

## Expressions for Confidence in English: Part 3

Welcome to **Expressions for Confidence in English: (Part 3) – Social Skills for Everyday Conversations!** This topic includes lessons that help you build social skills so you can express yourself clearly and confidently. Go through the lessons one by one, or jump directly to the one you need most.

### Lesson 1: Small Talk Everyday English Phrases

Small talk is essential for building connections. Practicing *everyday English phrases* for casual conversations strengthens fluency while building confidence for expressing yourself in English.

#### Key Vocabulary & Phrases for Building Confidence in English:

Phrase	Use	Example Sentence
Nice weather today	Comment	Nice weather today, isn't it?
How was your weekend?	Casual question	How was your weekend?
Did you watch...?	Shared interest	Did you watch the game last night?
That's interesting	Response	That's interesting, tell me more.
I agree	Showing support	I agree, it was a great movie.

#### Sample Conversation

A: Nice weather today, isn't it?

B: Yes, it's perfect for a walk.

A: How was your weekend?

B: It was great, I went hiking

#### Exercises:

- Fill in the blanks:
  - \_\_\_\_\_ today, isn't it?
  - How was your \_\_\_\_\_?
- Write a short dialogue: *Start a small talk conversation with a classmate.*

#### Quick Tips for Building Confidence in English:

- Keep small talk light and friendly.
- Ask open questions to keep the conversation going.
- Show interest with responses like "That's interesting" or "I agree."

## FAQs

- 1. What is small talk used for?** / It helps build connections and makes conversations friendly
- 2: What topics are good for small talk?** / Weather, weekend plans, sports, movies.
- 3. How do I keep small talk going?** / Ask open questions and show interest with responses.

## How to Start Small Talk, Respond Naturally and Avoid Awkward Silence

- 1. To start small talk**
  - Begin with a simple comment: "Nice weather today."
  - Ask a casual question.
  - Keep tone light.
- 2. To respond naturally**
  - Agree or show interest: "That's interesting."
  - Add your own detail.
  - Ask a follow-up.
- 3. To avoid awkward silence**
  - Prepare topics (movies, hobbies).
  - Ask "How was your weekend?"
  - Listen actively.

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## Lesson 2: Making Invitations in English

Making invitations is a super useful skill for social situations. The *Expressions for Confidence in English Part 3*, provides useful phrases. Whether you're planning a party, a study session, or hanging out with friends, practicing *English phrases for invitations* is essential.

### Key Vocabulary & Phrases for Building Confidence in English:

Phrase	Use	Example Sentence
Would you like to...?	Make an invitation	Would you like to come to my party?
Do you want to...?	Informal invitation	Do you want to grab lunch tomorrow?
How about...? / What about...?	Suggest an idea	How about going to the beach this weekend?
Let's...	Invite someone to join you	Let's watch a movie tonight.
Sounds good / Sure!	Accepting an invitation	Sure! I'd love to.
I'd love to, but...	Polite way to decline	I'd love to, but I have to work.

Maybe another time?

Suggesting a different time I can't today—maybe another time?

### Sample Conversation:

A: Would you like to come over for dinner on Saturday?

B: That sounds great! What time?

A: Around 6:30.

B: Perfect. I'll bring dessert.

### Exercises:

- Complete the invitations:
  - Would you like to \_\_\_\_\_ this weekend?
  - How about \_\_\_\_\_ after school?
  - Let's \_\_\_\_\_ on Saturday night.
- Write a short dialogue: *Invite a friend to hang out*. This exercise help practice vocabulary for expressing yourself in English

### Quick Tips for Building Confidence in English:

- Use “Would you like to...” for polite invitations.
- Be kind when declining: “I'd love to, but...” shows respect.
- Suggest alternatives to keep the conversation friendly.

### FAQs

**1. What's the difference between “Would you like to...” and “Do you want to...”?** / “Would you like to...” is more polite and formal. “Do you want to...” is casual and used with friends.

**2. How can I politely decline an invitation?** / Use phrases like “I'd love to, but...” or “Maybe another time?” to show respect while saying no.

**3. Why is practicing invitations important?** / It helps you build confidence in social situations and makes conversations smoother.

### How to Make an Invitation, Decline or accept it

#### To make a polite invitation start with

- “Would you like to...”
- Add the activity: “come to my party”
- Confirm details politely.

#### Decline without sounding rude

- Thank the person first.
- Use “I’d love to, but...”
- Suggest another time if possible.

### **To accept an invitation naturally**

- Say “Sure!” or “Sounds good!”
- Ask for details like time/place.
- Show enthusiasm.

## Lesson 3: Confidence Phrases for Expressing Past Experiences in English

Practicing *past tense English* structures builds confidence in storytelling and strengthens your *English speaking practice*.

### **Key Grammar: Past Simple Tense**

<b>Structure</b>	<b>Example Sentence</b>
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Subject + past verb	I visited Cape Town last year.
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Negative form	I didn’t enjoy the movie.
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Question form	Did you go to the concert?
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### **Here are some common past tense verbs & time expressions**

#### *Common past tense verbs:*

- Went, saw, ate, met, traveled, studied, played, watched, worked and more.

#### *Time expressions:*

- Yesterday, last week, two days ago, in 2020, when I was a child.

### **Sample Conversation for Building Confidence in English:**

A: What did you do last weekend?

B: I went hiking with my friends. It was amazing!

A: Really? Where did you go?

B: We explored the mountains near Nampula. The view was incredible.

## Practice Exercises:

- Fill in the blanks with the correct past tense verb:
  - I \_\_\_\_\_ (go) to the market yesterday.
  - She \_\_\_\_\_ (meet) her best friend in high school.
  - We \_\_\_\_\_ (watch) a great movie last night.
- Write a short paragraph: *A memorable experience from your past.*

To do more English practices visit the [Practice Zone](#)

## Quick Tips for Building Confidence in English:

- Use time expressions (yesterday, last week, two days ago) to make stories clear.
- Add details (who, where, when, what happened) to make your story interesting.
- Practice telling stories out loud to improve rhythm and fluency.

## FAQs

**1. What tense should I use for past experiences?** / Use the past simple tense (e.g., “I visited Cape Town”).

**2. How do I make my story interesting?** / Add details: who, where, when, and what happened.

**3. Why are time expressions important?** / They make your story clear and easy to follow.

## How to Talk About Past Event, Ask About Someone's Past and Practice Storytelling in English

- 1. To talk about past events**
  - Use past verbs: “went,” “saw,” “ate.”
  - Add time expressions: “last week.”
  - Keep sentences simple.
- 2. To ask about someone’s past**
  - Use “Did you...?” questions.
  - Show interest in details.
  - Respond with follow-up questions.
- 3. To practice storytelling in English**
  - Choose a memory.
  - Write it in past tense.
  - Share it aloud with a friend.

## Conclusion:

Finished with **[Expressions for Confidence in English, Part 3]**? Head up to [\[Advanced Confidence\]](#) to acquire skills on public speaking, emergency, Job Interviews and more.