



SPEAKING NOTES

SPM TRIAL 2026 - PART 2

PERLIS



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Managing Your Personal Spending

Talk about a way to manage your personal spending wisely

- what the method you use
- how you apply it
- why it is important to control spending
- how budgeting helps teenagers become smarter consumers

Do you manage your daily spending? Why?



Useful Phrases

Personal budget, Daily expenses,
Spending habits, Save money,
Financial goals, Impulse buying
Smart spending
Financial responsibility Essential needs
Monthly savings

Sample B1

Today, I want to talk about a way I manage my personal spending wisely.

- To begin with, the first point is the method I use. I usually set a weekly budget, record my expenses and save part of my allowance.
- Besides that, I apply this method by separating my needs and wants. For instance, I will spend money on school supplies first before buying snacks or trendy items. I also compare prices when I want to buy something expensive.
- As for why it is important to control spending, personally, I believe it prevents unnecessary spending and helps us save for future needs. It also teaches teenagers to develop good financial habits from a young age.
- Finally, budgeting helps teenagers become smarter consumers because we learn to think before buying, compare prices and look for good value for money.
- All in all, budgeting is a simple but useful way to become more responsible with our money.

Sample B2

Today, I want to talk about how I manage my personal spending wisely.

To begin with, I usually set a weekly budget to keep track of my expenses and avoid overspending.
Besides that, I apply this method by setting aside some money for savings before spending the rest. I also prioritise my needs over my wants and compare prices before making purchases.
Personally, I believe controlling our spending is important because it helps us avoid impulse buying and prepare for unexpected expenses. For example, having some savings can be useful during emergencies.
Finally, budgeting helps teenagers become smarter consumers because we learn to make informed decisions and get better value for money.
All in all, managing money wisely helps us become more financially responsible and independent.

Yes, I manage my daily spending by setting a budget and keeping track of my expenses. This helps me avoid impulse buying, save money and develop good financial habits.

Online Payment in Daily Life



Talk about your favourite online payment

- what online payment methods you use
- where you usually use them
- why online payment is becoming popular
- how it helps you manage your spending more efficiently

What is your favourite online payment? Why?



Useful Phrases

Cashless payment, Digital wallet,
Online transactions, Secure payment
Daily convenience, Quick transactions
Payment history
Financial security
Easy access
Spending records

Perlis
(Set 1)

Sample B1

Today, I want to talk about my favourite online payment method, which is an e-wallet.

- To begin with, I often use Touch 'n Go eWallet because it is convenient and easy to access on my phone. I usually use it at food outlets, convenience stores and for online shopping.
- Besides that, online payment is becoming increasingly popular because it is quick, convenient and widely accepted. For instance, I can simply scan a QR code instead of looking for cash when buying food.
- As for managing my spending, personally, I believe online payment can be useful because I can track my expenses through my transaction history. This allows me to notice unnecessary spending and plan my budget more carefully.
- All in all, online payment is not only convenient but also useful for developing better spending habits.

Sample B2

Today, I want to talk about my favourite online payment method, which is Touch 'n Go eWallet.

To begin with, I often use this digital wallet because it is convenient, secure and easy to use. I usually use it at convenience stores, restaurants and when shopping online.

Besides that, I believe online payment is becoming increasingly popular because it allows people to make quick and hassle-free transactions. For example, I can simply scan a QR code instead of carrying cash.

As for managing my spending, I find it useful because I can keep track of my expenses through my transaction history. This helps me identify unnecessary purchases and stay within my budget.

All in all, online payment makes everyday transactions easier while encouraging more responsible spending habits.

My favourite online payment method is Touch 'n Go eWallet because it is convenient and easy to use. I can make quick, cashless transactions and keep track of my spending through the app.

Favourite Holiday Destination



Talk about your favourite holiday destination

- where it is
- what is interesting about the place
- with whom you prefer to go with
- why going on a vacation is important

What is your favourite holiday destination? Why?



