



# CELP Workouts you can do in 10 minutes or less.

Consistency - Let's show up daily to prepare for the CELPIP Exam!

If this was helpful, you should become a member of the [CELP Success School](#). You'll get weekly workouts that you can do on your own time with friendly feedback + weekly live group coaching calls that will help you with your specific CELPIP challenges. [Join now!](#) and get a 25% discount.

## 2-10 Minute Listening Workout DAY 1

Find a [news segment](#) you like - most are about 2 minutes in length. (The entire mini podcast is about 10 minutes which includes multiple short news stories.)



**World Report with Marcia Young, John Northcott |...**

Wake up to what's going on in...

cbc.ca

**What you'll need:**

- Get ready to listen with 🖋️ and 📄
- Write the 5W's with space between each one. (Who, What, When, Where, Why.)

**What to do:**

- Listen to one of these stories and try to write in the answers to 5Ws as you listen.
- Repeat until you get all 5.

## 2-10 Minute Writing Workout DAY 2

**What you'll need:**

- Your listening notes from day 1.
- A pen and paper.


**What to do:**

- Use your notes and rewrite the news segment you picked.
- Make sure you use proper tone and transition words to help you move from idea to idea.

## The 2 Minute Speaking Workout DAY 3

|                          |  |
|--------------------------|--|
| <b>What you'll need:</b> | <ul style="list-style-type: none"><li>• Your 5W notes from Day 1.</li><li>• Your cell phone.</li></ul>   |
| <b>What to do:</b>       | <ul style="list-style-type: none"><li>• Your cell phone's voice recorder.</li><li>• Share your opinion about one of the stories you wrote about in Day 1 or Day 2.</li><li>• Make sure you talk about how it made you feel!</li><li>• Make sure you include details.</li></ul> |
| <b>Challenge:</b>        | Your recording cannot go over 90 seconds.  |

## The 2 Minute Reading Challenge Day 4

|   |   |
|---|---|
| <p>Go over to the <a href="#">CBC radio website</a> and choose an article that seems most interesting to you.</p> |  The image shows the CBC logo, which consists of a red stylized flower-like symbol made of overlapping circles, followed by the letters "CBC" in a bold, black, sans-serif font.  |
| <b>What to do:</b>  | <ul style="list-style-type: none"><li>• Set a timer for 10 minutes.</li><li>• Take the article you picked and read it. (You may limit your reading to 5 paragraphs if they are large ones if you like.)</li><li>• When you have finished reading talk about or write about the 5Ws you found in the article. (You can record yourself if you want.)</li></ul> |

**Turn these workouts into daily practice by repeating them, but choose a different news story from step one.**

Build your daily workout habit: Track each workout below

|                                    |                                  |
|------------------------------------|----------------------------------|
| <input type="checkbox"/> Day One   | (What did you do? For how long?) |
| <input type="checkbox"/> Day Two   |                                  |
| <input type="checkbox"/> Day Three |                                  |
| <input type="checkbox"/> Day Four  |                                  |
| <input type="checkbox"/> Day Five  |                                  |
| <input type="checkbox"/> Day Six   |                                  |
| <input type="checkbox"/> Day Seven |                                  |

**Helpful?**



Join [CELPiP Success School Now](#) and get 25% off!

- Weekly Assignments to help you practice.
- Unlimited Friendly and Encouraging Feedback from Me.
- Weekly live group coaching calls.