MET GO: 30 Day Activity Challenge

| 1 | Start a vocabulary box (or bag). Collect new words with an example or picture and store them to use for activities later in the month. | 2 | Record yourself reading a poem or short story. | 3 | Make your own "fun reading area" in your house or yard. Choose a book or magazine to read there each day. | 4 | Write a letter or send a message to a friend. | R N | Make up a word search puzzle using this free online tool. L A C K B O A R D E S K N C R T E K E P R R T D E U S S E S G L U E S T I C K S N H S O A E T O A G R R |
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| 6 | Draw your dream house. Describe it to a friend and ask them to draw. Then, compare! | 7 | Get 3-4 pictures from a trip or holiday. Write a short story based on the pictures. | 8 | Draw some faces and write a word on each. For example: happy, busy, hungry, excited. Ask your family and friends, "How are you today?" | 9 | How fast can you say these phrases? • I saw a kitten eating chicken in the kitchen. • He threw three free throws. • Thin sticks, thick bricks | 10 | Use a picture from your house or cellphone. Describe the picture out loud, timing yourself for 60 seconds. Don't forget to record and play it back! |
| 11 | Draw pictures of 2 of your favorite things. Write 2–3 sentences or facts about each picture. | 12 | Take at least 5 words from your vocabulary bag. Be creative and write a story using the 5 words! | 13 | Play a game in English on your computer, tablet, or cellphone. | 14 | Teach your family some English words that begin with vowels: a, e, i, o, u. Aunt, Icy, Evolve, Early Ordinary, Use, Out | 15 | Write about one of your recent weekends. • What did you do? • Where did you go? • Did you like it (or not)? |
| 16 | How well do you know the lyrics to your favorite English song? Test your knowledge! | 17 | Watch a cooking video in English. Were you inspired to make something tasty? • Write a review of the video. • What did you like (not like)? | 18 | Find an interesting picture; make up a story about it to tell someone or to record. • Her name isI think she is • He feels/wants to • He would like to | 19 | Make a list of activities you do in the house—order them from "I love" to "I do not like." Write 1-2 sentences for each activity to explain your opinion. | 20 | Draw 3 forms of transportation you like: bus, train, car, metro, bicycle, airplane, etc. Then, write a paragraph about your favorite one. |
| 21 | It's time to speak to Sandy the robot! Go to Speak and Improve. Listen and answer the questions Sandy asks you. | 22 | Put 5-6 objects on the floor with enough room to walk between them. Go to the "start" and close your eyes. Can your family give you directions—in English—to avoid the objects without peeking? | 23 | Play Pictionary or Charades to practice your vocabulary. (Remember: you can use your vocabulary bag!) | 24 | Watch your favorite TV series or play your favorite computer game. In English, describe it to someone who hasn't watched/ played it, explaining why you like it. | 25 | Create a 60-90 second "unboxing video" of your favorite possession. Perform the "unboxing" for your family or a friend. |
| 26 | Research a country you haven't been to but would like to visit. Write about what you imagine life is like in that place. | 27 | Make a list of verbs such as 'run, sit, jump, sleep, sing.' How quickly can you read and act them out? | 28 | Pretend you are a music reviewer. Write a review of your favorite band, album, or song. | 29 | Think of a famous person. Make up 3 questions (in English) you'd like to ask them. Share these with your family or with your friends. | 30 | Practice "small talk" in English with friends or family. How are you? How was your week? Where did you go? What did you do? |



