

30-DAY English Challenge

Click on each date to get links to Sites that will help you on your way!

WRITE	READ	LISTEN	DO	RELAX	SPEAK	WATCH
1 write a letter to your future self 5 minutes	2 read your horoscope out loud 5 minutes	3 listen to a famous poem 10 minutes	4 take online personality tests 15 minutes	5 listen to a guided meditation 16 minutes	6 sing along to 3 favorite songs 15 minutes	7 watch a TED talk on language 20 minutes
8 write about your favorite hobby 20 minutes	9 read the weather report 20 minutes	10 listen to a famous speech 20 minutes	11 make a deck of flashcards 25 minutes	12 watch a video about your hobby 25 minutes	13 memorize 3 jokes or tongue twisters 25 minutes	14 watch some Twilight Zone episodes 30 minutes
15 write about your job or studies 30 minutes	16 read reviews of a movie you've seen 30 minutes	17 take some listening quizzes 40 minutes	18 follow an exercise video 40 minutes	19 prepare a meal using a recipe 40 minutes	20 attend a conversation class online 45 minutes	21 watch a documentary about your city 45 minutes
22 write a "thank you" note 45 minutes	23 read a biography of a famous person 45 minutes	24 listen to a podcast or radio show 60 minutes	25 write a bucket list of 25 things to do 60 minutes	26 play some online word games 60 minutes	27 make an "About Me" video 60 minutes	28 watch a Broadway musical 90 minutes
29 translate an interview of a family member 90 minutes	30 read the script of a musical 90 minutes	<h2>Congratulations! YOU DID IT!</h2>				