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# Swimming

Jessa:	I'm on a diet! I'm getting all fixed up for the summer season.
Marie:	You mean for swimming on the beach?
Jessa:	Well, it's part of it. I don't wanna miss the fun this season.
Marie:	I think, you don't wanna miss out on guys.
Jessa:	Cool girl! The days are already getting hotter.
	Marie: Sure, I'm cool!

# Vocabulary/Expressions:

#### Vocabulary:

Fix up – make yourself look nice

#### **Useful Expressions:**

I'm getting all fixed up for the summer season. I don't wanna miss the fun this season. The days are already getting hotter. Sure, I'm cool!

#### **Activity:**

What are fun activities to do during the summer season aside from swimming?

# Oh! MyEnglish

Day 3 Time Frame : 10 Min.



# Biking

Shawn:	Why do you want to learn how to bike?
Hazel:	My friend from Japan says it's necessary if I want to last long.
Shawn:	So becoming an exchange student suddenly becomes tedious, huh?
Hazel:	It's more of a challenge to me. Besides, it'll do well to my health.
Shawn:	Indeed it will. I'm just worried if you'll learn in time for your
	departure.
Hazel:	You should never doubt my will power, Shawn.

# Vocabulary/Expressions:

#### Vocabulary:

Tedious - wearing, boring, tiring, monotonous, dull.

#### **Useful Expressions:**

Why do you want to learn how to bike?

My friend from Japan says it's necessary if I want to last long.

So becoming an exchange student suddenly becomes tedious, huh?

You should never doubt my will power, Shawn.

#### **Activity:**

What are the common ways of transportation system in your country? Discuss the benefits of each system.

# Oh! MyEnglish

Day 4 Time Frame : 10 Min.



# Fishing

George:	This is enough catch for the day. The rest should be released.
Yzza:	What? Dad, I tried hard to catch them. It's not fair!
George:	Practicing catch-and-release is a great way to make sure that there
	will always be fish in the future. We have what we need for the week.
Yzza:	Hmmm, I think you are talking about conservation.
George:	You're right. Conservation is an important part of keeping our planet
	and wildlife healthy.
Yzza:	We can always return when the supply runs out.

# Vocabulary/Expressions:

#### Vocabulary:

Catch-and-release – in angling, a method of fishing in which some orall of the catch are released after capture, as a conservation measure

#### **Useful Expressions:**

This is enough catch for the day.

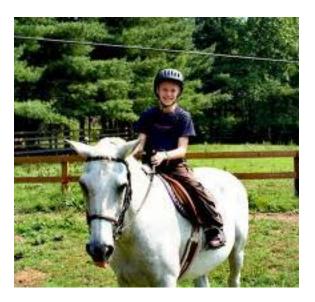
Practicing catch-and-release is a great way to make sure that there will always be fish in the future. Conservation is an important part of keeping our planet and wildlife healthy. We can always return when the supply runs out.

#### **Activity:**

Talk about a popular fish dish in your country. Be able to talk about the ingredients and the recipe for the dish.

# Oh! MyEnglish

Day 5 Time Frame : 10 Min.



## **Horseback Riding**

Claire:	I've never thought I could get as much fun from horseback riding.
Matt:	You've always been a city girl but look at your skin, now! You're all
	flushed.
Claire:	I don't need to pay to get a fake tan.
Matt:	You say. I think we should add some hurdles next time.
Claire:	I'm not yet confident to tackle them. Besides, I'm not into
	professional competitions.
Matt:	I know you're ready. Don't worry, Stormy will handle the hurdles just
	fine.

# Vocabulary/Expressions:

#### Vocabulary:

Hurdles - any of various vertical barriers, as a hedge, low wall, or section of fence, over which horses must jump in

#### **Useful Expressions:**

I've never thought I could get as much fun from horseback riding. You're all flushed.

I don't need to pay to get a fake tan.

Besides, I'm not into professional competitions.

#### Activity:

How many four-letter English words can you make from the word "horseback riding?"

## Oh! MyEnglish

Day 6 Time Frame : 10 Min.



# **Healthy Lifestyle**

Frank :	I'm amazed. You're great grandma is still strong as a horse!
Yuki:	That's because she has always lived in the farm.
Frank:	I think her diet has something to do with her longevity.
Yuki:	She barely gets cranky, too.
Frank:	I would love to reach her age.
Yuki:	That's like winning the jackpot price on the lottery!

# Vocabulary/Expressions:

#### Vocabulary:

Strong as a horse - very strong.

Longevity - a long individual life; great duration of individual life.

#### **Useful Expressions:**

You're great grandma is still strong as a horse!

That's because she has always lived in the farm.

I think her diet has something to do with her longevity.

That's like winning the jackpot price on the lottery!