Useful Phrases

Beautiful scenery
Tourist attractions, Local culture
Breathtaking views
Holiday getaway
Relaxing atmosphere
Outdoor activities, Cultural experience
Memorable trip
Popular destination

Perlis
(Set 2)

Sample B1

Today, I want to talk about my favourite holiday destination.
To begin with, my favourite holiday destination is Langkawi, Kedah. It is a beautiful island and a popular tourist destination in Malaysia.
Furthermore, it is interesting because it has beautiful beaches and many exciting activities. For example, I can go swimming, ride a cable car and take beautiful photographs.
Next, I prefer to go with my family because we can spend quality time together. For example, we can enjoy delicious food and explore the island together.
Finally, I think going on a vacation is important because it can reduce stress and help us relax after studying hard. It also gives us a chance to enjoy ourselves

Sample B2

Today, I want to talk about my favourite holiday destination.
To begin with, my favourite holiday destination is Cameron Highlands, Pahang. It is a popular tourist destination because of its cool weather and beautiful scenery.
Furthermore, it is interesting because there are many attractions and activities to enjoy. For example, I can visit tea plantations, explore strawberry farms and enjoy the breathtaking scenery.
Next, I prefer to go with my family because we can spend quality time together and create lasting memories. For instance, we can explore different places, take photographs and try local food.
Finally, Personally, I believe that going on a vacation is important because it allows us to reduce stress and recharge our batteries after a busy school term. It also helps us broaden our horizons by experiencing new places and activities.

My favourite holiday destination is Langkawi because it has beautiful beaches and many interesting places to visit.

Favourite Cartoon Character



Talk about your favourite cartoon character

- what it is
- why you like it
- how it influences your life
- what the advantages of watching are

What is your favourite cartoon character? Why?



Useful Phrases

Funny character, Unique personality
Special abilities, Interesting storyline
Positive values
Brave actions
Favourite scenes
Creative adventures
Moral lessons, Childhood memories

Perlis
(Set 2)

Sample B1

Today, I want to talk about my favourite cartoon character.
To begin with, my favourite cartoon character is Doraemon, a robotic cat from Japan. He has many useful gadgets.
Furthermore, I like Doraemon because he is helpful and kind. He always helps Nobita when he has problems. For example, he uses his special gadgets to help his friend.
Next, Doraemon teaches me to help others and be kind. For example, I try to help my classmates when they need help.
Finally, cartoons can reduce stress and improve our imagination. They can also teach us valuable lessons. All in all, cartoons can be both fun and educational.

Sample B2

Today, I want to talk about my favourite cartoon character.
To begin with, my favourite cartoon character is Doraemon, a famous robotic cat from Japan. He is well known for his special gadgets, especially the Anywhere Door.
Furthermore, I like Doraemon because he is kind-hearted, helpful and entertaining. He always tries to help Nobita when he faces difficulties. For example, he uses his gadgets to solve different problems.
Next, Doraemon has taught me to help others and stay positive when facing challenges. For instance, I try to lend a helping hand to my friends when they are struggling with their schoolwork.
Finally, Personally, I believe cartoons can reduce stress, improve our imagination and teach valuable lessons. They can also help students learn new words when they watch cartoons in English. All in all, cartoons are not only entertaining but can also have a positive influence on our lives.

My favourite cartoon character is Doraemon because he is very helpful and kind. For example, he always tries to help Nobita when he has problems.

Mealtime Habits

Talk about your mealtime habits

- what you usually eat
- when you have your meal
- who you eat with
- whether eating together with family is important? (why/why not)

What do you usually eat during your mealtimes? Why?



Useful Phrases

Balanced diet
Healthy meals
Regular mealtimes
Nutritious food
Eating habits
Family meals, Food choices
Healthy lifestyle
Proper nutrition, Mindful eating



Perlis
(Set 3)

Sample B1

Today, I want to talk about my mealtime habits.
To begin with, I usually eat rice with chicken, fish and vegetables because it is filling and gives me energy. For example, I often have rice with grilled chicken for lunch.
Furthermore, I normally have breakfast before school, lunch after school and dinner at about 7.30 p.m.
Next, I usually eat with my family, especially during dinner. We can talk about our day and enjoy our meal together.
Finally, Yes, it is important because it helps us spend quality time together and strengthen our family bonds. All in all, family mealtimes are special to me.

Sample B2

Today, I want to talk about my mealtime habits.
To begin with, I usually eat rice with chicken, fish and vegetables because it is filling and gives me energy. For example, I often have rice with grilled chicken for lunch.
Furthermore, I normally have breakfast before school, lunch after school and dinner at about 7.30 p.m.
Next, I usually eat with my family, especially during dinner. We can talk about our day and enjoy our meal together.
Finally, Yes, it is important because it helps us spend quality time together and strengthen our family bonds. All in all, family mealtimes are special to me.

I usually eat rice, chicken and vegetables because they make a balanced meal. For example, I often have rice with grilled chicken and vegetables for lunch because it keeps me full until the evening.

Sugary Food

Talk about your favourite sugary food

- what it is
- why it is your favourite
- how often you eat it
- why people need to control their sugar intake

What is your favourite sugary food? Why?



