• Global Academy of Lifelong Learning

Every Day English Conversation 每日英语会话

20 lessons • 60-minute online lessons, live with your teacher

20 节课 • 每节 60 分钟线上直播课

Course lesson plan / 课程教案

For senior learners: practical, friendly English for everyday life — at the market, at the doctor, on the phone, and with family and friends.

专为银龄学员设计：亲切实用的日常英语——买菜、看病、打电话、与家人朋友聊天，都能自信开口。

Course syllabus / 课程大纲

Twenty friendly lessons, one topic at a time. Each lesson: new words, key sentences, a real dialogue, practice with classmates, and one small real-life task. Speak a little every day — that is how confidence grows. / 二十节亲切的课程，一次一个话题。每节课：学生词、练重点句、读真实对话、与同学练习、完成一个小小的生活任务。每天说一点，自信慢慢来。

Lesson 1. Saying Hello: Greetings and Small Talk — 打招呼与寒暄

Lesson 2. All About Me: Introducing Yourself — 自我介绍

Lesson 3. My Family and Friends — 我的家人和朋友

Lesson 4. At the Market and Grocery Store — 在市场和超市

Lesson 5. Eating Out: At the Restaurant — 在餐厅用餐

Lesson 6. Getting Around: Asking for Directions — 问路与出行

Lesson 7. On the Phone and Video Calls — 打电话和视频通话

Lesson 8. At the Doctor and the Pharmacy — 看医生和去药房

Lesson 9. Talking About the Weather — 谈论天气

Lesson 10. Shopping for Clothes and Gifts — 买衣服和礼物

Lesson 11. At the Bank and Post Office — 在银行和邮局

Lesson 12. Travel Talk: Airports and Hotels — 旅行会话：机场和酒店

Lesson 13. Hobbies and Free Time — 兴趣爱好与休闲时光

Lesson 14. Telling Stories: Talking About the Past — 讲故事：谈过去

Lesson 15. Making Plans and Invitations — 做计划与发出邀请

Lesson 16. Holidays and Celebrations — 节日与庆祝

Lesson 17. Neighbours and Community — 邻里与社区

Lesson 18. Phones, Apps and Staying Safe Online — 手机、应用与网络安全

Lesson 19. Asking for Help and Emergencies — 求助与紧急情况

Lesson 20. Keeping in Touch: A Conversation Showcase — 保持联系：会话展示

Lesson 1 / 第 1 课 60 minutes online / 60 分钟线上课

Saying Hello: Greetings and Small Talk

打招呼与寒暄

> **You can do it / 学习目标:** Greet people warmly, ask how they are, and enjoy a minute or two of friendly small talk.
> 能热情地打招呼，问候对方，并愉快地寒暄一两分钟。

Key words and phrases / 关键词句

Good morning / afternoon / evening	早上好 / 下午好 / 晚上好
How are you?	你好吗?
I'm fine, thank you.	我很好，谢谢。
Nice to see you!	很高兴见到你!
How's it going?	最近怎么样?
Pretty good, thanks.	挺好的，谢谢。
See you later!	回头见!
Have a nice day!	祝你今天愉快!

Key sentences / 重点句子

- Hello! How are you today?
  你好！你今天怎么样?
- I'm doing well, thank you. And you?
  我很好，谢谢。你呢?
- It's so nice to see you again.
  再次见到你真高兴。

Dialogue / 对话

Mary: Good morning, Mrs. Chen! How are you?

Mrs. Chen: Good morning, Mary! I'm fine, thank you. How about you?

Mary: I'm doing well. It's a beautiful day, isn't it?

Mrs. Chen: Yes, it is. Perfect for a walk.

Mary: Well, I have to go now. See you later!

Mrs. Chen: See you later. Have a nice day!

Class practice / 课堂练习

In pairs, greet your partner three ways: in the morning, in the afternoon, and as an old friend you have not seen for a long time. Keep each chat going for one minute. / 两人一组，用三种方式打招呼：早上、下午、像见到久别重逢的老朋友。每次聊满一分钟。

Real-life homework / 生活练习

Greet one person in English this week — a neighbour, a cashier, or a friend — and ask how they are. / 本周用英语向一个人打招呼——邻居、收银员或朋友——并问问他/她怎么样。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

All About Me: Introducing Yourself

自我介绍

You can do it / 学习目标: Introduce yourself clearly: your name, where you are from, where you live, and what you enjoy.

