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Weekly English Practice

27th June 2019

5 ways to create a summer to remember (as well as practising your English)

*After much wishing and waiting, summer is finally here! But before you know it, September will roll around again. Instead of **dreading** the eventual end of summer, let's live purposely right now!*

Before you read the complete article, look at this vocabulary and find it in the text:

to dread something: *to feel bad about something in the future*
in a flash: *very quickly, in an instant*
journal: *a notebook to write daily thoughts; a diary*
mood: *a temporary emotional state*
to take a day out: *to reserve a day for a specific purpose*
to make room for something: *to devote space and time to something*
sibling: *a brother or sister*
to make something count: *to take advantage/make the most of an opportunity*
ray: *a visible line of sunlight*
point: *a message or argument*

If there's one thing I dislike about summer, it's the way it seems to be here and gone **in a flash**. In order to combat this feeling and to really make this summer as memorable as possible, I'm going to put the five things listed below into practice. Care to join me?

☑ *Keep a gratitude **journal***

While it's fun and important to capture special moments on camera, writing down three things you're grateful for every day can help you to focus on the positive aspects of life. This summer, why not write down three things you appreciate every evening and see how it keeps your **mood** at it's peak!

☑ *Do something that scares you*

Whether it's speaking a foreign language or going scuba diving, **taking a day out** to overcome a personal challenge is a great way to build memories and confidence at the same time. Everybody's fears are different, so you just have to find something that frightens you… and do it anyway. Your courage and inevitable progress will make you feel really good about yourself.

☑ *Learn something new*

Summer is a great time to **make room** for learning. It doesn't matter if you're spending summer with friends, family or alone. You could pick up a musical instrument thanks to the many free YouTube videos, take your first steps in a foreign language, bring new recipes into the kitchen or simply read a book. After the summer, you'll feel a little more inspired than before.

☑ *Reconnect with your family*

You might want to take advantage of the extra free time summer brings by planning a special me-and-you day with each of your parents, children or **siblings**. It could be very simple: a meal, drive, swim or cycle to connect with your loved ones and show them that you enjoy spending time with them. The days may be long, but the season is short, so let's **make it count**!

☑ *Take your indoor activities outside*

One of the greatest gifts summer brings is a more flexible schedule full of new opportunities. Find a quiet place to sit outside near your home where you can enjoy everyday activities such as meditation, reading, and drinking a cup of tea, all under the **rays** of the sun. I often choose the park for my afternoon siesta! (Note to self: don't forget sun cream.)

Of course, there are many other ways to make this a summer to remember, but the main **point** is that we need to make a conscious decision to do so. Otherwise, the time will slip through our fingers like the sand at the beach.

Written by ECP coach Alison Keable

Let's chat about that!

Write your opinions in an email and send them to your ECP coach!

- *Will you do any of the five points from the article?*
- *What will you to make this a summer to remember?*
- *Do you usually feel like time flies during summer? Why is that?*
- *What are your holiday plans this year?*
- *What's the best and worst thing about summer?*

This is the last WEP of the 2018-19 course.

Thank you for using it with us to practise and improve your English.

Have a great summer and see you again in 2019-20!

Photo by Vicko Mozara on Unsplash

Social Events In English

Real-Life English in Vitoria-Gasteiz

English Coaching Projects S.Coop.

iLook, iThink, iSpeak

Real Language to Express Yourself Better

Friday 28th June

Describe these summer photos in as much detail as possible!

Photo by Heather Ford on Unsplash

Photo by Ethan Robertson on Unsplash

Photo by Marion Michele on Unsplash

Photo by Johan Mouchet on Unsplash

Match these phrases to the pictures:

dangling over the edge

sitting on the sand

floating in the water

laying down a blanket

Can you use them in a sentence?