#### **Activity:**

See if you could guess the meaning of the following idioms:

- As weak as a kitten
- As sick as a dogRain Cats and Dogs
- As strong as a horse Work like a horse

Eat like a horse Monkey business

A cat nap

#### Day 7 Time Frame : 10 Min.

# Oh! MyEnglish



# Supplements

Karol:	You're taking too many supplements.
Alma:	My doctor said I need these supplements.
Karol:	Your quack doctor says you need them. You just need to eat right!
Alma:	But it's hard to eat right these days.
Karol:	Think about this. Anti-oxidant supplements can increase the risk of
	death.
Alma:	Gulp! That's a bitter pill to swallow!

# Vocabulary/Expressions:

#### Vocabulary:

Bitter Pill - a distressing experience or result that is hard to accept.

#### **Useful Expressions:**

You're taking too many supplements.

My doctor said I need these supplements.

Anti-oxidant supplements can increase the risk of death.

That's a bitter pill to swallow!

#### **Activity:**

What words don't mean the same as supplement?

Extension Spin-off Deficiency Addition Complement Rider

Complimentary nt Additive

# Oh! MyEnglish

#### Day 8 Time Frame : 10 Min.



#### **Sleeping Beauty**

Dolor:	Please, I need to go to bed now!
Victor:	What's the matter? The night's still young.
Fergy:	Oh, well! She needs her daily dose of eight-hour sleep.
Victor:	It's been touted as the next big thing to stay young and beautiful,
	right?
Dolor:	Oh, please! Everyone needs to rest. It's been a long day.
Victor:	Go on! We'll see you in your dreams!

# Vocabulary/Expressions:

#### Vocabulary:

Tout - to solicit support for importunately

#### **Useful Expressions:**

The night's still young.

She needs her daily dose of eight-hour sleep.

It's been touted as the next big thing to stay young and beautiful, right? Everyone needs to rest.

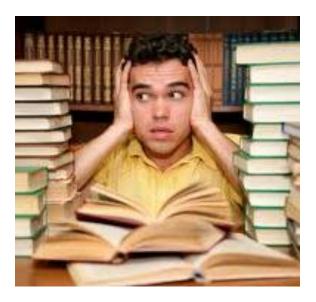
#### **Activity:**

Which happened first? Try to retell the story of Sleeping Beauty by arranging the pictures and using them as your guide.



# Oh! MyEnglish

#### Day 9 Time Frame : 10 Min.



## **Stress Management**

Jesse:	The upper bosses want us to increase our sales.
Jenny:	We have a bigger market base now and the trend will go
	downhill on the first quarter.
Jesse:	I just told them that but they're after profits.
Jenny:	This is too stressful.
Jesse:	Why don't we finish early today? I heard a new KTV is opening
	tonight.
Jenny:	Why not? We need fun once in a while.

# Vocabulary/Expressions:

#### Vocabulary:

Downhill – into a worse or inferior condition.

#### **Useful Expressions:**

The upper bosses want us to increase our sales.

This is too stressful.

Why don't we finish early today?

We need fun once in a while.

# Activity:STRESSED-OUTWhere do you think the stress is located?FinishIncreaseDownhillManagementInferiorCondition

# Oh! MyEnglish

Day 10 Time Frame : 10 Min.





# **Fashion Magazines**

Toby:	What do you get from all these fashion magazines?
Tamara:	Dummy! I need to look trendy and pretty.
Toby:	I know! But it's like half of your allowance goes on these papers.
Tamara:	I have never heard you complain when I look beautiful.
Toby:	If that's the price of being beautiful, I'll go for natural.
Tamara:	And I bet you'll change your mind in a jiffy!

# Vocabulary/Expressions:

#### Vocabulary:

In a jiffy – very fast; very soon

#### **Useful Expressions:**

What do you get from all these fashion magazines?

I need to look trendy and pretty.

I have never heard you complain when I look beautiful.

If that's the price of being beautiful, I'll go for natural.

#### **Activity:**

Name the following women's apparel:



# Oh! MyEnglish

Day 11 Time Frame : 10 Min.





## Accessories

Lourdes:	A simple dress is best accentuated with this dazzling brooch.
Abby:	Wow! It complements the dress well.
Lourdes:	It's perfect but it will cost you an arm and a leg.
Abby:	Do you accept credit cards?
Lourdes:	Sure dear! Would you like the complete cameo for the brooch?
Abby:	I'm afraid I would have to pass on that offer.

# Vocabulary/Expressions:

#### Vocabulary:

Accentuate - to give emphasis or prominence to.

#### **Useful Expressions:**

A simple dress is best accentuated with this dazzling brooch.

It complements the dress well.

Would you like the complete cameo for the brooch?

I'm afraid I would have to pass on that offer.



# Oh! MyEnglish

Day 12 Time Frame : 10 Min.