能清楚地介绍自己：姓名、来自哪里、住在哪里、喜欢什么。

Key words and phrases / 关键词句

My name is...	我的名字是……
I'm from...	我来自……
I live in...	我住在……
I've been here for five years.	我来这里五年了。
I'm retired.	我退休了。
I used to be a teacher.	我以前是一名教师。
In my free time, I like...	空闲时，我喜欢……
Nice to meet you.	很高兴认识你。

Key sentences / 重点句子

- My name is Mei Lin. I'm from China, and now I live in Florida.
  我叫梅琳。我来自中国，现在住在佛罗里达。
- I have lived here for five years.
  我在这里住了五年了。
- In my free time, I enjoy walking and cooking.
  空闲时，我喜欢散步和做饭。

Dialogue / 对话

Tom: Hello, I'm Tom. What's your name?

Mei Lin: Hi, Tom. My name is Mei Lin.

Tom: Nice to meet you, Mei Lin. Where are you from?

Mei Lin: I'm from Shanghai, China. I've lived in Florida for five years.

Tom: What do you like to do in your free time?

Mei Lin: I enjoy gardening and playing mahjong with friends.

Class practice / 课堂练习

Give a 30-second introduction to your partner. Your partner listens, smiles, and asks you one question. Then swap. / 向同伴做 30 秒自我介绍。同伴认真听，并问你一个问题。然后交换。

Real-life homework / 生活练习

Write your introduction in 4–5 sentences and read it aloud three times at home. / 把自我介绍写成 4–5 句话，在家大声读三遍。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

My Family and Friends

我的家人和朋友

You can do it / 学习目标: Talk about your family — who they are, where they live, and what they do.

能谈论家人：他们是谁、住在哪里、做什么工作。

Key words and phrases / 关键词句

my husband / my wife	我的丈夫 / 我的妻子
my son / my daughter	我的儿子 / 我的女儿
my grandchildren	我的孙辈
They live in...	他们住在……
He is a doctor.	他是一名医生。
She is in college.	她在上大学。
We talk every week.	我们每周通电话。
I miss them.	我想念他们。

Key sentences / 重点句子

- I have two sons and one daughter.
  我有两个儿子和一个女儿。
- My daughter lives in New York. She is a teacher.
  我的女儿住在纽约，她是一名教师。
- We video call every Sunday.
  我们每周日视频通话。

Dialogue / 对话

Anna: Do you have any children, Wei?

Wei: Yes, I have a son and a daughter.

Anna: Where do they live?

Wei: My son lives nearby, in Orlando. My daughter lives in California.

Anna: Do you see them often?

Wei: I see my son every week. My daughter and I video call every Sunday.

Class practice / 课堂练习

Draw a simple family tree and present it to your partner in English. Answer two questions about your family. / 画一张简单的家庭树，用英语向同伴介绍，并回答两个关于家人的问题。

Real-life homework / 生活练习

Show a family photo to a friend or family member and describe each person in English. / 拿一张家庭照片，向朋友或家人用英语介绍照片里的每个人。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

At the Market and Grocery Store

在市场和超市

You can do it / 学习目标: Shop for food in English: find items, ask prices, and pay at the checkout.

能用英语买菜：找到商品、询问价格，并在收银台付款。

Key words and phrases / 关键词句

How much is this?	这个多少钱?
a pound / a dozen	一磅 / 一打
fresh vegetables	新鲜蔬菜
Is it on sale?	这个打折吗?
I need...	我需要……
Where can I find...?	我在哪里可以找到……?
a shopping cart / a basket	购物车 / 购物篮
Cash or card?	现金还是刷卡?

Key sentences / 重点句子

- Excuse me, where can I find the eggs?
  请问，鸡蛋在哪里?
- How much are these tomatoes per pound?
  这些西红柿每磅多少钱?
- I'd like two pounds of apples, please.
  请给我两磅苹果。

Dialogue / 对话

Shopper: Excuse me, where is the milk?

Worker: It's in aisle three, next to the cheese.

Shopper: Thank you. And how much are these oranges?

Worker: They're two dollars a pound.

Shopper: I'll take three pounds, please.

Worker: Here you go. Anything else?

Shopper: No, that's all. Thank you!

Class practice / 课堂练习

Role-play: one student is the shopper with a list of five items; the other works at the store. Find everything on the list! / 角色扮演：一位同学是拿着五样商品清单的顾客，另一位是店员。把清单上的东西都找到！

Real-life homework / 生活练习

On your next shopping trip, read five food labels in English and say the prices out loud. / 下次购物时，读五个食品标签上的英语，并大声说出价格。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Eating Out: At the Restaurant

在餐厅用餐

You can do it / 学习目标: Order food at a restaurant, ask about the menu, and pay the bill politely.

