, blog, poster, leaflet) | | | | | |
| **What is this text for?** (e.g.it tells you how to do something; it is a warning; it gives you advice) | | | | | |
| **Key words** Use a dictionary if you don’t know what a word means. Write down these words and what they mean.  **……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….** | | | | | |
| **Key information** What is the text telling you? Note the main points in bullets. | | | | | |
| **How easy did you find it to read this text?** (Circle one) | | | | | |
| Easy | Quite easy | | OK | Quite hard | Hard |
| **If you found it hard/quite hard,**  - what do you need to practise?  - how could your tutor help?  **Make some notes below.** | | | | | |
| **……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….** | | | | | |

**Reading Texts**

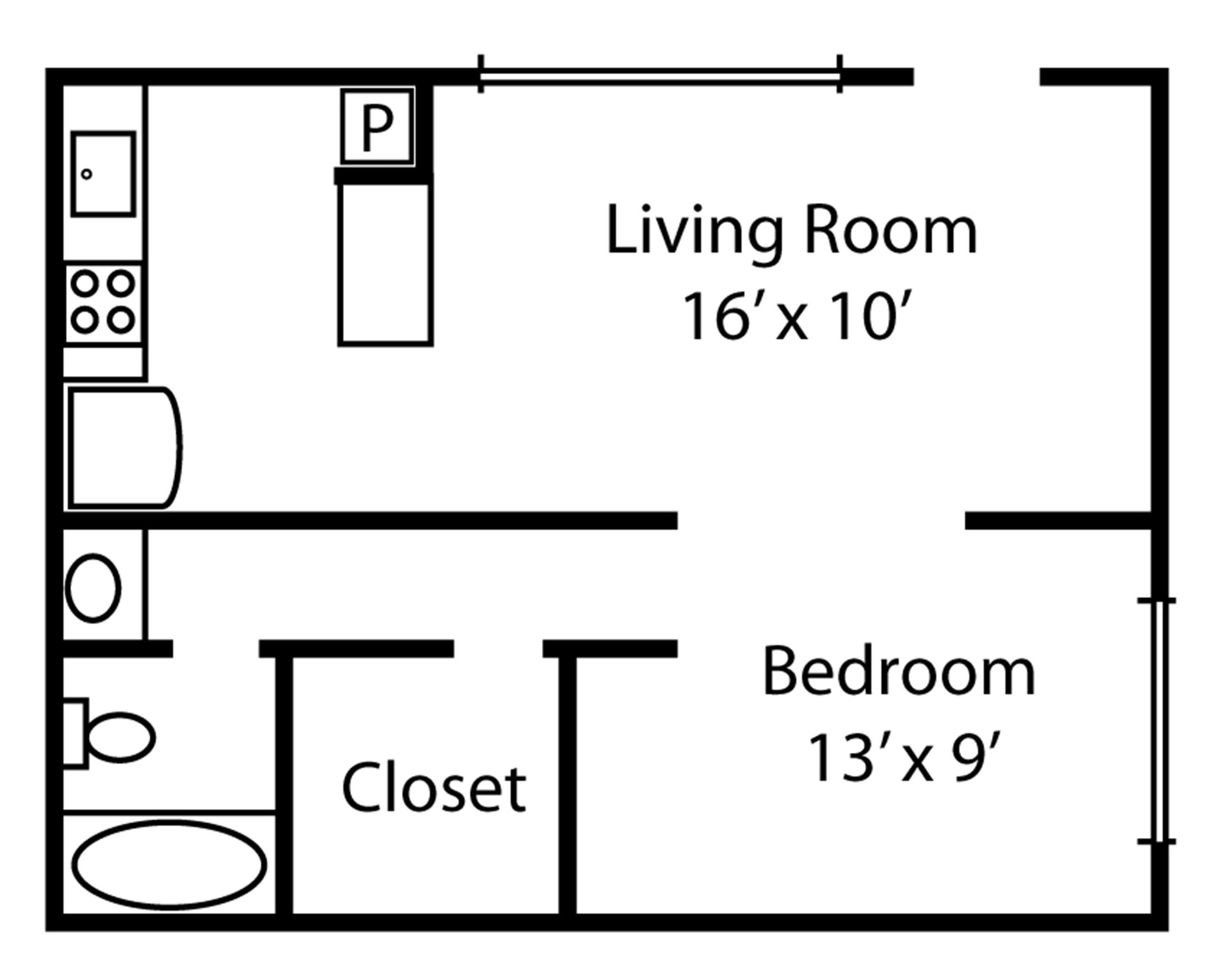
1. Living in the UK
2. Exercise
3. How to live with others
4. Killing time (poem)
5. Being self-employed
6. Volunteering
7. Letters to Inside Time
8. Library news
9. Grow your own lavender
10. Fairtrade