# **Pretty Clothing**

This is Paris haute couture, e! You recognize, madam?
That's spring collection, indeed but I'm not impressed.
I'm sorry, madam but this is the best!
The designs are mostly imitations. Nothing's new.
I don't understand why you feel this way, madam.
I can feel this way because I'm paying big.

## Vocabulary/Expressions:

#### Vocabulary:

Haute couture – high fashion; the most fashionable and influential dressmaking and designing.

#### **Useful Expressions:**

- This is Paris haute couture, e!
- That's spring collection, indeed but I'm not impressed.
- The designs are mostly imitations.
- I can feel this way because I'm paying big.

#### **Activity:**

Speaking Exercises: Try to practice the pronunciation of the following words as the teacher explains the

meaning:

Haute Couture - [oht koo-toor] Laissez Faire - [les-ey fair] Belle époque - [bel ey-pawk] Encore - [ahng-kawr] Potpourri - [poh-poo-ree]

# Oh! MyEnglish

#### Day 13 Time Frame : 10 Min.





## **Wonder Shoes**

Glenda:	You've gained five inches! But you're legs are wobbly.
Haley:	I have to bear this discomfort on my first date with Jake.
Glenda:	Oh, the price women have to pay to look beautiful.
Haley:	Tell me, do I look lovely?
Glenda:	You look frivolous, Haley!
Haley:	I think you're just jealous. Don't worry, I'll fix you a date next time.

# Vocabulary/Expressions:

#### Vocabulary:

Frivolous – of little or no weight, worth, or importance; not worthy of serious notice.

#### **Useful Expressions:**

You've gained five inches!

I have to bear this discomfort on my first date with Jake.

Oh, the price women have to pay to look beautiful.

I think you're just jealous.



# Oh! MyEnglish

Day 14 Time Frame : 10 Min.





# **Job Interview**

Shane:	Do you think you are qualified for the job, Miss Portia?
Portia:	Indeed. I have seen the qualifications and I believe I met all of them.
Shane:	We'll see. I think you've done well on this final interview.
Portia:	Thank you, ma'am.
Shane:	Please expect our call within the week to know about the status
	of your application.
Portia:	I'll look forward to your call.

# Vocabulary/Expressions:

#### Vocabulary:

Look forward to – to be pleased or excited because something is going to happen

#### Useful Expressions:

I have seen the qualifications and I believe I met all of them.

I have seen the qualifications and I believe I met all of them.

Please expect our call within the week to know about the status of your application. I'll look forward to your call.

#### **Activity:**

Give at least three qualities/skills for persons who have the following jobs:

Salesman Construction Worker Teacher

## Oh! MyEnglish

#### Day 15 Time Frame : 10 Min.





# Promotion

Tom:	It's sad but I was bypassed again.
Mark:	You need to post a higher TOEIC test, that is, if you want to get
	the promotion next time.
Tom:	I have tried hard but English is really not my cup of tea.
Mark:	You need to practice more consistently. A new perspective is all you
	need.
Tom:	I think I'm losing the desire to compete, Mark!
Mark:	Nonsense! You're a go-getter. You'll beat them soon.

# Vocabulary/Expressions:

#### Vocabulary:

A go-getter - a (very) ambitious, hard-working person.

#### **Useful Expressions:**

It's sad but I was bypassed again.

I have tried hard but English is really not my cup of tea.

A new perspective is all you need.

You'll beat them soon.

#### **Activity:**

Promote your hometown to your teacher. Use five superlative adjectives to describe your hometown.

## Oh! MyEnglish

Day 16 Time Frame : 10 Min.





### **Roles and Duties**

Faye :	This is the last time I'm going to make coffee for him.
Jerry:	But that is part of your job, right?

- Faye : Are you teasing me? Right now, I'm ready to explode.
- Jerry: Calm down! You're making a mountain out of a molehill.
- Faye : You're really on his side. Everyone's against me here.
- Jerry: Faye, all the secretaries need to make his coffee. That's always been the case.

# Vocabulary/Expressions:

#### Vocabulary:

Making a mountain out of a molehill – make something seem much more important than it really is.

#### **Useful Expressions:**

This is the last time I'm going to make coffee for him. But that is part of your job, right? Everyone's against me here. That's always been the case.

#### **Activity:**

#### How much do you know?

Try to tell the difference among these different types of coffee drinks.

Americano	Cafe au Lait	Cafe Macchiato
Hammerhead	Cafe Breva	Cappuccino
Black Coffee	Cafe Latte	Espresso

# Oh! MyEnglish

#### Day 17 Time Frame : 10 Min.





#### **Customer Service**

- Sean : That was a tough client. I'm glad you helped me there. Leila :
  - That's my job, Sean!
- Sean : I'm getting the hang of it but I still feel incompetent.
- Leila : Just keep your chin up. Everything will work out fine.
- Sean : Thanks! You've been a great help!
- Leila : Anytime! You're part of the team now.