能在餐厅点餐、询问菜单，并礼貌地结账。

Key words and phrases / 关键词句

a table for two	两人桌
the menu	菜单
I'd like...	我想要……
What do you recommend?	你有什么推荐?
not too spicy	不要太辣
a glass of water	一杯水
the check, please	请结账
Keep the change.	不用找零了。

Key sentences / 重点句子

- A table for two, please.

  请给我们一张两人桌。
- I'd like the grilled fish with vegetables.

  我想要烤鱼配蔬菜。
- Could we have the check, please?

  可以请结账吗?

Dialogue / 对话

Customer: Good evening. A table for two, please.

Waiter: Of course. Here's the menu.

Customer: What do you recommend today?

Waiter: The chicken soup is very popular.

Customer: That sounds good. I'll have the soup and a salad.

Waiter: And to drink?

Customer: Just water, please. Thank you.

Class practice / 课堂练习

In pairs, take turns being the waiter and the customer. Order a full meal: a drink, a main dish, and a dessert. / 两人一组，轮流当服务员和顾客。点一份完整的餐：饮料、主菜和甜点。

Real-life homework / 生活练习

Look at a restaurant menu in English (online or in person) and choose what you would order. Be ready to say it in class. / 看一份英文菜单（网上或餐厅里），选好你想点的菜，准备好在课堂上说出来。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Getting Around: Asking for Directions

问路与出行

You can do it / 学习目标: Ask for and understand simple directions, and talk about buses, taxis, and rides.

能问路并听懂简单的方向，能谈论公交、出租车和乘车。

Key words and phrases / 关键词句

Excuse me, where is...?	请问，……在哪里?
turn left / turn right	左转 / 右转
go straight	一直走
on the corner	在拐角处
next to...	在……旁边
How far is it?	有多远?
the bus stop	公交车站
Can you take me to...?	你能带我去……吗?

Key sentences / 重点句子

- Excuse me, is the pharmacy near here?
  请问，附近有药房吗?
- Go straight and turn left at the light.
  一直走，在红绿灯处左转。

- How long does it take by bus?
  坐公交车要多长时间?

Dialogue / 对话

Visitor: Excuse me, how do I get to the library?

Local: Go straight for two blocks, then turn right.

Visitor: Is it far from here?

Local: No, it's about five minutes on foot. It's next to the park.

Visitor: Thank you so much!

Local: You're welcome.

Class practice / 课堂练习

Use a simple map — or draw one together. Ask your partner how to get to three places, and give directions back. / 用一张简单的地图——或者一起画一张。向同伴问三个地方怎么走，再给对方指路。

Real-life homework / 生活练习

Next time you go out, notice three street or shop signs in English and remember what they say. / 下次出门时，留意三个英文路牌或店牌，记住上面写了什么。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

On the Phone and Video Calls

打电话和视频通话

You can do it / 学习目标: Make a phone call, leave a message, and enjoy video calls with family.

能打电话、留言，并和家人愉快地视频通话。

Key words and phrases / 关键词句

Hello, this is...	你好，我是……
May I speak to...?	我可以和……通话吗?
Hold on, please.	请稍等。
I'll call you back.	我会回电话给你。
Can you hear me?	你能听到我吗?
Your video is frozen.	你的画面卡住了。
Let's talk on Sunday.	我们周日再聊吧。
I can't hear you well.	我听不太清你说话。

Key sentences / 重点句子

- Hello, this is Anna. May I speak to Dr. Lee?
  你好，我是安娜。我可以和李医生通话吗?
- Sorry, I can't hear you. Can you say that again?
  对不起，我听不清。你能再说一遍吗?

- It's so good to see your face!

  能看到你真好！

Dialogue / 对话

Lucy: Hello? Grandma, it's Lucy. Can you see me?

Grandma: Lucy! Yes, I can see you now. How are you, dear?

Lucy: I'm great. We miss you!

Grandma: I miss you too. How is school?

Lucy: It's good. Look — I'll show you my drawing!

Class practice / 课堂练习

Back-to-back phone practice: sit back to back with a partner and talk for two minutes. No looking — only listening! / 背对背打电话练习：和同伴背对背坐，通话两分钟。不许看——只用心听！

Real-life homework / 生活练习

Make one real phone call or video call in English this week, even a short one. You can do it! / 本周打一个真正的电话或视频电话，用英语说，哪怕很短也可以。你能做到！

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

At the Doctor and the Pharmacy

看医生和去药房

You can do it / 学习目标: Explain how you feel, understand simple advice, and ask questions at the pharmacy.