Useful Phrases

Sweet treats, Sugar intake
Sugary drinks, Health risks
Tooth decay, Balanced diet
Eating habits,
Excessive consumption
Healthier alternatives
Occasional treats

Sample B1

Today, I want to talk about my favourite sugary food.
To begin with, My favourite sugary food is chocolate. I especially like milk chocolate because it is sweet and creamy.
Furthermore, I like chocolate because it tastes delicious and helps me relax after a busy day. For example, I sometimes eat a small piece after finishing my homework.
Next, I usually eat chocolate once or twice a week. I try to enjoy it in moderation.
Finally, Too much sugar can cause health problems and tooth decay. All in all, we can enjoy sugary food, but we should not eat too much of it.

Sample B2

Today, I want to talk about my favourite sugary food.
To begin with, My favourite sugary food is ice cream, especially chocolate ice cream. I enjoy it because it has a creamy texture and is very refreshing on a hot day.
Besides that, I love its rich flavour, and it can also help me unwind after a stressful day. For example, I sometimes have a small cup of ice cream after completing a difficult school assignment.
As for how often I eat it, I usually have ice cream once or twice a week. I believe it is important to enjoy sweet treats in moderation.
Finally, people need to control their sugar intake because consuming too much sugar can lead to tooth decay, weight gain and other health problems. Personally, I believe making healthier choices, such as drinking water instead of sugary drinks, is important. All in all, we can enjoy sugary foods while still maintaining a balanced diet.

My favourite sugary food is chocolate because it has a delicious and creamy taste. For example, I enjoy having a small piece of chocolate after finishing my homework.

Favourite Online Games

Talk about your favourite online game

- the name of the game
- why it is your favourite
- who you play it with
- if playing online games affects your academic performance (why/why not)

What online game do you play? Why?



Useful Phrases

Online gaming
Multiplayer games
Gaming skills
Team strategy
Virtual world
Exciting challenges
Gaming experience, Online friends
Screen time, Problem-solving skills

Sample B1

Today, I want to talk about my favourite online game.

- To begin with, My favourite online game is Roblox. I like Roblox because it has a wide variety of games, such as adventure games and obstacle games.
- Furthermore, I like it because it is fun and entertaining. I can play different games and relax after finishing my schoolwork.
- Next, I usually play it with my close friends. We usually join the same server and have fun together after school.
- Personally, I believe it does not affect my studies because I manage my time well. I always finish my homework before playing, so I can balance my studies and free time

Sample B2

Today, I want to talk about my favourite online game.

- To begin with, My favourite online game is Minecraft. I like Minecraft because I can build and explore different places. For example, I can build houses, farms and even small cities.
- Furthermore, I like it because it is creative and exciting. I can create different things and play the game in my own way.
- Next, I usually play it with my classmates. We can work together and help each other while playing. For example, we sometimes build things together during our free time.
- Personally, I believe it does not affect my studies if I play in moderation. I make sure that I complete my homework and revision before I start playing.

I enjoy playing Roblox because it offers a wide variety of exciting and interactive games. Besides that, I can play with my friends, work as a team and have fun together.

Favourite Video-Editing

Talk about your favourite video-editing application

- the name of the application
- why it is your favourite
- what features you like about the application
- if it is a must to edit videos (why/why not)

What is your favourite video-editing app? Why?



Useful Phrases

Editing skills, Creative effects,
Video transitions, Background music
Visual effects
Editing tools, Quality videos
Creative content, User-friendly features
Digital creativity

Sample B1

Today, I want to talk about my favourite video-editing application. To begin with, My favourite video-editing application is CapCut. I like CapCut because it is easy to use and suitable for beginners. Furthermore, I like it because I can edit videos quickly and easily. I can use it to make videos for school projects or social media. Next, I like its templates, filters and transitions. For example, I can add music and text to make my videos more interesting. Finally, No, I do not think it is a must to edit all videos because simple videos can still be enjoyable without editing. However, editing can make videos look more attractive and organised.

Sample B2

Today, I want to talk about my favourite video-editing application. To begin with, My favourite video-editing application is CapCut. I like CapCut because it is user-friendly and I can easily learn how to use it. Furthermore, I like it because it has many useful tools for editing videos. For example, I can use it to edit videos for school projects, celebrations and social media. Next, I like its filters, effects, transitions and background music. These features allow me to be more creative and make my videos more interesting. Personally, I believe it is not a must to edit all videos because not every video needs to be edited. However, editing is useful when we want to make a video clearer, more attractive and enjoyable to watch.

My favourite video-editing app is CapCut because it is user-friendly and offers a wide range of creative features. I can easily add music, transitions and special effects to make my videos more engaging and professional-looking.