

## FREE STARTER WORKBOOK 1 OF 5

# Your 7 Day Spanish Starter Plan

For English-speaking adult beginners who need a clear first practice task. About ten minutes a day; move at your own pace.

## How to use your plan

Read the Spanish and check the English. Say the Spanish aloud, cover it and try again. Revisit difficult phrases on another day. Use the tracker on the last page. Every task works without buying anything.

### DAY 1 SAY HELLO

| Spanish          | English            |
|------------------|--------------------|
| Hola.            | Hello.             |
| Me llamo Ana.    | My name is Ana.    |
| ¿Cómo te llamas? | What is your name? |
| Mucho gusto.     | Nice to meet you.  |

### DIALOGUE 1 MEETING SOMEONE

**A:** Hola. Me llamo Ana. ¿Cómo te llamas?

**B:** Me llamo Sam. Mucho gusto.

**A:** Mucho gusto.

**English:** A: Hello. My name is Ana. What is your name? B: My name is Sam. Nice to meet you. A: Nice to meet you.

## Your task

Replace Ana or Sam with your own name. Read both roles twice. Look away, introduce yourself and ask the other person's name. Dialogue 1 uses familiar singular address.

## FREE STARTER WORKBOOK 2 OF 5

# Ask for help and try again

Days 2 and 3 Use a polite request when a reply is unclear, then make the introduction your own.

## DAY 2 ASK FOR CLARIFICATION

| Spanish                                | English                            |
|----------------------------------------|------------------------------------|
| Perdón.                                | Excuse me. / Sorry.                |
| ¿Puede repetir, por favor?             | Can you repeat, please?            |
| ¿Puede hablar más despacio, por favor? | Can you speak more slowly, please? |
| No entiendo.                           | I do not understand.               |
| Gracias.                               | Thank you.                         |

Questions with “puede” use polite singular address. Practise them as complete phrases.

**Day 2 task**

Read a phrase, cover it and say it again. Imagine someone speaks quickly. Ask for repetition, then thank them. Repeat the exchange three times.

## DAY 3 MAKE THE INTRODUCTION YOUR OWN

Return to Dialogue 1. Read both roles with your name. Cover one line at a time and try to recall it. Add “¿Puede repetir, por favor?” as if you did not catch the other person’s name.

## ONE PHRASE I WANT TO REMEMBER

**FREE STARTER WORKBOOK 3 OF 5**

# Order politely and ask a question

Days 4 and 5 Practise two useful situations and ask for clarification when you need it.

**DAY 4 DIALOGUE 2 AT A CAFE**

| Spanish                             | English                            |
|-------------------------------------|------------------------------------|
| <b>A:</b> Hola. Un café, por favor. | <b>A:</b> Hello. A coffee, please. |
| <b>B:</b> ¿Algo más?                | <b>B:</b> Anything else?           |
| <b>A:</b> No, gracias.              | <b>A:</b> No, thank you.           |
| <b>B:</b> Aquí tiene.               | <b>B:</b> Here you are.            |
| <b>A:</b> Gracias.                  | <b>A:</b> Thank you.               |

**Day 4 task:** Read both roles. Change the drink to “Un té” (a tea) or “Un vaso de agua” (a glass of water). Ask for your choice without looking, then check it.

**DAY 5 ASK WHERE SOMETHING IS**

| Spanish                  | English                |
|--------------------------|------------------------|
| ¿Dónde está la estación? | Where is the station?  |
| ¿Dónde está el baño?     | Where is the bathroom? |

**Day 5 task**

Ask one question. If the imagined reply is unclear, say “No entiendo” and “¿Puede repetir, por favor?” The task is to ask and seek clarification; it does not assume you understand full directions yet.

**FREE STARTER WORKBOOK 4 OF 5**

# Recall combine and reflect

Days 6 and 7 Use what you remember, then choose what to practise next.

**Day 6 Try without looking**

Use five English prompts: Hello; My name is...; A coffee, please; Where is the station?; Can you repeat, please? Say each in Spanish. Check the earlier pages and repeat the ones you missed.

**DAY 7 THREE SHORT ROLE PLAYS**

| Situation       | Your task                                                                                                        |
|-----------------|------------------------------------------------------------------------------------------------------------------|
| Meet someone    | Greet them, say your name and ask their name. Finish with “Mucho gusto.”                                         |
| At a cafe       | Ask for coffee, tea or water. Answer “¿Algo más?” and say thank you.                                             |
| Ask and clarify | Ask where the station or bathroom is. If the reply is unclear, say you do not understand and ask for repetition. |

**YOUR SELF CHECK TICK ONE BOX PER TASK**

| Task            | Used example | Small prompt | From memory |
|-----------------|--------------|--------------|-------------|
| Meet someone    | [ ]          | [ ]          | [ ]         |
| Order a drink   | [ ]          | [ ]          | [ ]         |
| Ask and clarify | [ ]          | [ ]          | [ ]         |

Choose two phrases to repeat on another day. This short plan is practice, not a fluency or proficiency test. Continue using these free dialogues for as long as they help.

## FREE STARTER WORKBOOK 5 OF 5

# Your printable practice tracker

Record when you practised and one phrase you remembered. Repeat a day whenever it helps.

| Day and focus           | Date | Minutes | A phrase I remembered |
|-------------------------|------|---------|-----------------------|
| 1 Say hello             |      |         |                       |
| 2 Ask for repetition    |      |         |                       |
| 3 Introduce yourself    |      |         |                       |
| 4 Order politely        |      |         |                       |
| 5 Ask a question        |      |         |                       |
| 6 Recall five phrases   |      |         |                       |
| 7 Role play and reflect |      |         |                       |

## MY TWO PHRASES TO PRACTISE NEXT

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## MY NEXT PRACTICE DATE

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Read, cover, say, check and try again on another day. Keep this tracker for yourself; you do not need to submit it.  
Free continuation: repeat a dialogue or make a new phrase card.