能说明自己的不适，听懂简单的医嘱，并在药房提问。

Key words and phrases / 关键词句

I have a headache.	我头疼。
I don't feel well.	我感觉不舒服。
my blood pressure	我的血压
Take this twice a day.	这个每天吃两次。
before / after meals	饭前 / 饭后
I'm allergic to...	我对……过敏。
an appointment	一个预约
I need a refill.	我需要续药。

Key sentences / 重点句子

- I have a sore throat and a cough.
  我喉咙疼，还咳嗽。
- How often should I take this medicine?
  这药我应该多久吃一次?
- I would like to make an appointment, please.
  我想预约一下。

Dialogue / 对话

Doctor: Good morning. What brings you in today?

Patient: I have a bad cough, and I feel very tired.

Doctor: Let me check your temperature... You have a small fever.

Patient: Is it serious?

Doctor: No, just a cold. Rest and drink warm water. Take this medicine twice a day.

Patient: Thank you, Doctor.

Class practice / 课堂练习

Role-play a doctor's visit: describe two symptoms and ask one question about your medicine. / 角色扮演看医生：描述两种症状，并就药物提一个问题。

Real-life homework / 生活练习

Read the labels on your medicine bottles at home. Find: how many times a day, and

before or after food. / 在家读一读药瓶上的标签。找出：每天吃几次，饭前还是饭后。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Talking About the Weather

谈论天气

You can do it / 学习目标: Talk about today's weather and the forecast, and plan your day around it.

能谈论今天的天气和天气预报，并据此安排一天的活动。

Key words and phrases / 关键词句

sunny / cloudy	晴天 / 多云
rainy / windy	下雨 / 刮风
hot and humid	又热又潮
It's cold today.	今天很冷。
degrees	度（气温）
the forecast	天气预报
It might rain later.	稍后可能会下雨。
a nice day for a walk	适合散步的好天气

Key sentences / 重点句子

- It's sunny and warm today.
  今天阳光明媚、很暖和。
- What's the weather like tomorrow?
  明天天气怎么样?
- It's too hot to walk this afternoon. Let's go in the morning.
  下午太热了，不适合散步。我们上午去吧。

Dialogue / 对话

Mr. Wang: Good morning! Beautiful day, isn't it?

Mrs. Lopez: Yes! Sunny and warm.

Mr. Wang: What's the weather like tomorrow?

Mrs. Lopez: The forecast says rain in the afternoon.

Mr. Wang: Then let's take our walk this morning.

Mrs. Lopez: Good idea. I'll bring my hat.

Class practice / 课堂练习

Look at a 3-day weather forecast together and choose the best day for a picnic. Tell your partner why. / 一起看三天天气预报，选出最适合野餐的一天，并告诉同伴为什么。

Real-life homework / 生活练习

Watch or read the weather forecast in English once, and tell the class tomorrow's weather. / 用英语看一次天气预报，并向全班说说明天的天气。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Shopping for Clothes and Gifts

买衣服和礼物

You can do it / 学习目标: Ask for sizes and colours, try things on, and choose a gift for a friend.

能询问尺码和颜色、试穿，并为朋友挑选礼物。

Key words and phrases / 关键词句

What size do you wear?	你穿什么尺码?
a medium	中号
Can I try this on?	我可以试穿一下吗?
the fitting room	试衣间
It fits well.	它很合身。
Do you have it in blue?	有蓝色的吗?
It's a gift.	这是礼物。
gift wrap	礼品包装

Key sentences / 重点句子

- I'm looking for a jacket for my husband.
  我在给我丈夫找一件夹克。
- Do you have this in a larger size?
  这件有大一号的吗?
- It's a gift. Could you wrap it, please?
  这是礼物。能帮我包装一下吗?

Dialogue / 对话

Assistant: Hello, can I help you?

Customer: Yes, I'm looking for a sweater.

Assistant: What size and colour?

Customer: Medium, in blue, please.

Assistant: Here you are. The fitting room is over there.

Customer: It fits well. I'll take it. It's a gift for my friend.

Class practice / 课堂练习

Role-play in a clothes shop: find an item, ask for your size and another colour, try it on, and decide. / 角色扮演在服装店购物：找到一件衣服，问尺码和另一种颜色，试穿，然后做决定。

Real-life homework / 生活练习

Describe three things in your closet in English: the colour, the size, and when you wear them. / 用英语描述衣柜里的三件衣服：颜色、尺码、什么时候穿。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

At the Bank and Post Office

在银行和邮局

You can do it / 学习目标: Do simple banking in English and send letters and packages at the post office.

