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1 Tuning in to the language

| <i>Activity</i> | <i>Time (minutes)</i> | <i>Aims</i> | |
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| 1.1 Relaxing to learn | 2–20 | Improving learning, articulation, and voice quality | 15 |
| 1.2 Put on your English shoes | 10–15 | Slipping into a foreign personality | 18 |
| 1.3 What I can do in English | 10–15 | Building learner confidence | 20 |
| 1.4 English in my life | 10–15 | Looking at learners' past experience of English, dealing with prejudice about how the language sounds | 21 |
| 1.5 My perception of English | 15–20 | Making students aware of how they perceive English, helping them to overcome their prejudices | 24 |
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| 1.8 Play back | 5–10 | Preparing to speak | 31 |
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