# Text 1

**Living in the UK**

**Types of housing**

In the UK most people live in houses: detached, semi-detached, or terraced. Today there are also many flats being built in the UK.

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* **Detached houses**: stand alone. They have no other houses joined to them and often have gardens at the front and back. Most have 3+ bedrooms.
* **Semi-detached:** have a house joined on one side. These are often smaller than detached properties, though not always.
* **Terraced:** a row of houses all joined together. Often used in big cities where there are a lot of people to house. They have a back yard, or small garden.
* **Flat:** small homes built in blocks with two or more floors. Usually no garden, or a shared garden.

**Activities**

1a Draw a picture of each type of housing in the text.

1b Draw a picture of your home in the UK or in your home country. Make a list of the rooms and what is in the rooms.

**Text 2**

**Going to a keep-fit class or gym session is a fun way to keep healthy.**

**Go on! Join a class and work towards a happier, stronger you!**

**EXERCISE!**

* Exercise can help with anxiety and depression.
* It can help you keep calm and keep positive.
* Regular exercise can help you to sleep better.
* It can make you feel more awake and more confident.
* It can help you concentrate.

***– Louise Ovington***



**Activities**

2a Use different colours to highlight or underline the words:

* you know
* you can guess
* you need to find out.

2b Make a list of exercise you do. Say when you do it.

|  |  |
| --- | --- |
| **Exercise** | **When I do it** |
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|  |  |
|  |  |
|  |  |

2c Add 2 new bullets to the poster to say why exercise is good for you.

**Text 3**

**How to live with others**

* Do things together such as games and quizzes
* Plan what you will watch on TV together
* Agree what items you will buy together - like washing powder
* As a group, set down some rules for things like cleaning and smoking
* Listen to each other
* Be careful with each others’ things
* Take time to understand each other
* Respect other people’s religion
* If there is a problem, talk together
* Be considerate



**Activities**

3a Underline all the words that tell you what to do – for example, Do, Plan.

3b Which rules are the most important? Write the list again in a new order. Put the most important rule first.

|  |  |
| --- | --- |
| **How to live with others**  **Top 10 rules** | |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |
| 7. |  |
| 8. |  |
| 9. |  |
| 10. |  |

3b Which rules are the most mportant? Write the list again in

a new order. Put the most important rule first.

**Text 4**

**Killing Time**

We’re all just killing time

Everyone’s got things to get back to

Can’t wait to get back to mine

In this prison of brick and steel

We just soldier on, no matter what we feel

We don’t count how many days it’s been

Since we’ve been guests of the Queen

Substandard food, thinking what have I just ate

At least I’ve got my release date

We work out

We zone out

Got a visit, get the gel and the comb out

I miss the wife and the kid

 But I’ve got to answer for the wickedness I did

But we’re just killing time

 So you do yours and I’ll do mine

*\*This poem was first published in Inside Time – the National newspaper for prisoners and detainees*

**Activities**

4a Put a circle around all the nouns in the poem e.g. ‘food’

4b Choose 6 nouns from the poem. Now use them in a poem of your own.