能用英语办理简单的银行业务，并在邮局寄信和包裹。

Key words and phrases / 关键词句

I'd like to open an account. 我想开一个账户。

deposit / withdraw	存钱 / 取钱
my balance	我的余额
a bank statement	银行对账单
a stamp	一张邮票
send a package	寄包裹
How long will it take?	需要多长时间?
Sign here, please.	请在这里签名。

Key sentences / 重点句子

- I'd like to withdraw two hundred dollars.
  我想取两百美元。
- How much is a stamp for this letter?
  这封信的邮票多少钱?
- I'd like to send this package to China.
  我想把这个包裹寄到中国。

Dialogue / 对话

Clerk: Good morning. How can I help you?

Customer: I'd like to send this package to my sister in China.

Clerk: Let me weigh it... That will be eighteen dollars.

Customer: How long will it take?

Clerk: About ten days.

Customer: That's fine. Thank you.

Class practice / 课堂练习

In pairs: one is the bank clerk, one is the customer. Deposit some money, ask for your balance, and sign your name. / 两人一组：一位当银行职员，一位当顾客。存钱、询问余额、签名。

Real-life homework / 生活练习

Find one letter or bill in your mailbox and read the English words on it. Bring one new word to class. / 从邮箱里找一封信或账单，读上面的英文单词。带一个新单词到课堂上来。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Travel Talk: Airports and Hotels

旅行会话：机场和酒店

You can do it / 学习目标: Check in at the airport, ask about your flight, and check in at a hotel with confidence.

能自信地在机场办理登机、在酒店办理入住，并询问航班信息。

Key words and phrases / 关键词句

a boarding pass	登机牌
check in	办理登机 / 入住
a window / aisle seat	靠窗 / 靠走道的座位
my luggage	我的行李
The flight is delayed.	航班延误了。
a reservation	一个预订
a room key	房卡
What time is breakfast?	早餐几点开始?

Key sentences / 重点句子

- I have a reservation under the name Hu.
  我用“胡”这个姓订了房。
- Could I have a window seat, please?
  可以给我一个靠窗的座位吗?
- What time do I need to check out?
  我需要几点退房?

Dialogue / 对话

Receptionist: Good evening. Welcome!

Guest: I'd like to check in. I have a reservation under the name Hu.

Receptionist: Here is your room key. Breakfast is from seven to ten.

Guest: Thank you. Is there Wi-Fi in the room?

Receptionist: Yes, the password is on the desk.

Guest: Wonderful. Good night!

Class practice / 课堂练习

Role-play twice: first checking in for a flight, then checking in at a hotel. Use your real name! / 角色扮演两次：先办理登机，再办理酒店入住。用你自己的真实姓名！

Real-life homework / 生活练习

Imagine your dream trip. Next class, tell us: where, when, and how you will travel — three sentences. / 想象一次梦想之旅。下节课告诉我们：去哪里、什么时候、怎么去——三句话。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Hobbies and Free Time

兴趣爱好与休闲时光

You can do it / 学习目标: Talk about what you love to do, and ask others about their hobbies.

能谈论自己喜欢做的事，并询问他人的爱好。

Key words and phrases / 关键词句

I enjoy...	我喜欢……
gardening	园艺
playing mahjong	打麻将
tai chi	太极
painting / singing	画画 / 唱歌
I go for a walk every day.	我每天散步。
How about you?	你呢?
That sounds fun!	听起来很有趣!

Key sentences / 重点句子

- I enjoy gardening on weekends.
  我喜欢在周末做园艺。
- How often do you play mahjong?
  你多久打一次麻将?
- Would you like to join us for tai chi tomorrow?

你明天想和我们一起打太极吗?

Dialogue / 对话

Grace: What do you like to do in your free time, Peter?

Peter: I love fishing. I go every Saturday.

Grace: That sounds relaxing. I enjoy painting, and I sing in a choir.

Peter: Really? Our choir needs new singers!

Grace: Maybe I'll try it next week.

Class practice / 课堂练习

'Find someone who...' — take turns asking classmates questions and find people who enjoy three different hobbies. / “找一找谁……”——轮流提问，找到喜欢三种不同爱好的同学。

Real-life homework / 生活练习

Do your favourite hobby this week and take a photo. Show it in class and say two sentences about it. / 本周做一次你最喜欢的活动并拍张照片。在课堂上展示，并说两句话介绍它。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Telling Stories: Talking About the Past

讲故事：谈过去

You can do it / 学习目标: Tell a short story about your past: where you lived, where you worked, and a happy memory.

