

DAY 14: ASKING FOR HELP & GIVING ADVICE

Speaking English in 30 Days

Objectives

- 1. Learn useful phrases for asking for help.
- 2. Practice giving advice politely.
- 3. Engage in simple conversations about help and advice.

Common Phrases for Asking for Help

- - 'Excuse me, could you help me?'
- - 'Can you please help me with this?'
- - 'I need some help, please.'
- - 'Could you show me how to do this?'






Common Phrases for Giving Advice






- - 'You should try this.'
- - 'I think you should talk to your teacher.'
- - 'If I were you, I would take a rest.'
- - 'Why don't you ask for help?'

Asking for Help in Different Situations

- - 'Can you help me carry this?'
- - 'I'm lost. Can you tell me how to get to the bus stop?'
- - 'I don't understand this. Can you explain?'
- - 'Can you lend me a pen, please?'

Practice Conversation Example

- **Asking for Help**
-  Person A: 'Excuse me, I think I lost my phone. Can you help me?'
-  Person B: 'Of course! Where did you last see it?'
-  Person A: 'I was at the café earlier, and now I can't find it.'
-  Person B: 'Let's check the café together. Don't worry!'
-  Person A: 'Thank you so much!'

- **Giving Advice**
-  Student A: 'I have a big test tomorrow, but I don't know how to study.'
-  Student B: 'You should make a study plan and review your notes.'
-  Student A: 'That's a good idea! Should I take breaks while studying?'
-  Student B: 'Yes! If I were you, I would take a short break every 30 minutes.'
-  Student A: 'Thanks for the advice!'

Interactive Exercises

- 1. ****Complete the Sentences:****
- - 'If I were you, I would _____.'
- - 'You should _____ to improve your English.'

- 2. ****Multiple Choice:****
- - 'How do you politely ask for help?'
- a) Give me your book.
- b) Can you help me, please?
- c) I don't want to do this.

- - 'Which sentence gives advice?'
- a) You should drink more water.
- b) I don't know what to do.
- c) I found my lost phone.

Closing & Motivation

- Today, you learned:
- - How to ask for help in different situations.
- - Useful phrases for giving advice.
- - How to engage in conversations when seeking or giving help.

- Motivational Note:
- 'A simple request for help can make a big difference. Keep practicing!'