



What Advice Actually Helps a Nervous New English Teacher?

S06E20 | For teachers to adapt to their learners

Teaching focus

Check the lesson's aim, key answers, materials and teaching space, then prepare a manageable alternative if a stage cannot run. We can rehearse a tricky explanation or set of instructions without trying to script every possible event.

Our suggested routine

1. Read the lesson aim once.
2. Check the opening activity and the first set of instructions.
3. Locate your backup task.
4. Take a drink of water and slow your breathing.
5. Remind yourself: "I only need to help them take the next step."

After the attempt

What could learners do? What needed another model or a smaller step? Choose one useful adjustment and try the task again.

Notes for our next lesson

Read the full teaching article and listen to the episode at howtoenglishpod.com