ACTUALLY TALK IN A FOREIGN LANGUAGE AT HOME!



- THE WORKBOOK -

TALK BOX MOM

Talk in a foreign language with your family!



our mission is to strengthen families

How is TalkBox.Mom different?

- Start talking in a foreign language the same exact day you start
- ✓ Involve the entire family
- ✓ Actually use what you are learning



know how to talk from day one

2

know how to immerse yourself in a language

3

have a plan to reach fluency





- Put everything in storage to travel and live in different countries with her husband and two boys
- Learned how to talk in and understand languages within weeks
- ♥ Has helped thousands of people to start talking in a foreign language
- Owner of TalkBox.Mom
- Works with native speakers (usually moms) that are professional translators, editors, and voice artists to develop the best language curriculum for families



@TalkBoxMom

Let's feature your progress, give you more free trainings + tips, and connect online!



\otimes	Check the benefits you are interested in for you and	
	specific family members:	
	Improve your cognitive ability	
	Improve your efficiency	
	Become more decisive	
	Make more rational decisions	
	Become more confident with your choices	
	Have a longer attention span	
	Become more perceptive	
	Become more tolerant	
	Become a better listener	
	Have a later onset of Alzheimer's and Dementia	
	Improve your English	
	Score higher on the ACT / SAT	
	Have more / different educational opportunities	
	Have more / different work opportunities	
	Connect with family	
	Connect with your heritage	
	Take More meaningful family trips	

If you want it, you've got to be consistent.





Which language(s) would your family like to speak in your home?
Imagine your entire family talking together. How does this feel?
Which benefit(s) are the most important to you?
How would your lives change if you could all speak this language?
What opportunities would this open up to you and your family?

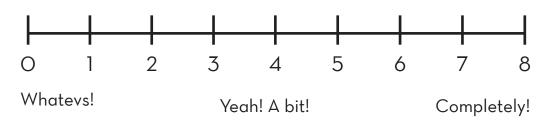


Who are the most successful language teachers in the world? Check one box in each group to indicate how the best language teachers

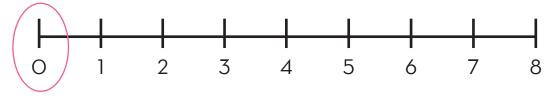
teach. Teach grammar concepts in a specific order. Talk in complete sentences naturally using grammar concepts. Teach vocabulary by using words in sentences—often in a specific location and/or while doing a certain action. Teach vocabulary by having students memorize vocabulary list—often while seated at a desk. Wait to talk to students until they are prepared and ready. Talk (a ton) well before the student can even talk back. Expect students to build sentences using grammar rules and vocabulary lists. Expect students to extract words from sentences and build their sentences from what they've heard. Consistently correct students while pointing out mistakes. Model correct language while giving students time to talk properly. Expect students to talk properly with an accent when they start. Give students time to hear and pronounce new sounds without constant pressure. Expect some students to fail. Expect each student to be able to learn to talk.



How embarrassed / scared are you of talking in a foreign language with an American accent?



How embarrassing is it when someone speaks English with an accent?





Number from Question 1

Number from Question 2

How much less you need to worry

Be kind to yourself! Over time you can hear better and improve if you are not stressed out.



"You're saying it wrong!"

When someone nitpicks every little thing I do:









It stresses me out!



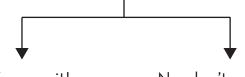
I get so mad!



I'd rather do something else.

ASK YOURSELF:

I would totally talk to a sweet, Should I say this? adorable baby this way.



Yes, say it!

No, don't go there!

INSTEAD:

- "Let's listen to the audio again on this one."
- Nothing changes? They probably can't hear the sound yet! Give 'em time!
- Model correct sentences. (If you can't, don't sweat it. Play that audio!)
- Speak a little slower.
- Yes, redirect when completely wrong words are used.



FRENCH BALL CHALLENGE

Good job! Bien joué!

Hand me the ball. Passe-moi la balle.

Roll the ball. Fais rouler la balle.

Throw the ball Lance la balle.

Gently. (Slowly.) Doucement.

