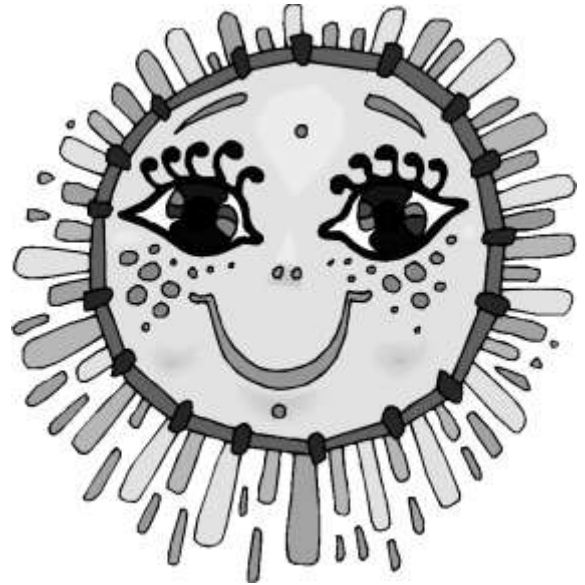


Learning English Feels So Good!

25 things that can make you feel good about learning English

Step One

Go slowly. Think about these “English Learning Feel Goods” one at a time BEFORE going on to the next one. Rate each one on a scale of “1 (so-so) to 10 (Wowza!)” Then compare them with a friend.



I feel good! ...

1. ... talking to my friends in English
2. ... making new friends in English
3. ... teaching English to my friends
4. ... helping people in English
5. ... writing notes to friends in English
6. ... feeling my English improve
7. ... when someone compliments my English
8. ... finally understanding grammar through using it instead of studying it
9. ... listening to music in English and understanding the lyrics to a song
10. ... singing English songs
11. ... reading books in English and talking about them with friends
12. ... watching and understanding English movies without subtitles
13. ... chatting in English online
14. ... understanding jokes in English
15. ... learning about other cultures through English
16. ... remembering English idioms and proverbs and being able to use them
17. ... feeling brave enough to speak in front of groups of people in English
18. ... thinking in English even when I am alone
19. ... using English with my friends when we don't want other people to understand us
20. ... secretly listening to someone having an English conversation at a café or restaurant
21. ... when someone from another country understands my English
22. ... and I understand them!
23. ... knowing that I can speak another language and use it to communicate with all kinds of people from all over the world
24. ... dreaming in English
25. ... saying “I love you” in English

Step Two

What makes you feel good about learning English?
Make your own list and share it with a friend.

(“English Learning Feel Goods” compiled by Ana Maria Barcelos and her students in Brazil, along with Tim Murphey and Christopher Carpenter, inspired by Marc Helgesen’s list of “Feel Goods and Natural Highs.” Marc’s list can be found in his “Happiness Journal,” available online at http://www.longmankorea.com/admin/lecture/after_data/txt/Handout_for_Marc_Helgesen.pdf)