

15 Minute  
Daily  
Activity  
For  
Everyone

## Learning a New Language

Canadians use a multitude of languages to connect and communicate with one another. Though Canada's two official languages are English and French, over 4.7 million Canadians reported speaking a different language as their main form of communication. Toronto is one of the most linguistically diverse cities in the world with 45% of residents speaking a language other than French or English. With approximately 200 different languages being used in Toronto, this activity focuses on the first steps to learning a new language, which can help us connect and deepen relationships with people in our communities.

At the base of all languages is the need to communicate and communication is the main ingredient to forming relationships. When a relationship is formed, our worldview can be expanded and our assumptions challenged, allowing us to have authentic conversations and informed decision making.

### Activity:

- Start by picking a language that you would like to learn. Brainstorm why you chose that language and how you intend to use it.
- Next, create a realistic goal.  
*Example: Learn 10 words and 2 sentences of this new language.*
- Make a plan that aligns with the resources you have available at home.
- Once you have completed your plan, place it somewhere that you can see it everyday.
- Test out your new skill. Try using what you've learned in a conversation with someone in your family, at school or in the community.

### Reflection Questions:

- Why do you think there are so many languages used in Toronto?
- Why are languages important?
- What language did you choose to learn and why?
- What techniques do you find most useful?
- What are other forms of communication other than verbal?

### Helpful Hints To Learning A New Language:

- **Start with common words or phrases**  
*The most common words and phrases of any language are usually tied to common greetings and small conversation starters.*
  - **Write It Out**  
*Use a pen and paper to write down new learnings, words or questions about the language. This solidifies learnings and helps with memorization.*
  - **Get Musical**  
*Listening to music in the language you're learning. This can help with pronunciation and flow of words.*
  - **Watch TV in the language you're learning**  
*Tune into to your favourite show or movie by switching the language settings to the language you're learning. This is helpful with listening to conversations between characters and hearing how they express different phrases.*
  - **Practice**  
*Setting a time everyday to focus on learning your language is key to progress, rotating between practicing writing and speaking.*
  - **Use an App**  
*Many electronic devices have access to a variety of language apps. These apps offer quick and easy lessons to get your learning started.*
  - **Label common objects in your house using the language you are learning.**  
*Sticky Notes work well.*
- Materials Needed:**  
- A Pen/Pencil, Journal or Paper