TalkBox.Mom Tip

Instead of focusing on your pronunciation, focus on having fun. The more you play (and don't correct), the better you'll get!

Go to TalkBox.Mom/ball to try the ball challenge in another language with your family.



We were literally born to:



learn to talk from hearing complete sentences



start talking based on our needs and wants



learn to talk while doing things



learn new words based on contextual clues

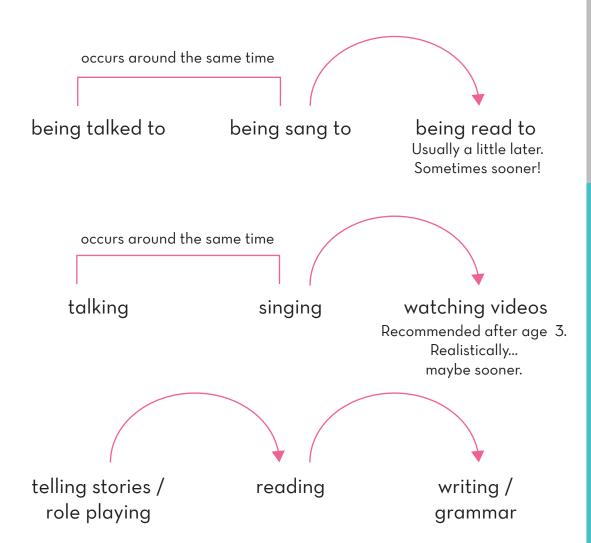


naturally learn a language





When did each of the following happen for your child(ren)?



Are you giving yourself unrealistic expectations?

We can learn faster if we have reading and writing skills already, but we still need time to build a foundation.



Brainstorm useful phrases for your family!

Phrases that you and your family say all the time:
Phrases that you and your family need to say:
Phrases that you and your family want to say:
Activities that you and your family do often:
Activities that you and your family need to do:
Activities that you and your family do all the time:

SPANISH - OVER 1700+ PHRASES

asientos para niños Desabróchense los Súbete al asiento. Súbete al asiento Bájense del carro. Súbanse al carro. Desabróchate el Abróchense los Súbete al carro. Vayan al carro. Súbanse a los Súbanse a los Abróchate el Ve al carro. para niños. cinturones. cinturones. asientos. cinturón. cinturón. the car el carro Go to the car. (40 2+) (40 2+) Get in the car. Buckle your seat Buckle your seat belts. Get in your seat. Get in your your car seats. belt. Unbuckle your seat Unbuckle your seat belts. Everyone out of the Get in your car seat. Get in your seats. 00 000 000 000 00 00 00 00 00 00 00

TALK BOX: MOM

89

		O
3		
8	Stand next to the car.	站在车旁边。 zhàn zài chē páng biān.
۵۵	Don't walk. A car is	別走。有辆车过来了。 18.5 - ** ** - 18.5 18.5 - 18.5 - 18.5 - 18.5 - 18.5 - 18.5 - 18.5 - 18.5 - 18.5 - 18.5 - 18.5 - 18.5
	coming. (to one or 2+)	bie zou. you liang che guo lai le.
	the car	车
	(a toy)	chē
۵	Where is your car?	你的车呢? nĭ de chē ne?
8	Play with your cars.	玩你的车。 wán nǐ de chē.
۵	(10.2+)	玩你们的车。
		אפון ווותן מת כות.
8	Let's play with your cars.	我们来玩你的车吧。 wŏ men lái wán nǐ de chē ba.
۵	(10 2+)	我们来玩你们的车吧。 wŏ men lái wán nǐ men de chē ba.
۵	Here comes the car.	车开过来啦。 chē kāi guò lái la.
٥	Vroom. Vroom.	啊。嘢。 dī. dū.
۵	You may bring one car with you.	你可以带上一辆车。 nǐ kě yǐ dài shàng yí liàng chē.
	USE CHI	USE CHINESE AT HOME

zuò dào nǐ de ér tóng ān quán zuò yǐ

坐到你的儿童安全座椅上去。

Get in your car seat.

8

zuò dào nǐ de zuò wèi shàng qù.

