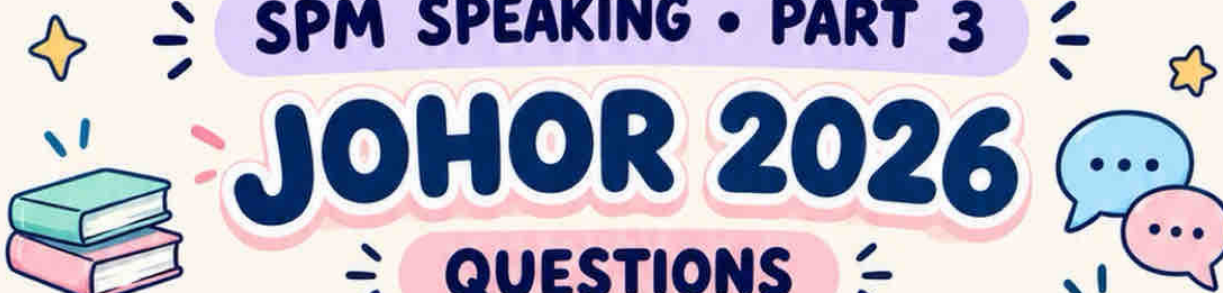


SPM SPEAKING • PART 3

JOHOR 2026

QUESTIONS



1 How to stay safe from extremely hot weather?



2 How do people use technology in their free time?



3 Why do teenagers join volunteer work?



4 What are the advantages of taking up hobbies?



5 What are the benefits of group activities?



6 How does technology improve our lives?



7 How to promote a new shop?



8 How can students reduce stress?



Questions • Points • Dialogues



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How to stay safe from extremely hot weather?



Enough water



Indoors



Sunblock



Shower frequently



Find shades



Suitable clothes

PART 3 • SUGGESTED POINTS

How to stay safe from extremely hot weather?



Enough water



- Drinking enough water helps us replace the water we lose through sweat.
- For example, we can carry a water bottle and drink during breaks.

Indoors



- Staying indoors keeps us away from the strong afternoon sun.
- For example, we can read in a cool room during the hottest hours.

Sunblock



- Sunblock helps protect our skin from the sun's harmful rays.
- For example, we can apply suitable sunscreen before going outside.

Shower frequently



- A cool shower helps us feel more comfortable on a hot day.
- For example, we can have a shower after outdoor activities.

Find shades



- Resting in the shade keeps us out of direct sunlight.
- For example, we can wait under a tree instead of standing in the sun.

Suitable clothes



- Light, loose clothes help us feel cooler.
- For example, we can wear a loose cotton shirt when going out.



How to stay safe from extremely hot weather?

ROUND 1 • DISCUSS TOGETHER



A

Hi! Today, let's talk about how to stay safe from extremely hot weather. What do you think?



B

That's an important topic. What do you think we should do first?



A

First of all, we should drink enough water because it helps us replace what we lose when we sweat. For example, we can carry a water bottle and drink during breaks. Do you agree?



B

Yes, I agree. Moreover, we should stay indoors because it keeps us away from the strong afternoon heat. For example, we can read in a cool room when the sun is strongest. What do you think?



A

Furthermore, we should use sunblock because it helps protect our skin from the sun's harmful rays. For example, we can use suitable sunscreen before spending time outside. Do you agree?



B

That's true. Another point is to shower frequently because a cool shower can help us feel more comfortable on a hot day. For example, we can have a shower after coming home from outdoor activities. What do you think?



A

In addition, we should find shades because shade gives us a cooler place away from direct sunlight. For example, we can wait under a tree instead of standing in the sun. Do you agree?



B

Yes. Finally, we should wear suitable clothes because light, loose clothes can help us feel less hot. For example, we can wear a loose cotton shirt for a short walk. That's all from us. Thank you.



ROUND 2 • AGREE ON ONE POINT



A

We both agree that drinking enough water is the best way to stay safe because it helps us replace what we lose when we sweat. What do you think?



B

I agree with you because it can prevent dehydration and keep us healthy. Shall we end our discussion here?



A

Yes, thank you.



B

Thank you.

How do people use technology in their free time?



Videos



Games



Shopping



Using social media



Music



Creating digital content

PART 3 • SUGGESTED POINTS

How do people use technology in their free time?

Videos



- Watching videos is a fun way to learn something new.
- For example, we can watch a short video about making sandwiches.

Games



- Playing games helps us enjoy our free time with friends.
- For example, we can play a puzzle game after finishing our homework.

Shopping



- Online shopping lets us look for things without leaving home.
- For example, we can compare the prices of school bags online.