能讲述一个关于过去的短故事：在哪里生活、在哪里工作，以及一段美好的回忆。

Key words and phrases / 关键词句

when I was young	我年轻的时候
I grew up in...	我在……长大
I worked as a...	我当过……
many years ago	很多年前
Last week, I...	上周，我……
It was wonderful.	那真是太美好了。
I remember...	我记得……
in those days	在那个年代

Key sentences / 重点句子

- I grew up in a small town in China.
  我在中国的一个小镇长大。
- I worked as a teacher for thirty years.
  我当了三十年教师。

- Last summer, we visited our grandchildren.
  去年夏天，我们去看了孙辈。

Dialogue / 对话

Lucy: Grandma Rose, where did you grow up?

Rose: I grew up in a small village. We had no cars, but we were happy.

Lucy: What did you do for fun?

Rose: We sang songs and played outside with friends.

Lucy: I love your stories!

Rose: And I love telling them to you.

Class practice / 课堂练习

Tell your partner a two-minute story about a happy day from long ago. Use: first, then, after that, finally. / 向同伴讲一个两分钟的故事：很久以前快乐的一天。用上：first, then, after that, finally。

Real-life homework / 生活练习

Choose one old photo and prepare three sentences about it for the next class. / 选一张老照片，为下节课准备三句话来介绍它。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Making Plans and Invitations

做计划与发出邀请

You can do it / 学习目标: Invite a friend to do something, accept warmly or politely say no, and fix a time and a place.

能邀请朋友一起做事，热情接受或礼貌拒绝，并定好时间和地点。

Key words and phrases / 关键词句

Would you like to...?	你想……吗?
That sounds great!	听起来太好了!
I'd love to, but...	我很想去，但是……
How about Saturday?	星期六怎么样?
Let's meet at...	我们在……见面吧。
What time?	几点?
I'm free on Friday.	我周五有空。
See you then!	到时见!

Key sentences / 重点句子

- Would you like to have tea with me on Friday?
  你想周五和我一起喝茶吗?
- I'd love to, but I have a doctor's appointment.
  我很想去，但我要去看医生。

- Let's meet at the park at nine.

  我们九点在公园见面吧。

Dialogue / 对话

Helen: Hi, Susan. Would you like to go for a walk on Saturday morning?

Susan: I'd love to! What time?

Helen: How about nine o'clock, at the park gate?

Susan: Perfect. See you then!

Helen: Great — I'll bring some tea.

Class practice / 课堂练习

Invite your partner to three different activities. They accept one, and politely refuse two — with a reason each time! / 邀请同伴参加三项不同的活动。对方接受一项，礼貌拒绝两项——每次都要说出理由！

Real-life homework / 生活练习

Really invite someone — a friend or a neighbour — to tea, a walk, or a meal. In English if you can. / 真的去邀请一个人——朋友或邻居——喝茶、散步或吃饭。尽量用英语。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Holidays and Celebrations

节日与庆祝

You can do it / 学习目标: Talk about your favourite holidays, share greetings, and describe how your family celebrates.

能谈论喜欢的节日、送上节日祝福，并描述家人如何庆祝。

Key words and phrases / 关键词句

Happy New Year!	新年快乐！
Spring Festival	春节
Thanksgiving	感恩节
a family dinner	家庭聚餐
We give red envelopes.	我们发红包。
fireworks	烟花
I'm thankful for...	我感恩……
Best wishes!	祝一切顺利！

Key sentences / 重点句子

- Spring Festival is my favourite holiday.
  春节是我最喜欢的节日。
- We eat dumplings together on New Year's Eve.
  我们在除夕夜一起吃饺子。
- Happy holidays! I wish you good health.
  节日快乐！祝你身体健康。

Dialogue / 对话

Emily: Happy New Year, Li Na!

Li Na: Thank you! Happy New Year!

Emily: How does your family celebrate?

Li Na: We have a big dinner, eat dumplings, and give the children red envelopes.

Emily: That sounds wonderful.

Li Na: And we always call our family in China.