**Text 5**

Adapted from Newspaper for Prisoners. Written by Wesley Bradbery, HMP The Mount



**Being self-employed**

***Peter*What is it like to be self-employed?**

I love it! It’s great to be your own boss. If I have a new idea, I can just do it. No need to check with anyone.

**Did you have any help to start your business?**

Yes. When I got out of prison, a charity called ‘Get Started’ really helped me. They gave me a mentor who I met every week. He gave me lots of advice and helped me get a loan.

**What would you say to other prisoners who want to start their own business when they get out?**

Get as much information and advice as you can now. Find out who can help you and get on a business course.

**What advice would you give?**

You have to work hard and keep going. You won’t make lots of money at the start!

**Activities**

5a Underline all the words you do not know. Look them up in a dictionary. Write down the words and their meaning.

5b Make a poster about being self-employed. Use the text to help you.

**Text 6**

**VOLUNTEERS NEEDED**

**Volunteer office assistant**

* Are you organised?
* Are you good at working with others?
* Can you use a computer?
* Do you want to learn new skills?
* Can you work for 15 hours a week?
* Maybe this is the volunteer job for you!

**Reset**: helps people to find somewhere to live when they come out of prison.

We need volunteers to help in our office in Green Lane.

If you’d like more information, please contact Khalil on 02709 321765.

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**Volunteers needed for homeless shelter**

We need:

* **kitchen staff** to prepare and serve food
* **cleaners** to clean rooms and wash sheets and towels.

**Part-time - 10 hours a week minimum**

**Full training given**

**Learn new skills and meet people**

**Travel expenses paid**

Please contact Deb via email deb@redroofcharity.co.uk or come and see us on Park Road.

**Activities**

6a Underline all the skills and qualities you can find in these adverts.

6b Write some sentences about yourself and what you can do that might be useful as a volunteer. Write a letter to show to your tutor.

**Text 7**



Dear Inside Time

We are writing about English classes in prison. We like our lessons. We like our classroom. It is clean and tidy. We can learn well here.

The start times are very early. The lessons are long. The computers are fast, but the books are very old. We need more books!

Yours sincerely  
Lina

Dear Inside Time

I am writing to tell you about my English classes. I am very happy with the ESOL lessons here at HMP Snape.

Before prison, I could not read very well. Six months ago, I came here and got help from the library.

I am now at Entry 3 in English. I can write to my family and friends. I can read letters from home. I can also read stories.

If you want help with reading and writing, go to your library. You will soon get help to read better. You just need to ask for help. Thank you to the staff at HMP Snape library.

Yours sincerely,

Petr

**Activities**

7a Underline all the adjectives you can find in the text e.g. clean.

7b Write your own letter to Inside Time about your English classes. Say what you:

* do in class
* like about the classes
* don’t like about the classes.

**Text 8**

|  |  |
| --- | --- |
| **Library News**  **Are you a parent? Do you have children under ten?**  Now you can make a story CD for them, so they can hear your voice. Record a bedtime story and send it to them on a CD. Find out more in the library. | **Do you want to make a card?**  Come to one of our craft classes in the library - we do card making, model making, puppet making and much more. Look out for posters on the wings. |
| **Do you have a story, something funny or a picture to share?** **Why not put it in our magazine?**  Please give your work to our librarian. If your art is too big or 3D, we will sort it out for you. | **We have lots of talking books on CD**, if you like listening to stories.  We also have DVDs you can watch on one of our computers  *Enhanced prisoners only.* |
| **Do you enjoy writing, drawing or making things? Do you want to win something?**  Then enter our Arts competition! This year is all about 'dreams': write or draw your dream.   * Ask the library staff for an entry form. * Closing date 14th April. | **We have prison newspapers and information** about life in prison and on release. Ask an orderly for help. |

**Activities**

8a Highlight or underline in different colours the words:

* you know
* you can guess
* you need to find out.

8b What goes on in your prison library? Make a list or a poster like this one.

8c Choose one of the activities in the text, for example, making a card. Have a go!

