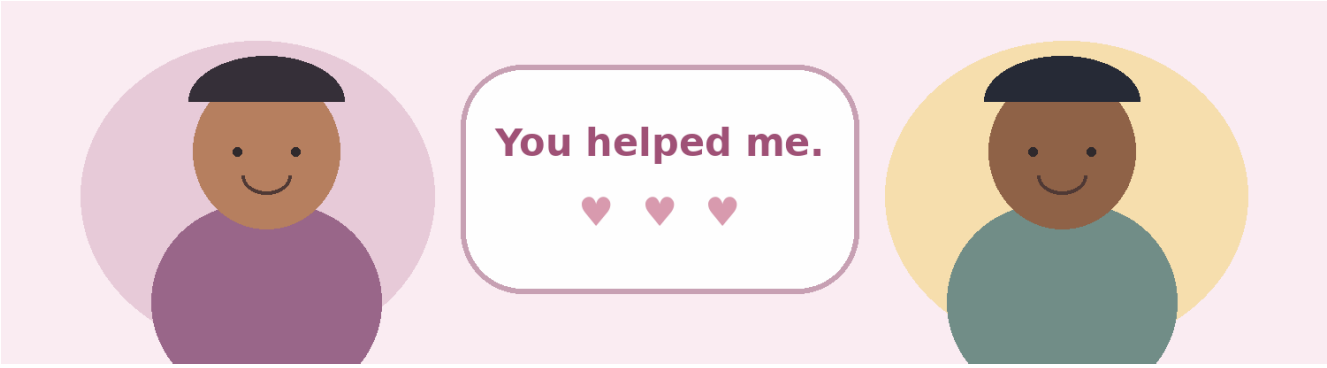
ADDSOR • ENGLISH IN ACTION

You Helped Me

“Sometimes the smallest kindness gives someone the courage to speak.”



Before we meet • 5 minutes

Remember Think of one small moment when someone helped you speak, laugh, understand, or feel comfortable.

Notice What did that person do? How did you feel? You may think about one person or the whole group.

Bring One simple thought you would like to share. No speech to write or memorize.

Listen and respond

First listen: keep this page open and leave the audio text on page 2 for later. How did the speaker feel at the beginning and at the end?

At first: _____ By the end: _____

Second listen: which little actions do you hear? Mark them after listening.

- □ Someone waited for her.
- □ Someone made her laugh.
- □ Someone remembered her story.

Words for your own moment

- You helped me feel…
- When you …, I felt…
- I learned … from you.
- Thank you for listening / waiting / encouraging me.

Example: “When I forgot a word, you gave me time. That helped me keep speaking. Thank you.”

Your voice matters here. You can thank one person, several people, or the whole group.

AUDIO COMPANION • READ AFTER YOUR FIRST LISTEN

The Little Things That Helped Me

Follow the story during your second listen, or return to it after class. Notice the little actions that help the speaker feel brave.

01 AT THE BEGINNING

When I joined my English class, I had a plan: speak as little as possible.
I would smile, listen, and hope nobody asked me a question.
I thought everyone else sounded more confident than I did.

02 THE MOMENT SHE STOPPED

Then, one day, I forgot a word in the middle of a sentence.
I stopped talking.

03 A SMALL KINDNESS

A classmate waited. She didn't finish the sentence for me.
She just smiled and said, "Take your time."
It was such a small thing. But I remembered it.

04 OTHER PEOPLE HELPED TOO

Another classmate made me laugh when I felt nervous.
Someone else asked about a story I had shared the week before.
They had actually listened.

05 LITTLE BY LITTLE

Little by little, I started speaking more.
I still make mistakes. Sometimes I still forget words.
But now I know I can keep going.

06 WHAT SHE WANTS TO SAY

I came to class to practice English.
I didn't expect the people in the room to help me feel brave.
So today, I want to tell them something simple:
You helped me. Maybe you didn't even know it.

★ Your turn

Which small action in the story meant the most to you? _____

A thought you might share in class: _____

You can change your answer when you speak. Natural conversation does not need a perfect script.