Using social media



- Social media makes it easy to stay in touch with friends.
- For example, we can message a classmate about a school activity.

Music



- Listening to music helps us relax after a busy day.
- For example, we can listen to a favourite song while resting.

Creating digital content



- Making digital content gives us a chance to share our ideas.
- For example, we can record a short video about our hobby.



How do people use technology in their free time?



ROUND 1 • DISCUSS TOGETHER

A



Hi! Today, let's talk about how people use technology in their free time. What do you think?

B



That's an interesting topic. What do you think?

A



First of all, people use technology to watch videos in their free time because videos can entertain us and teach useful skills. For example, we can watch a short cooking video during free time. Do you agree?



B



Yes, I agree. Moreover, people also use technology to play games because games can be enjoyable when we limit our playing time. For example, we can play one game with a friend after finishing homework. What do you think?



A



Furthermore, people use technology for online shopping because online shops let us look at products without leaving home. For example, we can compare the prices of school bags online. Do you agree?



B



That's true. Another point is that people use technology to access social media because it helps us share news and contact friends. For example, we can message a classmate about a school activity. What do you think?



A



In addition, people use technology to listen to music because music can help us relax after a busy day. For example, we can listen to a calm song while resting. Do you agree?



B



Finally, people also use technology to create digital content because making content lets us express our ideas creatively. For example, we can record a short video about a favourite hobby. That's all from us. Thank you.



ROUND 2 • AGREE ON ONE POINT

A



We both agree that **watching videos** is the best way to use technology in our free time because it can entertain us and teach useful skills. What do you think?

B



I agree with you because videos can give us many interesting ideas, such as new recipes or study tips. Shall we end our discussion here?

A



Yes, thank you.

B



Thank you.

PART 3 • PAIRED DISCUSSION

03/20

Why do teenagers join volunteer work?



Be positive



Help the needy



Connection



New skills



Kindness



Leadership qualities

PART 3 • SUGGESTED POINTS

Why do teenagers join volunteer work?

Be positive



- Helping others can make teenagers feel useful and hopeful.
- For example, we may feel proud after preparing food for a family.

Help the needy



- Volunteers can support people who struggle to meet their daily needs.
- For example, we can collect rice for families who need help.

Connection



- Volunteering helps us meet people and build friendships.
- For example, we can make new friends during a community clean-up.

New skills



- Volunteering gives us a chance to learn practical skills.
- For example, we can learn to sort and organise donated clothes.

Kindness



- Helping others teaches us to care about their feelings.
- For example, we can listen to an older person at a care centre.

Leadership qualities



- Volunteers can practise leading others and sharing tasks fairly.
- For example, we can lead a small group collecting recyclable items.



Why do teenagers join volunteer work?



ROUND 1 • DISCUSS TOGETHER



Candidate A

Hi! Today, let's talk about why teenagers join volunteer work. **First of all**, I think one reason is to **be positive**. Helping others can make teenagers feel useful and hopeful, because we see that we can make a small change. For example, we can feel proud after helping prepare food for a family. What do you think?



Candidate B

Yes, I agree. **Moreover**, another reason is to **help the needy**. Some people need support with food or other daily needs, because they may not have enough. For example, we can collect rice for families who need help. Do you agree?



Candidate A

Yes, you're right. Furthermore, teenagers join volunteer work to make a **connection**. It helps us meet people and build relationships, because we work with others who care. For example, we can make a new friend during a clean-up activity. What do you think?



Candidate B

I agree. Another point is to learn **new skills**. Teenagers can learn something useful while helping, because we get real experience. For example, we can learn to organise donated items into different groups. Do you agree?



Candidate A

That's true. In addition, volunteer work helps us show **kindness**. It teaches us to notice other people's feelings and needs, because we see their real situations. For example, we can listen kindly to an older person at a care centre. What do you think?



Candidate B

Yes. Finally, teenagers also join volunteer work to develop **leadership qualities**. We may practise guiding others and sharing jobs fairly, because we learn to take responsibility. For example, we can lead a small group collecting recyclable items. That's all from us. Thank you.



ROUND 2 • AGREE ON ONE POINT



Candidate A

We both agree that **helping the needy** is the most important benefit because many people in our community need support with food and daily needs. What do you think?



Candidate B

I agree with you because it can make a real difference in people's lives and give them hope. Shall we end our discussion here?



Candidate A

Yes, thank you.