### Vocabulary/Expressions:

#### Vocabulary:

Keep your chin up - remain brave and confident in a difficult situation; don't despair or worry too much.

#### **Useful Expressions:**

That was a tough client.

I'm getting the hang of it but I still feel incompetent.

Everything will work out fine.

You're part of the team now.

#### **Activity:**

Have a role play with your teacher. You will be the customer and the teacher is the customer service agent.

Scenario 1: You want to change the size of the hoes you bo ught last week to a smaller size.

Scenario 2: You want to complain about a rude sales clerk.

## Oh! MyEnglish

#### Day 18 Time Frame : 10 Min.





# **Entering University**

Lloyd:	There's no pressure, son. You need to sleep now.
Bryan:	I want to enter the best university.
Lloyd:	I know but you've been pulling an all-nighter for two consecutive
	days.
Bryan:	I'll relax soon, dad. Right now, I have to be on top of the game.
Lloyd:	Alright. Do you want me to fix snacks for you?
Bryan:	Thanks! That would be fine!

# Vocabulary/Expressions:

#### Vocabulary:

Pull an all-nighter – study or work all night without getting any sleep.

#### **Useful Expressions:**

You need to sleep now.

I want to enter the best university.

I know but you've been pulling an all-nighter for two consecutive days. Right now, I have to be on top of the game.

#### **Activity:**

How many can you get? Find words that begin with <u>uni</u> in this puzzle:

U	Ν	-	۷	Е	R	S	Ε	
Ν	Α	U	F	G	U	К	Т	
Ι	А	U	Ν	Ι	Т	Ε	U	
Q	Х	Ν	U	Ν		F	Ν	
U	Ν	-	С	Y	С	L	Е	
Ε	U	Т	Ν	U	Ν	Ι	U	
U	Ν	Ι	F	0	R	Μ	Ν	

# Oh! MyEnglish

Day 19 Time Frame : 10 Min.





#### **Terror Professor**

Debra:	Oh no! Mr. Lee will be our professor in Algebra.
Nathan:	So I've heard.
Debra:	You don't look concern. Are you trying to pull my leg?
Nathan:	Mr. Lee has been branded names by lazy students who can't cope up
	with his teaching styles.
Debra:	You know I've always hated Math.
Nathan:	You gotta love it now if you don't like getting an F.

# Vocabulary/Expressions:

#### Vocabulary:

Pull someone's leg- tease someone by trying to make her/him believe something that's exaggerated or untrue.

#### **Useful Expressions:**

Mr. Lee will be our professor in Algebra.

Are you trying to pull my leg?

Mr. Lee has been branded names by lazy students who can't cope up with his teaching styles. You gotta love it now if you don't like getting an F.

## What words do not rhyme with the word professor? Doctor Actor Armor Parlor Rumor Supporter Pester Cursor Porter Bachelor

**Activity:** 

# Oh! MyEnglish

#### Day 20 Time Frame : 10 Min.





# **Favorite Subject**

Janine:	Can you give me a hand on Physics? I'm trying to come up with the
	right formula.
Ira:	You can arrive at different formulas. It really doesn't matter.
Janine:	It's quite easy for you to say that.
Ira:	Okay, let's work on it now. I'll teach you some tricks.
Janine:	Thanks, Ira. I'll pay your dinner tonight.
Ira:	You don't need to but I'd gladly accept it.

# Vocabulary/Expressions:

#### Vocabulary:

Give someone a hand - help someone.

#### **Useful Expressions:**

Can you give me a hand on Physics? You can arrive at different formulas. It's quite easy for you to say that.

I'll teach you some tricks.

#### **Activity:**

What's the subject that you like the least? Tell your teacher why you dislike this subject.

## Oh! MyEnglish

Day 21 Time Frame : 10 Min.





# **Group Project**

- Tim : I wish you would help, Roy. This is a group project.
- Luke: Yeah. You're really getting on our nerves, now.
- Roy : I wish I could but you know I'm a klutz in soldering.
- Tim : Maybe you could just clean up some of the mess here.
- Luke: Or fix us some meals. I'm starving.
- Roy : Right on! Don't get mad at me, Ok!

## Vocabulary/Expressions:

#### Vocabulary:

Klutz - an awkward, uncoordinated person.

#### **Useful Expressions:**

I wish you would help, Roy.

You're really getting on our nerves, now.

I wish I could but you know I'm a klutz in soldering.

Maybe you could just clean up some of the mess here.

#### **Activity:**

Imagine that you're the group leader for a school project. How are you going to delegate the work to three members? Choose one from the following

projects:

1. Poster-Making

Cooking Meals on a Budget
Recycling

# Oh! MyEnglish

Day 22 Time Frame : 10 Min.



# Thank You !

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