

The key to learning languages with teenagers is **consistency** and **motivation**. Teenagers have a lot of stress and a high workload in their daily lives and so we should try to make extra study meaningful, motivating and memorable.

Websites.

Ask your child to choose two or three exercises from the websites below and then show you what they have done and what they have learned. Find out which website they liked and any improvements they would make.

<http://learnenglishteens.britishcouncil.org/>

This is the British Council's site for teenagers who are learning English. Lots of interesting articles, games and language practice.

<https://www.ego4u.com/>

This is a very useful, free grammar site which is great for support with grammar problems. There are also some excellent vocabulary sections and reading sections.

<http://www.breakingnewsenglish.com/>

This site takes interesting news articles and transforms them into English lessons. The lessons practise all skills and are especially good for reading comprehension and vocabulary building.

<http://lyricstraining.com/>

Teenagers love music and a lot of excellent phrases and vocabulary can be gained from song lyrics. On this site, students listen and fill in the gaps of the lyrics of popular songs.

<http://www.esl-lab.com/>

This website is brilliant for practising listening in specific situations. Going on holiday? Complete an exercise on how to reserve a room at a hotel. The exercises are very practical and are arranged into different levels from easy to difficult.

<http://www.bbc.co.uk/learningenglish/english/features/6-minute-english>

This fascinating BBC site includes a rich variety of material for students who don't have much time to spare. Current topics include: Animal phobias, Women's right to Vote and Why we Love Trainers. The BBC site has many other resources to explore too.

Exam Practise Websites

<https://www.flo-joe.co.uk/>

This is the place to go for Cambridge (FCE, CAE, CPE) exam practice. Lots of advice and practice exercises, particularly for the tricky Use of English section.

<http://www.splendid-speaking.com/>

Comprehensive guide to speaking strategies for a wide range of international speaking exams.

<https://takeielts.britishcouncil.org/>

The IELTS exam has become the most academically-recognised examination in English in the world. This is the British Council website which offers a lot of advice and resources for self-study.

<https://www.ieltsbuddy.com/>

Useful website for skill practice.

Readers, Books and Movies

Black Cat Graded readers

<http://www.blackcat-cideb.com/gradedreaders.php>

Penguin Graded readers

<http://www.penguinreaders.com/>

Black Cat and Penguin publish excellent books graded to your child's level in English. They also include language questions and activities so your child can use the language from the text in a productive way. Read one together during the holidays!

Audio books Search: audiobooks on Amazon.com or Bookdepository.com

Is your child a reluctant reader? An audiobook may be the answer. They could listen on the train or when travelling. They can be very relaxing and immersive for the child.

DVD/movies with subtitles

Don't buy dubbed versions of films! Movies with subtitles really help with comprehension and for your child to pick up useful everyday phrases and vocabulary.

The Sunshiny Day Podcast - a brand new podcast created for students and their families by British Council Portugal! <https://indd.adobe.com/view/a8d2bfb0-5437-4ce9-b271-21283c3835c7>

Give your child money to buy their very own, super special, vocabulary notebook.

Teenagers love to be independent and to take control of their destinies. Give your child some money and ask them to buy a special notebook in which they will record the new vocabulary they learn. They can organise the vocabulary into topics eg. One page on environmental vocabulary, another page on sports vocabulary. Give them rewards (eg. Choose a graded reader) if they record a certain amount of words a month (eg. 50 new words).

Some good techniques to remember vocabulary are:

1. Write a sentence about yourself using the new word.
2. Look up the word families of the word (eg. Rain (n, vb), rainy (adj))
3. Write a crazy, funny sentence with the new word which you will remember easily.
Eg. 'The pink **rain** fell on the tiger's paws.'

We hope these ideas will give your child inspiration to explore the world of English.