

ONE SMALL SPEAKING WIN EACH DAY

Your First 14 Days of Spoken Mandarin

A calm, 10-15 minute daily path from your first introduction to a short original conversation.

WHAT YOU WILL DO

- 01** Introduce yourself and keep a simple exchange moving.
- 02** Ask for food, prices, times, places, and directions.
- 03** Combine familiar frames into one original conversation.

OPEN THE COMPANION PRACTICE

Scan for the current public practice page, audio samples, and any corrections.

14 days · 10-15 minutes a day · Version 1.1 · August 2026



BEFORE DAY 1

Use the same four-step speaking loop every day.

This workbook builds a repeatable starting routine, not instant fluency. Stop after one clear personal answer; return tomorrow.

- | | | |
|-----------|---------------|---|
| 01 | Listen | Play the day's synthetic Mandarin sample once without reading. |
| 02 | Repeat | Read the Hanzi and tone-marked pinyin in short chunks. |
| 03 | Cover | Hide the model and retrieve the reusable frame. |
| 04 | Answer | Use information that is true for you—or intentionally imagined. |

ONE AUDIO NOTE

The linked samples use synthetic Mandarin audio. They are a listening aid, not a pronunciation assessment. Use the text to confirm what was spoken; do not treat the model as native-review evidence.



BASELINE • MARK WHAT YOU CAN ALREADY DO

- | | |
|--|---|
| ☐ Say your name | ☐ Say one preference |
| ☐ Order a drink | ☐ Ask a price |
| ☐ Choose a meeting time | ☐ Ask where a place is |

DAY 1 • LEARN

Meet someone

Scene: A first introduction. Learn six useful words, then use one sentence frame with your own information.

START

Start here: say 你好 once, then write the name you want to use in Mandarin practice.

SIX ACTIVE WORDS

你好

nǐ hǎo
hello

我

wǒ
I / me

叫

jiào
to be called

什么

shénme
what

名字

míngzi
name

呢

ne
and you? / topic return

REUSABLE FRAME

我叫____。你呢？

Wǒ jiào _____. Nǐ ne?

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 1 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 你好！你叫什么名字？

Nǐ hǎo! Nǐ jiào shénme míngzi?

Hi! What is your name?

B 我叫安娜。你呢？

Wǒ jiào Ānnà. Nǐ ne?

My name is Anna. And you?

MAKE IT YOURS

Say your real name, then ask the question back without reading.

My name

My answer

Ask back

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 2 • LEARN

Say where you are from

Scene: Language small talk. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Introduce yourself from Day 1 before you begin.

SIX ACTIVE WORDS

是

shì
to be

人

rén
person

中文

Zhōngwén
Chinese language

会

huì
can / know how

说

shuō
to speak

一点

yìdiǎn
a little

REUSABLE FRAME

我是____人。我会说一点____。

Wǒ shì ____ rén. Wǒ huì shuō yìdiǎn ____.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 2 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 你是哪国人？

Nǐ shì nǎ guó rén?

What country are you from?

B 我是美国人。我会说一点中文。

Wǒ shì Měiguó rén. Wǒ huì shuō yìdiǎn Zhōngwén.

I'm American. I can speak a little Chinese.

MAKE IT YOURS

Replace the country and language with information that is true for you.

COUNTRY	LANGUAGE	COMPLETE ANSWER

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 3 • LEARN

Talk about what you like

Scene: Finding common ground. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Say where you are from and one language you can speak.

SIX ACTIVE WORDS

喜欢

xǐhuan
to like

音乐

yīnyuè
music

咖啡

kāfēi
coffee

电影

diànyǐng
movie

也

yě
also

不太

bú tài
not very

REUSABLE FRAME

我喜欢____，也喜欢____。

Wǒ xǐhuan ____, yě xǐhuan ____.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 3 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 你喜欢什么？

Nǐ xǐhuan shénme?

What do you like?

B 我喜欢音乐，也喜欢咖啡。

Wǒ xǐhuan yīnyuè, yě xǐhuan kāfēi.

I like music, and I also like coffee.

MAKE IT YOURS

Name two real interests. Then add one thing you do not like very much.

I like

I also like

I do not really like

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 4 • LEARN

Ask for a drink

Scene: At a café. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Say two things you like without looking at Day 3.

