



## What are you thinking in?

We all think to ourselves, and have an 'innervoice'. To help improve your English just think about what you *could* say to yourself. Find 5-10 minutes a day to think to yourself in English; while you walk or travel to work/college, while you are cooking, having a shower, or just before you go to bed!

Here are some things you could think about.

Look around you. How many can you name in English?  
*Trees, children, car*  
Try adding adjectives. *Green trees, happy children*  
Make sentences. *The trees are green. The happy children are playing.*

Imagine what you would say to someone you don't know if you introduced yourself to them. What questions would they ask you? How would you answer them?

As you take a bus or are in a car imagine that you are in a taxi. The taxi driver doesn't know where you want to go, so you have to give directions. *Turn right at the café. Now go straight on*

Think about your day, or the day before and tell yourself what you did. *I got up at 7 o'clock and had coffee for breakfast. I went...then I ....While I was eating I ...*

Think about what you are going to do tomorrow, or plan the things you have to do next week in English. *I have to do my English homework. I'll do it tonight after dinner.*

Notice when you are using your 'innervoice' in your own language. What would your 'innervoice' say if it was speaking in English?