Class practice / 课堂练习

Teach your partner one holiday greeting in English and one special custom from your favourite holiday. / 教同伴一句英文节日祝福，并介绍你最喜欢的节日的一个习俗。

Real-life homework / 生活练习

Write or say three holiday wishes in English, for three different people. / 为三个人写下或说出三句英文节日祝福。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Neighbours and Community

邻里与社区

You can do it / 学习目标: Chat with neighbours, talk about your community, and offer or ask for small help.

能与邻居聊天，谈论社区，并提供或请求小帮助。

Key words and phrases / 关键词句

my neighbour	我的邻居
the community centre	社区中心
Could you help me with...?	你能帮我……吗?
Of course, no problem.	当然，没问题。
Thank you for your help.	谢谢你的帮助。
the library	图书馆
a yard sale	庭院义卖
We look out for each other.	我们互相照应。

Key sentences / 重点句子

- Good morning! Your garden looks beautiful.
  早上好！你的花园真漂亮。
- Could you water my plants this weekend?
  这周末你能帮我浇浇花吗?
- There is a tai chi class at the community centre.
  社区中心有太极课。

Dialogue / 对话

Mr. Chen: Morning! Your roses are beautiful.

Mrs. Davis: Thank you! I work in the garden every morning.

Mr. Chen: By the way, we're going away this weekend. Could you watch our house?

Mrs. Davis: Of course. Neighbours help neighbours.

Mr. Chen: Thank you so much.

Class practice / 课堂练习

In pairs: ask your neighbour for a small favour, then offer one back. Remember the polite words! / 两人一组：向邻居请求一个小帮助，然后主动提出帮对方一个忙。别忘了礼貌用语！

Real-life homework / 生活练习

Say hello to a neighbour this week and have a short chat in English. Two or three sentences is a great start. / 本周向一位邻居打招呼，用英语聊几句。两三句话就是很好的开始。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Phones, Apps and Staying Safe Online

手机、应用与网络安全

You can do it / 学习目标: Talk about your phone and apps, and learn to spot scams and stay safe online.

能谈论手机和应用，学会识别诈骗、安全上网。

Key words and phrases / 关键词句

a smartphone app	手机应用
send a message	发消息
a password	密码
Don't click that link.	不要点那个链接。
It might be a scam.	这可能是诈骗。
I never share my bank details.	我从不分享我的银行信息。
a video call	视频通话
Ask a family member first.	先问问家人。

Key sentences / 重点句子

- I use this app to talk with my family.
  我用这个应用和家人聊天。
- If a message asks for money, it's a scam.
  如果一条消息向你索要钱财，那就是诈骗。
- I never give my password to anyone.
  我从不把密码告诉任何人。

Dialogue / 对话

Son: Mom, I got a strange message. It says my bank account has a problem.

Mom: Don't click the link! It might be a scam.

Son: What should I do?

Mom: Delete the message, and call the bank yourself — use the number on your card.

Son: Good advice. Thank you!

Class practice / 课堂练习

Look at three example messages together. For each one, decide: safe or scam? Explain why in English. / 一起看三条示例消息。每条判断：安全还是诈骗？用英语说出理由。

Real-life homework / 生活练习

Check one password at home with a family member's help, and learn to say your three safety rules in English. / 在家在家人的帮助下检查一个密码，并学会用英语说出你的三条安全守则。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Asking for Help and Emergencies

求助与紧急情况

You can do it / 学习目标: Ask for help clearly in everyday trouble and in an emergency — and stay calm.

能在日常困难和紧急情况下清楚地求助，并保持冷静。

Key words and phrases / 关键词句

Help!	救命！
I need help.	我需要帮助。
Call 911.	拨打 911。
I fell down.	我摔倒了。
I'm lost.	我迷路了。
My address is...	我的地址是……
Please speak slowly.	请说慢一点。
Is there a doctor here?	这里有医生吗?

Key sentences / 重点句子

- Please call 911. My husband fell.

  请拨打 911。我丈夫摔倒了。
- I don't understand. Please say it again slowly.

  我没听懂。请再慢一点说一遍。
- I need help. I can't find my way home.

  我需要帮助。我找不到回家的路了。

Dialogue / 对话

Passer-by: Are you OK? You look pale.

Mrs. Lin: I feel dizzy. I need to sit down.

Passer-by: Sit here. I'll get you some water. Do you want me to call your son?

Mrs. Lin: Yes, please. His number is in my phone.

Passer-by: Don't worry. I'm here with you.