SIX ACTIVE WORDS

想

xiǎng

would like / want

要

yào

want / order

水

shuǐ

water

茶

chá

tea

咖啡

kāfēi

coffee

杯

bēi

cup classifier

REUSABLE FRAME

我想要一杯____。

Wǒ xiǎng yào yì bēi ____.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 4 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 你想喝什么？

Nǐ xiǎng hē shénme?

What would you like to drink?

B 我想要一杯茶。

Wǒ xiǎng yào yì bēi chá.

I'd like a cup of tea.

MAKE IT YOURS

Order your real drink. Repeat once with 想要 and once with the more direct 我要.

DRINK	QUANTITY + CLASSIFIER	MY ORDER

☐ listened☐ repeated☐ answered☐ spoke without reading

DAY 5 • LEARN

Order simple food

Scene: At a counter. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Order yesterday's drink, then add today's food.

SIX ACTIVE WORDS

请

qǐng
please

给

gěi
give / for

两

liǎng
two before classifiers

个

ge
general classifier

包子

bāozi
steamed bun

谢谢

xièxie
thank you

REUSABLE FRAME

请给我____个____。

Qǐng gěi wǒ ____ ge ____.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 5 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 你要几个包子？

Nǐ yào jǐ ge bāozi?

How many steamed buns would you like?

B 请给我两个包子，谢谢。

Qǐng gěi wǒ liǎng ge bāozi, xièxie.

Please give me two steamed buns, thank you.

MAKE IT YOURS

Change the quantity and food. Keep 请 and 谢谢 in the complete exchange.

FOOD	QUANTITY	POLITE COMPLETE ORDER

☐ listened☐ repeated☐ answered☐ spoke without reading

DAY 6 • LEARN

Set a meeting time

Scene: Making a simple appointment. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Order two items from Days 4-5 as one café turn.

SIX ACTIVE WORDS

现在

xiànzài

now

几点

jǐ diǎn

what time

见

jiàn

meet / see

上午

shàngwǔ

morning

下午

xiàwǔ

afternoon

可以

kěyǐ

okay / can

REUSABLE FRAME

我们____点见。

Wǒmen ____ diǎn jiàn.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 6 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 下午三点可以吗？

Xiàwǔ sān diǎn kěyǐ ma?

Is three in the afternoon okay?

B 可以，我们三点见。

Kěyǐ, wǒmen sān diǎn jiàn.

Yes, let's meet at three.

MAKE IT YOURS

Choose a real time. Ask if it is okay, then confirm the meeting.

MORNING / AFTERNOON TIME

CONFIRM THE PLAN

☐ listened☐ repeated☐ answered☐ spoke without reading

DAY 7 • LEARN

Describe your family

Scene: Personal conversation. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Invite someone to meet at a time you choose.

SIX ACTIVE WORDS

家

jiā

family / home

有

yǒu

to have

口

kǒu

family-member classifier

人

rén

person

妈妈

māma

mom

爸爸

bàba

dad

REUSABLE FRAME

我家有____口人。

Wǒ jiā yǒu ____ kǒu rén.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 7 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 你家有几口人？

Nǐ jiā yǒu jǐ kǒu rén?

How many people are in your family?

B 我家有三口人。

Wǒ jiā yǒu sān kǒu rén.

There are three people in my family.

MAKE IT YOURS

Give a truthful answer or describe an imaginary family if you prefer.

Real or imaginary _____

Number of people _____

Complete answer _____

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 8 • LEARN

Describe a daily routine

Scene: A normal weekday. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Say how many people are in your family, then ask the question back.

SIX ACTIVE WORDS

每天

měitiān
every day

起床

qǐchuáng
get up

吃早饭

chī zǎofàn
eat breakfast

工作

gōngzuò
work

学习

xuéxí
study

睡觉

shuìjiào
sleep

REUSABLE FRAME

我每天____点____。

Wǒ měitiān ____ diǎn ____.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 8 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 你每天几点起床？

Nǐ měitiān jǐ diǎn qǐchuáng?

What time do you get up every day?

B 我每天七点起床。

Wǒ měitiān qī diǎn qǐchuáng.

I get up at seven every day.

MAKE IT YOURS

Say two true routine sentences with different times and actions.

TIME	ACTION	FULL ROUTINE SENTENCE

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 9 • LEARN

Ask where something is

Scene: Finding the restroom. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Say one morning routine and one evening routine.