坐到你的座位上去。

Get in your seat.

8

到车里去。 dào chē lǐ qù.

qù chē shàng.

(to one or 2+)

Get in the car.

00

去车上。

Go to the car.

00

the car

zuò dào nǐ men de zuò wèi shàng qù.

坐到你们的座位上去。

Get in your seats.

000

shàng qù.

坐到你们的儿童安全座椅上去。 zuò dào nǐ men de ér tóng ān quán

Get in your your

00

car seats.

bă nĭ men de ān quán dài jì hǎo.

把你们的安全带系好。

Buckle your

00

seat belts. Unbuckle your

bă nĭ de ān quán dài jiě kāi.

把你的安全带解开。

bă nǐ de ān quán dài jì hǎo.

把你的安全带系好。

♡ Buckle your seat belt.

zuò yĭ shàng qù.

bă nĭ men de ān quán dài jiě kāi.

把你们的安全带解开。

Unbuckle your

00

seat belts.

seat belt.

00

dà jiā dōu cóng chē lǐ chū lái.

TALK BOX. MOM

89

大家都从车里出来。

Everyone out of

00

the car.

CHINESE {MANDARIN} - OVER 1700+ PHRASES

		7.
>		
8	Unbuckle your seat belt.	Détache ta ceinture (de sécurité).
8	Unbuckle your seat belts.	Détachez votre ceinture (de sécurité).
8	Everyone out of the car.	Tout le monde descend de la voiture.
8	Stand next to the car.	Reste à côté de la voiture.
8	(10 24)	Restez à côté de la voiture.
۵	Don't walk. A car is coming.	Ne bouge pas. Une voiture arrive.
۵	(10 24)	Ne bougez pas. Une voiture arrive.
	the car $(a toy)$	la voiture
00	Where is your car?	Où est ta voiture ?
8	Play with your cars.	Joue avec tes voitures.
۵	(10 24)	Jouez avec vos voitures.
	USE FRENCH AT HOME	∆t H⊘me 71

FRENCH - OVER 1700+ PHRASES

▶ □♦		
> > >		
٥		
	Unbuckle your seat belts.	Schnallt euch ab.
٥	Everyone out of the car.	Alle Mann aussteigen.
8	Stand next to the car.	Bleib nahe beim Auto stehen.
0	(10 24)	Bleibt nahe beim Auto stehen.
۵	Don't walk. A car is coming.	Bleib stehen. Da kommt ein Auto.
0	(10.2%)	Bleibt stehen. Da kommt ein Auto.
	the car (a loy)	das Auto
۵۵	Where is your car?	Wo ist dein Auto?
0	Play with your cars.	Spiel mit deinen Autos.
0	(10 24)	Spielt mit euren Autos.
0	Let's play with your cars.	Komm, wir spielen mit deinen Autos.
74	TALK BOX. MOM	NO.

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USE GERMAN AT HOME

(№ 24 Kommt, wir machen Setz dich auf deinen Setzt euch auf eure Steigt ins Auto ein. Setz dich in deinen Steig ins Auto ein. Setzt euch in eure Schnallt euch an Geht zum Auto. Geh zum Auto. Schnall dich an. Schnall dich ab. noch eins. the car das Auto Plätze. Platz. (42 0) (to 2+) Go to the car. Get in the car. Buckle your seat Buckle your seat Unbuckle your seat belt. Get in your car seat. Get in your your car Get in your seat. seats. belt. Get in your seats. 00 00 00 00 00 00

areful! 気をつけて! Kiwotsukete!		8
reful! 気をつけて。 Kiwotsukete.		8
away. 車、お片づけして。 Kuruma okatazuke shite.		□ ◊
ne car 車、一つだけ持って行ってもいいよ。 h you. Kuruma hitotsudake motteittemo iiyo.	You may take o witl	8
g one 車、一つだけ持ってきていいよ。 h you. Kuruma hitotsudake mottekite iiyo.	You m	8
room. ぶー、ぶー。 Bu bu.		8
ne car. 車が来るよ。 Kurumaga kuruyo.		8
h your 車で遊ぼう。 cars. Kurumade asobou.		٥
h your 車で遊ばない? cars? Kurumade asobanai?		8
r cars. 車で遊んだら。 Kurumade asondara.		8
ur car? 車、どこに行っちゃったの? Kuruma dokoni icchattano?		8
		>
		the (my) car Where is your car? Play with your cars. Let's play with your cars? Let's play with your cars? Here comes the car. Vroom. Vroom. You may bring one car with you. You may take one car with you. Put your cars away. Careful!

