



## 30 Day Collocations Challenge 1 Curriculum

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## Introduction

### Lesson 1: How to Remember Vocabulary (Video and Explanation)

How to Remember Words

The Testing Effect

Spaced Repetition

### Lesson 2: How to Study with Flashcards

### Lesson 3: Anki

How to download Anki

How to use Anki

### Index of Collocations (PDF)



## Days 1-5

Day 1: Bitterly cold, pitch dark, strictly forbidden, an abrupt end, absorbed in a book

Day 1 Video Explanation

Day 1 Exercise

Day 2: Accept an offer, dull ache, acquired taste, achieve your goals, blissfully unaware

Day 1 Mini-review

Day 2 Video Explanation

Day 2 Exercise

Day 3: Highly intelligent, dead-end job, attract attention, roar with laughter, kill time

Day 2 Mini-review

Day 3 Video Explanation

Day 3 Exercise

Day 4: Madly in love, wind dies down, wander aimlessly, acutely embarrassing, burst into tears

Day 3 Mini-review

Day 4 Video Explanation

Day 4 Exercise

Day 5: Excellent grasp of, hasty exit, leisurely breakfast, bored stiff, entirely agree

Day 4 Mini-review

Day 5 Video Explanation

Day 5 Exercise

Days 1-5 Review



## Days 6-10

Day 6: Set your alarm, take advantage of, strongly advise, thoroughly enjoy, have second thoughts

Day 5 Mini-review

Day 6 Video Explanation

Day 6 Exercise

Day 7: Gentle stroll, apologise profusely, only child, argue convincingly, drop a hint

Day 6 Mini-review

Day 7 Video Explanation

Day 7 Exercise

Day 8: Increasingly anxious, utterly appalled, spoil your appetite, ridiculously cheap, have no option

Day 7 Mini-review

Day 8 Video Explanation

Day 8 Exercise

Day 9: A vivid imagination, immediate family, flick through a book, maintain eye contact, complain bitterly

Day 8 Mini-review

Day 9 Video Explanation

Day 9 Exercise

Day 10: Glittering career, brutally honest, make an effort, cause havoc, splitting headache

Day 9 Mini-review

Day 10 Video Explanation

Day 10 Exercise

Days 6-10 Review



## Days 11-15

Day 11: Balanced diet, difference of opinion, almighty bang, good company, profoundly disagree

Day 10 Mini-review  
Day 11 Video Explanation  
Day 11 Exercise

Day 12: Board a plane, round of applause, take a chance, break a habit, feel at home

Day 11 Mini-review  
Day 12 Video Explanation  
Day 12 Exercise

Day 13: Concise summary, draw a conclusion, a firm believer, within walking distance, first draft

Day 12 Mini-review  
Day 13 Video Explanation  
Day 13 Exercise

Day 14: Heated argument, mutual friend, burning desire, heavy cold, brisk walk

Day 13 Mini-review  
Day 14 Video Explanation  
Day 14 Exercise

Day 15: Ancient history, fail miserably, change the subject, snap decision, vigorous exercise

Day 14 Mini-review  
Day 15 Video Explanation  
Day 15 Exercise  
Days 10-15 Review



## Days 16-20

Day 16: The small hours, considerable amount, admire the view, crowning achievement, dramatic improvement

Day 15 Mini-review

Day 16 Video Explanation

Day 16 Exercise

Day 17: Put the finishing touches to, lose touch, breathe deeply, in the not-too-distant future, high standards

Day 16 Mini-review

Day 17 Video Explanation

Day 17 Exercise

Day 18: Considered opinion, intense dislike, keep fit, sharp contrast, demanding job

Day 17 Mini-review

Day 18 Video Explanation

Day 18 Exercise

Day 19: Catchy tune, hand in your notice, have the time of your life. great pleasure, give the impression

Day 18 Mini-review

Day 19 Video Explanation

Day 19 Exercise

Day 20: Neighbouring country, constructive criticism, sprawling city, immaculately groomed, widespread damage

Day 19 Mini-review

Day 20 Video Explanation

Day 20 Exercise

Days 16-20 Review



## Days 21-25

Day 21: Fiery temper, filled with horror, highly effective, from dawn to dusk, take something into consideration

Day 20 Mini-review

Day 21 Video Explanation

Day 21 Exercise

Day 22: Strength of character, state clearly, change the bed, make excuses, dream home

Day 21 Mini-review

Day 22 Video Explanation

Day 22 Exercise

Day 23: Warm welcome, top speed, tread carefully, worried sick, catch sight of

Day 22 Mini-review

Day 23 Video Explanation

Day 23 Exercise

Day 24: Poles apart, miss the point, pour with rain, crack a joke, plead ignorance

Day 23 Mini-review

Day 24 Video Explanation

Day 24 Exercise

Day 25: Background noise, painfully shy, unforeseen outcome, piercing cry, acrimonious divorce

Day 24 Mini-review

Day 25 Video Explanation

Day 25 Exercise

Days 21-25 Review



## Days 26-30

Day 26: Strong aversion, stiff competition, bumpy flight, care deeply, keep your word

Day 25 Mini-review

Day 26 Video Explanation

Day 26 Exercise

Day 27: Wise choice, ray of sunlight, strongly suggest, tender meat, sleep rough

Day 26 Mini-review

Day 27 Video Explanation

Day 27 Exercise

Day 28: Bend the rules, go smoothly, squander money, sticky situation, fresh snow

Day 27 Mini-review

Day 28 Video Explanation

Day 28 Exercise

Day 29: Relish the thought, ground-breaking research, rush headlong into, restore order, swallow your pride

Day 28 Mini-review

Day 29 Video Explanation

Day 29 Exercise

Day 30: Reason to believe, swift recovery, suffer the consequences, golden opportunity, come in handy

Day 29 Mini-review

Day 30 Video Explanation

Day 30 Exercise

Day 30 Mini-review

Days 26-30 Review