SIX ACTIVE WORDS

哪儿

nǎr
where

在

zài
at / located

洗手间

xǐshǒujiān
restroom

这里

zhèlǐ
here

那里

nàlǐ
there

旁边

pángbiān
beside

REUSABLE FRAME

_____在哪儿？

_____ zài nǎr?

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 9 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 请问，洗手间在哪儿？

Qǐngwèn, xǐshǒujiān zài nǎr?

Excuse me, where is the restroom?

B 在那里，电梯旁边。

Zài nàlǐ, diàntī pángbiān.

It's over there, beside the elevator.

MAKE IT YOURS

Replace 洗手间 with a place you often need to find.

Place

Ask

Answer

Draw two places; point while you ask and answer.

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 10 • LEARN

Understand a direction

Scene: Walking to a place. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Ask where a place is without looking at Day 9.

SIX ACTIVE WORDS

怎么

zěnmē
how

走

zǒu
go / walk

一直

yìzhí
straight / continuously

往

wǎng
toward

前

qián
front / forward

左转

zuǒzhuǎn
turn left

REUSABLE FRAME

一直往前走，然后____。

Yìzhí wǎng qián zǒu, rán hòu ____.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 10 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 去地铁站怎么走？

Qù dìtiě zhàn zěnmě zǒu?

How do I get to the subway station?

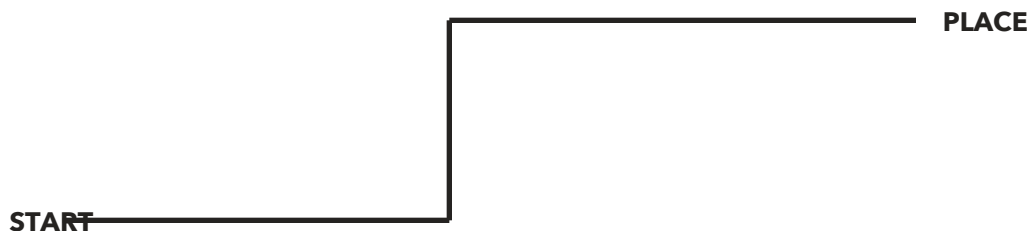
B 一直往前走，然后左转。

Yízhí wǎng qián zǒu, rán hòu zuǒzhuǎn.

Go straight, then turn left.

MAKE IT YOURS

Use your finger to trace the route while you say it. Add 右转 (turn right) if useful.



Trace the route while you say: straight, then left/right, then the destination.

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 11 • LEARN

Ask the price

Scene: At a shop. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Give one two-step direction from Day 10.

SIX ACTIVE WORDS

这个

zhège
this one

多少

duōshao
how much / many

钱

qián
money

太

tài
too

贵

guì
expensive

便宜

piányi
inexpensive

REUSABLE FRAME

这个多少钱？

Zhège duōshao qián?

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 11 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 这个多少钱？

Zhège duōshao qián?

How much is this?

B 两百块。

Liǎng bǎi kuài.

Two hundred yuan.

A 太贵了！

Tài guì le!

That's too expensive!

MAKE IT YOURS

Point to an object, ask the price, invent an answer, and react naturally.

OBJECT	INVENTED PRICE	REACTION

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 12 • LEARN

Make a plan

Scene: Inviting a friend. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Ask a price and react to it before making today's plan.

SIX ACTIVE WORDS

明天

míngtiān
tomorrow

一起

yìqǐ
together

吃饭

chīfàn
eat a meal

看电影

kàn diànyǐng
watch a movie

吧

ba
suggestion particle

好

hǎo
good / okay

REUSABLE FRAME

我们明天一起____吧。

Wǒmen míngtiān yìqǐ ____ ba.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 12 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 我们明天一起吃饭吧。

Wǒmen míngtiān yìqǐ chīfàn ba.

Let's eat together tomorrow.

B 好啊！几点？

Hǎo a! Jǐ diǎn?

Sure! What time?

MAKE IT YOURS

Invite someone to one activity. Complete the exchange by choosing a time.

ACTIVITY	TIME	INVITATION + REPLY

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 13 • LEARN

Say what you did

Scene: Yesterday's small talk. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Invite a friend to do something tomorrow and choose a time.

SIX ACTIVE WORDS

昨天

zuótiān
yesterday

看

kàn
watch / see

去

qù
go

朋友

péngyou
friend

电影

diànyǐng
movie

了

le
completed-action particle;
placement varies

REUSABLE FRAME

我昨天____了。

Wǒ zuótiān ____ le.