Class practice / 课堂练习

Role-play two scenes: (1) you feel unwell in a shop; (2) you are lost and ask a kind stranger for help. Speak slowly and clearly. / 角色扮演两个场景：（1）在商店里感觉不舒服；（2）迷路了，向好心的陌生人求助。慢慢说、说清楚。

Real-life homework / 生活练习

Write your name, address, and an emergency contact on a card for your wallet — in English — and practise saying them. / 把你的姓名、地址和紧急联系人用英文写在一张卡片上放进钱包，并练习说出来。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

Keeping in Touch: A Conversation Showcase

保持联系：会话展示

You can do it / 学习目标: Put it all together: hold a five-minute conversation, and celebrate how far you have come.

能综合运用所学：进行一次五分钟的对话，并为自己的进步庆祝。

Key words and phrases / 关键词句

Let's keep in touch!	让我们保持联系！
It was lovely talking to you.	和你聊天很愉快。
I learned a lot.	我学到了很多。
I'm proud of myself.	我为自己感到骄傲。
Practice makes progress.	练习带来进步。
One step at a time.	一步一步来。
Thank you for learning with me.	谢谢你和我一起学习。
See you in the next course!	下期课程见！

Key sentences / 重点句子

- I can speak English in my daily life now.
  我现在可以在日常生活中说英语了。
- Let's keep in touch — here is my phone number.
  让我们保持联系——这是我的电话号码。
- Thank you, everyone. Learning together was a joy.
  谢谢大家。一起学习是一件快乐的事。

Dialogue / 对话

June: I can't believe this is our last class!

David: I know. I learned so much.

June: What was your favourite lesson?

David: The restaurant lesson — now I order in English with confidence!

June: Let's keep practising together. Coffee next week?

David: I'd love that. English friends forever!

Class practice / 课堂练习

Showcase time! In small groups, hold a five-minute conversation using topics from any three lessons in this course. / 展示时间！小组活动：运用本课程任意三节课的话题，进行一次五分钟的对话。

Real-life homework / 生活练习

Your plan continues: choose one English habit for next month — a daily greeting, a weekly call, or a new course — and write it in your Conversation Plan on the last page. / 继续你的计划：为下个月选一个英语小习惯——每天打招呼、每周打电话，或再选一门课——写在最后一页的“我的会话计划”里。

Lesson flow / 课堂流程 (60 min): Warm-up 热身 (5 min) · Key words 生词 (10 min) · Key sentences 重点句 (10 min) · Dialogue 对话 (15 min) · Practice 练习 (15 min) · Wrap-up 总结 (5 min)

My progress checklist / 我的学习进度表

Tick each lesson as you finish it. Twenty ticks = one big achievement! / 完成一课就打一个勾。二十个勾 = 一项了不起的成就！

☐ Lesson 1. Saying Hello: Greetings and Small Talk / 打招呼与寒暄

☐ Lesson 2. All About Me: Introducing Yourself / 自我介绍

☐ Lesson 3. My Family and Friends / 我的家人和朋友

☐ Lesson 4. At the Market and Grocery Store / 在市场和超市

☐ Lesson 5. Eating Out: At the Restaurant / 在餐厅用餐

☐ Lesson 6. Getting Around: Asking for Directions / 问路与出行

☐ Lesson 7. On the Phone and Video Calls / 打电话和视频通话

☐ Lesson 8. At the Doctor and the Pharmacy / 看医生和去药房

☐ Lesson 9. Talking About the Weather / 谈论天气

☐ Lesson 10. Shopping for Clothes and Gifts / 买衣服和礼物

☐ Lesson 11. At the Bank and Post Office / 在银行和邮局

☐ Lesson 12. Travel Talk: Airports and Hotels / 旅行会话：机场和酒店

☐ Lesson 13. Hobbies and Free Time / 兴趣爱好与休闲时光

☐ Lesson 14. Telling Stories: Talking About the Past / 讲故事：谈过去

☐ Lesson 15. Making Plans and Invitations / 做计划与发出邀请

☐ Lesson 16. Holidays and Celebrations / 节日与庆祝

☐ Lesson 17. Neighbours and Community / 邻里与社区

☐ Lesson 18. Phones, Apps and Staying Safe Online / 手机、应用与网络安全

☐ Lesson 19. Asking for Help and Emergencies / 求助与紧急情况

☐ Lesson 20. Keeping in Touch: A Conversation Showcase / 保持联系：会话展示

My Conversation Plan / 我的会话计划

The English I most want to use is (我想最先用上的英语是）：

People I will practise with (我会和谁练习）：

My one small habit for next month is (下个月我的一个小习惯是）：

Remember: one step at a time. Every sentence you say is a success. / 记住：一步一步来。你说出的每一句话，都是一次成功。