**Text 9**

**Grow your own lavender from seeds**



**What you need:**

* 1 packet of seeds
* 1 small pot
* some compost

-

**Lavender is a plant people grow for its scent. It can be grown indoors or outdoors. The flowers can be dried to keep for a long time.**

**To grow your lavender indoors:**

* Fill the pot with compost.
* Sow the seeds 0.5 cm deep.
* Water the seeds well.
* Place in warm place like a window sill.
* Keep the compost moist

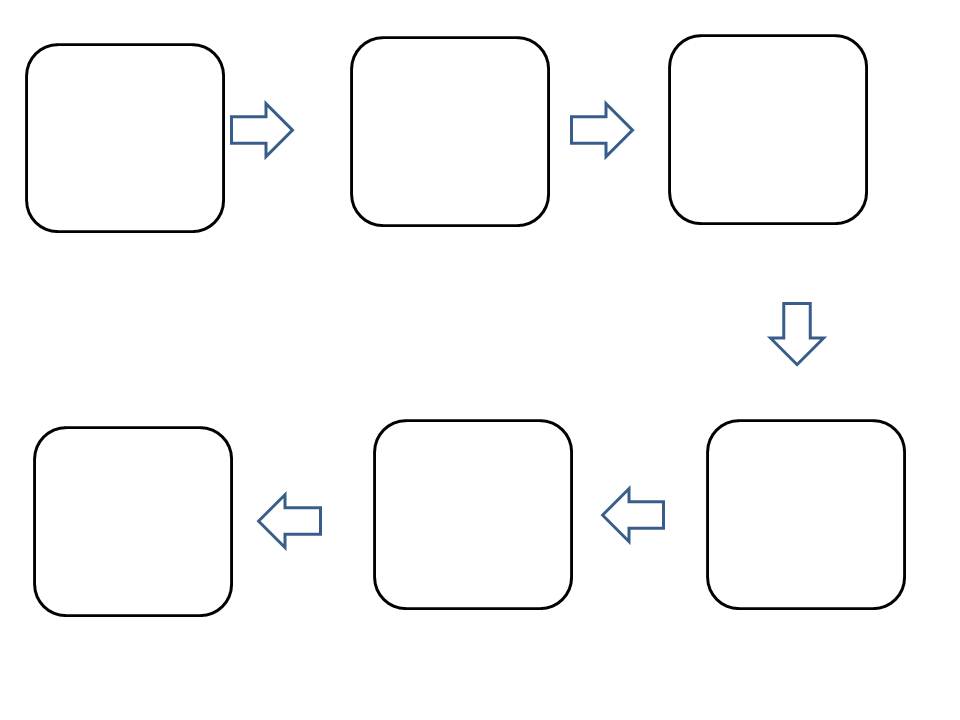
**You will see the lavender starting to grow after about 10 days!**

**Activities**

9a Use different colours to highlight all the numbers in this text.

Which number is about time? Which number is about depth? What are the other numbers about?

9b Draw a diagram to show what has to be done to grow the lavender.  You could use a flowchart like this:

9c Write down how to make or do something (for example, how to make a paper aeroplane. You could use:

* a flowchart
* just words
* words and pictures

9d Write out some recipes. Ask other people if they have any good recipes. Make a recipe book

**Text 10**

**Make FAIRTRADE a habit!**

Fairly traded products like chocolate, coffee, tea and bananas mean people in poor countries get fair pay for their hard work.

What can you do?

* Buy **FAIRTRADE** products when you can
* Ask for **FAIRTRADE** products in shops and cafes
* Get businesses near you to stock **FAIRTRADE** products
* Make your workplace, place of worship or college a **FAIRTRADE** place.

(Source: adapted from: New Consumer Magazine: *Fairtrade Guide to Sheffield)*

**Activities**

10a Make a list of all the foods in the text.

10b Make a list of all the places in the text.

10c Make your own poster about something to help the environment e.g.

* Save energy
* Stop pollution
* Don’t waste food.