自分たちのチャイルドシートに座って。

♥□ Get in your car seats.

Shitoni suwatte.

ツートに座って。

Get in your seats.

00

Jibuntachino chairudoshitoni

Kurumano sugu yokoni tattete.

車のすぐ横に立ってて。

⊘□ Stand next to the car.

Minna kurumakara orite.

みんな、車から降りて。

Everyone out of the

00

Shitoberuto hazushite.

belt(s).

ツートベルト外した。

Unbuckle your seat

00

Shitoberuto shimete.

belt(s).

ツーアベント語めん。

Buckle your seat

00

suwatte.

Tomatte. Kurumaga kuruyo.

coming.

Stop. A car is

00

FALK BOX. MOM

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止まって。車が来るよ。

Jibunno chairudoshitoni suwatte. 自分のチャイルドシートに座って。

(in Japanese, child seat)

Get in your car seat.

00

Kurumano tokoroni itte.

Kurumani notte.

車に乗って。

Get in the car.

00

椅子に座って。 Isuni suwatte.

Get in your seat.

00

車のところに行って。

Go to the car.

00

Kuruma

the car

JAPANESE - OVER 1700+ PHRASES

	המכונית the car	המכונית hino, homeh	
0	Go to the car. Go to the car. <i>(to a male)</i>	77 aoto	
۵	(to a femate)	לבי לאוטו. Jeh'i laoto	
8	(10.2+)	לבו לאוטו. leh'u laoto	
۵	Get in the car.	תיבנס לאוטו. tikanes laoto	
8	(to a femate)	תיבנסי לאוטו. tikansi laoto	
8	(10.2+)	תיכנסו לאוטו. tikansu laoto	
8	Get in your seat.	תתישב במושב שלך. tityashev bamoshav shelh'a	
8	(to a female)	תתישבי במושב שלך. tityashvi bamoshav shelah'	
٥	Get in your car seat.	תתישב במושב שלך. tityashev bamoshav shelh'a	
٥	(to a female)	תתישבי במושב שלך. tityashvi bamoshav shelah'	
٥	Get in your seats. (to 2+ males or mixed group)	תתישבו במושבים שלכם. tityashvu bamoshavim shelah'em	
8	(to 2+ females)	תתישבו בושבים שלבן. tityashvu bamoshavim shelah'en	
0	Get in your your car seats. <i>(to 2+ males or</i> <i>moed group)</i>	תתישבו במושבי הבטיחות שלכם. tityashvu bamoshavei habetih'ut shelah'em	
0	(to 2+ femates)	תתישבו במושבי הבטיחות שלבן. tityashvu bamoshavei habetih'ut shelah'en	
	USENEB	USE HEBREW AT HOME 87	

tah'geru et h'agorot habetih'ut tah'geri et h'agorat habetih'ut tah'gor et h'agorat habetih'ut toridu et h'agorot habetih'ut toridi et h'agorat habetih'ut torid et h'agorat habetih'ut al teleh'. meh'onit megia תורידו את חגורות הבטיחות. al tilh'u. meh'onit megia תורידי את חגורת הבטיחות. al tilh'i. meh'onit megia תחגרי את חגורת הבטיחות. תחגור את חגורת הבטיחות. תוריד את חגורת הבטיחות. kulam latzet mehaoto אל תלכי. מכונית מגיעה. אל תלכו. מכונית מגיעה. taamod leyad haoto taamdu leyad haoto taamdi leyad haoto אל תלך. מבונית מגיעה. תחגרו חגורות בטיחות. כולם לצאת מהאוטו. תעמדי ליד האוטו. תעמוד ליד האוטו. תעמדו ליד האוטו. (102+) **♡**□ Buckle your seat belt. (to a female) Buckle your seat Unbuckle your seat belt. (to a mate) (to a female) Unbuckle your seat belts. (10.2+) Everyone out of the (to a female) Don't walk. A car is coming. (to a mate) (to a female) (to 2+) (to a male) belts. **♡**□ Stand next to the car. (to a male) 000 00 000 000 00 000 00 00 8 00 00

HEBREW - OVER 1700+ PHRASES

TALK BOX. MOM

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Google Translate

Not the best option for phrases.