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 13 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 你昨天做什么了？

Nǐ zuótiān zuò shénme le?

What did you do yesterday?

B 我昨天去看电影了。

Wǒ zuótiān qù kàn diànyǐng le.

I went to see a movie yesterday.

MAKE IT YOURS

Give one truthful completed action. Keep the time word near the beginning.

TIME

昨天

ACTION

去看电影

COMPLETED-ACTION PARTICLE

了

Yesterday

My action

Full sentence

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

DAY 14 • LEARN

Keep the conversation moving

Scene: A complete first exchange. Learn six useful words, then use one sentence frame with your own information.

START

Recall before reading: Say one thing you did yesterday, then ask your partner the question back.

SIX ACTIVE WORDS

很

hěn
very

高兴

gāoxìng
happy

认识

rènshi
meet / know

你呢

nǐ ne
and you?

下次

xiàcì
next time

再见

zàijiàn
goodbye**REUSABLE FRAME**

很高兴认识你。下次见！

Hěn gāoxìng rènshi nǐ. Xiàcì jiàn!

Underline the blank or replaceable idea. Say the complete frame slowly once, then naturally twice.

WRITE ONE VERSION YOU CAN REALLY SAY

Next page: hear the dialogue, answer, and personalize

DAY 14 • SPEAK

Use it in a conversation.

From the QR on page 2, play the Day sample once. Shadow that sampled line; read the other turn or turns aloud.

MODEL DIALOGUE

A 你好，我叫安娜。你呢？

Nǐ hǎo, wǒ jiào Ānnà. Nǐ ne?

Hi, my name is Anna. And you?

B 我叫大卫。很高兴认识你。

Wǒ jiào Dàwèi. Hěn gāoxìng rènshi nǐ.

My name is David. Nice to meet you.

A 我也很高兴。下次见！

Wǒ yě hěn gāoxìng. Xiàcì jiàn!

Nice to meet you too. See you next time!

MAKE IT YOURS

Build a 6-turn conversation using any four earlier frames. Do not try to use everything.

TURN BUILD A SIX-TURN CONVERSATION

☐ listened

☐ repeated

☐ answered

☐ spoke without reading

CUMULATIVE ROLE-PLAY

Role-play 1 • Meet someone and make a plan

Use the support rail only when the exchange stalls. A successful conversation is clear and responsive, not perfectly memorized.

FOUR MOVES

- 01** Greet and exchange names.
- 02** Share one real preference.
- 03** Suggest an activity tomorrow.
- 04** Choose a time and end naturally.

SUPPORT RAIL

我叫...

我喜欢...

我们明天一起...吧。

...点见。

下次见！

BUILD THE CONVERSATION

TURN WHAT I WILL SAY

IF YOU GET STUCK

Use 你呢? , ask a known question, or repeat the key noun.

CUMULATIVE ROLE-PLAY

Role-play 2 • Café and small talk

Use the support rail only when the exchange stalls. A successful conversation is clear and responsive, not perfectly memorized.

FOUR MOVES

- 01** Order one drink and one food item.
- 02** Ask or confirm the price.
- 03** Say one thing you did yesterday.
- 04** Ask the question back with 你呢？

SUPPORT RAIL

我想要...

请给我...

多少钱？

我昨天...了。

你呢？

BUILD THE CONVERSATION

TURN WHAT I WILL SAY

IF YOU GET STUCK

Use 你呢？, ask a known question, or repeat the key noun.

EVIDENCE + NEXT STEP

Finish with evidence, not a streak promise.

Circle what you can retrieve now. Open responses can vary; repeat the task when meaning is unclear or the frame still disappears under pressure.

FINAL CAN-DO CHECK

- | | |
|--|--|
| ☐ Introduce myself | ☐ Order food or a drink |
| ☐ Ask where and how to go | ☐ Ask a price |
| ☐ Make a plan | ☐ Say one past action |

WRITE ONE PIECE OF EVIDENCE

What could you say without reading? What still needed the model?

CHOOSE ONE NEXT STEP

01 Tones slow me down

Tone-Pair Listening Lab

02 I want more speaking

Conversation Rescue Cards

03 Word order disappears

Mandarin Word Order Builder

04 I want to write these words

Worksheet Generator

KEEP THE PATH CONNECTED

Scan for the next recommended pack and current practice tools.