Friends and Family

Free; Schedule about 1 - 2 hours for prep work and practice a day.

Bilingual Nanny / Babysitter

Usually starting at \$150 per week for 10 hours \$600 per month for 10 hours a week

Tutor

\$20 - \$80 per hour per child (depends on the language)

\$80 - \$230 per month (for once a week tutoring)

Au Pair

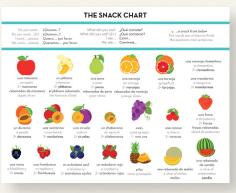
\$8,675 per year

+ \$200 per month

TalkBox.Mom

Everything is prepped for you! \$80 per month for the whole family (Each TalkBox is equivalent to at least \$600 of private instruction.)







Each week put the challenge up in your home or use it with the activity.



SNACK TIME

SECTION

TO ONE

¿Tienes hambre? Tengo hambre. Sí.

Tengo mucha hambre. Tengo poca hambre. No tengo hambre. Are you hungry? I'm hungry. / We are hungry. Yes. No.

I'm / We're really hungry. I'm / We're a little hungry. I'm / We're not hungry.

SECTION 2

Replace what you normally say in English with the foreign language!

¿Quieres una naranja?

Do you want an orange? / some

TWO OR MORE

¿Tienen hambre? Tenemos hambre. Sí.

No.

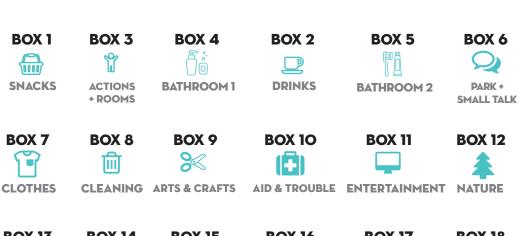
Tenemos mucha hambre.
Tenemos poca hambre.
No tenemos hambre.

Vamos a comer algo. ¿Qué quieren comer? ¿Quieren...? ¿Quieren manzanas? ¿Quieren plátanos? ¿Quieren naranjas?















Which (native) nursery songs would you like to learn?
Which songs would you love to learn from popular movies with singing?
Which popular songs would like to learn from that country?
Check out TalkBox.Mom/Blog
CHECKLIST
☐ Listen for words you know.
Listen for words you don't know. Write down what you hear.
Read the lyrics while you listen to the song.
☐ Look up what you don't understand. Write down the meaning.
☐ Learn the song by listening to it and singing it throughout your week.



How long is your attention span in a foreign language?
Which personal interests can you watch in online videos? Watch these.
Which shows do you want to watch on Netflix in the foreign language?
CHECKLIST
Listen for words you know.
Listen for words you don't know. Write some down.
☐ Look up what you don't understand. Write down the meaning.
☐ Watch the video until it makes sense.



Start at the beginning.

Choose books where the max amount of words you need to look up per page are 3 - 5.

Move to books with more words as your reading level progresses.

Read nursery rhymes.

Read Facebook posts & blogs.

Listen to books on tape while following along.

Read sacred texts.

Read literature.

Read the news and magazines.



Start small, so you don't burn yourself out.

The Bullet Journal

Write down 3 - 5 things that you did or happened to you that day. You should only need to look up 1 - 2 words per line.

Answering Personal Questions

What is your favorite animal and why? What's your most embarrassing moment?

Record short stories from your own experiences.

Practice writing about yourself and other people.

Write about things you're interested in.

Make a blog in a foreign language. Make your own notebook on a topic.



Write down how you will accomplish the following:
Talking in & understanding the foreign language.
Using the foreign language every day.
Singing and watching videos in the foreign language.
Reading and writing in the foreign language. (optional)
Using your language abilities to serve others.



Don't overwhelm yourself. Do more, less often.

Phrases To Learn
Focus Activity
Song
(once it's easy to add activities to your week)
Video
(once it's easy to add songs to your week)
Books or Other Reading Material
(once it's easy to add videos to your week)
Writing
(once it's easy to add reading to your week)

MINI SNACK CHART

Quiero..., por favor. ¿Quieres...? I want... , please. Do you want...

+...a snack from below

The words are written to finish the questions and sentences.



una manzana an apple



un plátano a banana

una naranja an orange



a strawberry una fresa

una galleta

a cracker

some grapes

UVGS

一些葡萄



cheese dueso

a cucumber un pepino

una zanahoria

a carrot



100+ more

snacks

una galleta

a cookie

cereal cereal

TALKBOX.MOM

MINI SNACK CHART

Do you want...? | want...

你想要...吗?

nĭ xiǎng yào... ma? wŏ xiǎng yào...

一个桔子

an orange yí gè jú zi



一个草莓

yí gè cǎo méi a strawberry







100+ more snacks

©TALK BOX.MOM

我想要...

+ ...a snack from below

The words are written to complete the questions and sentences.



yí gè píng guǒ ·个苹果 an apple



a banana

一根香蕉



yí kuài bǐng gān 一块饼干 a cracker



some grapes yì xiē pú táo



yí gè huáng guā a cucumber -个黄瓜

yí gè hú luó bo

carrot

个胡萝卜



一块饼干



a cookie

mài piàn

表于

cereal



yí kuài bǐng gān

MINI SNACK CHART

I would like..., please. Ich möchte..., bitte Would you like...? Möchtest du...?

+ ...a snack from below

The words are written to finish the questions and sentences.



einen Apfel an apple



eine Banane a banana



eine Orange an orange



einen Kräcker a cracker

some grapes

Trauben



eine Erdbeere a strawberry

some grapes

du raisin



a cucumber eine Gurke

eine Karotte

a carrot



Käse

cheese



100+ more snacks

einen Keks

a cookie

musli / cerea

© TALKBOX.MOM

MINI SNACK CHART

Do you want... Tu veux...?

l would like..., please. Je peux avoir..., s'il te plaît?*

+ ...a snack from below

The words are written to finish the questions and sentences *When making a request, use a question.





une pomme an apple



une banane

une orange an orange





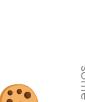
un biscuit



a cracker



a strawberry une fraise



des céréales



cereal



some cucumber du concombre

du fromage

cheese

une carotte

a carrot



a cookie un cookie



100+ more snacks

⊚TALKBOX.MOM

MINI SNACK CHART

Do you want...? want..., please.

・食べる? ・食べたい。

...taberu?

+...a snack from below

The words are written to start the questions and sentences.

below ...ani rotze... ... אני רוצה... Do you want...? (to a female) Yes, I want... (for a female) Yes, I want... (for a made)

...a snack from

The words are written to finish the questions and sentences.



りんご Ringo an apple

バナナ Banana a banana





いちぶ Ichigo a strawberry

クラッカー Kuraka

ぶどう Budon some grapes

a cracker



チーズ Chizu cheese

おゆつり Kyuri

人参 Ninjin

a carrot

a cucumber



100+ more

クシキー Kukki

シリアル Shiriaru

cereal

a cookie

snacks

STALKBOX.MOM

לגני בוקר dganei boker cereal



banana בננה

tapuz תפח an orange



a strawberry tot תות



אning גבינה

cheese





100+ more

snacks

..tabetai.

?....? רוצה...? רוצה...? רוצה...?

Do you want...? (to a mate)

MINI SNACK CHART



rapuah' **תפוח** an apple





אקרקר kreker a cracker

> מואanavim ענבים some grapes



melafefon מלפפון a cucumber

קezer קלר

a carrot



שyiya עוגייה a cookie

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