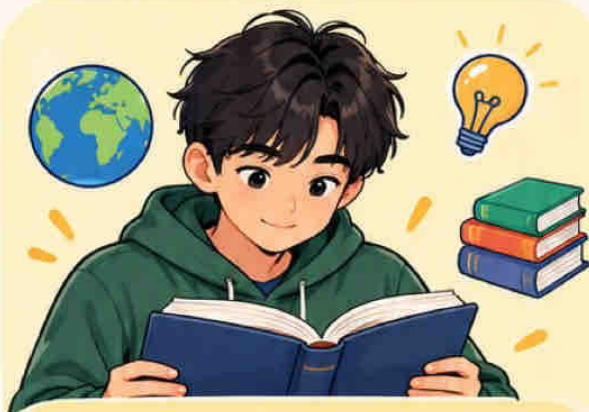


Candidate B

Thank you.



What are the advantages of taking up hobbies?



Knowledge



Confidence



New skills



Reduce stress



More friends



Quality time

PART 3 • SUGGESTED POINTS

What are the advantages of taking up hobbies?

Knowledge



- A hobby helps us learn more about something we enjoy.
- For example, we can learn about plants by growing herbs.

Confidence



- Getting better at a hobby makes us feel more confident.
- For example, we may feel ready to show our drawings to classmates.

New skills



- Practising a hobby helps us develop useful skills.
- For example, we can learn to cook a simple meal.

Reduce stress



- An enjoyable hobby gives us a break from schoolwork.
- For example, we can spend a few minutes drawing after studying.

More friends



- Hobbies help us meet people with similar interests.
- For example, we can make friends at a badminton club.

Quality time



- A shared hobby brings us closer to people we care about.
- For example, we can bake with our family at the weekend.



What are the advantages of taking up hobbies?



ROUND 1 • DISCUSS TOGETHER



A Hi! Today, let's talk about the advantages of taking up hobbies. What do you think about this?



B That's an interesting topic. What do you think?



A First of all, hobbies can give us more **knowledge** because we can learn about a subject we enjoy. For example, we can learn about plants by growing herbs at home. Do you agree?



B Yes, I agree. Moreover, hobbies can build our **confidence** because getting better at a hobby helps us believe in ourselves. For example, we can feel ready to show a drawing to classmates. What do you think?



A Furthermore, hobbies can help us develop **new skills** because regular practice improves our abilities. For example, we can learn to cook a simple meal as a hobby. Do you agree?



B I agree. Another point is that hobbies can **reduce stress** because an enjoyable hobby gives our minds a break from schoolwork. For example, we can draw for a few minutes after finishing homework. What do you think?



A In addition, hobbies can help us make **more friends** because we can meet people who enjoy the same activity. For example, we can join a badminton club and talk to other players. Do you agree?



B Yes. Finally, hobbies can give us **quality time** with people we care about because a shared hobby lets us spend enjoyable time together. For example, we can bake with a family member on a weekend. That's all from us. Thank you.



ROUND 2 • AGREE ON ONE POINT



A We both agree that **spending quality time with people we care about** is the most important benefit because it makes our relationships stronger and gives us happy memories. What do you think?



B I agree with you because it helps us feel closer to our family or friends and we can enjoy our time together. Shall we end our discussion here?



A Yes, thank you.



B Thank you.



What are the benefits of group activities?



Have fun



Creative ideas



Communication skills



Reduce stress



Support each other



Save time

PART 3 • SUGGESTED POINTS

What are the benefits of group activities?

Have fun



- Working with others can make an activity more enjoyable.
- **For example**, we can play a team game at a school event.

Creative ideas



- Group members can suggest ideas we might not think of alone.
- **For example**, we can combine our ideas to design a poster.

Communication skills



- Group work helps us practise speaking and listening.
- **For example**, we can explain our ideas and listen to our teammates.

Reduce stress



- Sharing a task can make it feel less difficult.
- **For example**, we can ask a teammate for help with a project.

Support each other



- Group members can help someone who is struggling.
- **For example**, we can explain an instruction to a confused friend.

Save time



- Sharing the jobs helps a group finish more quickly.
- **For example**, one student can write while another finds information.

What are the benefits of group activities?

ROUND 1 • DISCUSS TOGETHER

A

Hi! Today, let's talk about the benefits of group activities. What do you think?

B

That's a great topic. What do you think about it?

A

First of all, group activities can help us **have fun** because they make a task more enjoyable. For example, we can play a team game during a school event. Do you agree?

B

Yes, I agree. Moreover, group activities encourage **creative ideas** because different people may suggest ideas that we would not think of alone. For example, we can combine classmates' ideas for a colourful poster. What do you think?

A

Furthermore, group activities can improve our **communication skills** because we practise explaining ideas and listening to others. For example, we can tell group members how to carry out a task. Do you agree?

B

That's true. Another point is that group activities can **reduce stress** because sharing a task can make it feel less difficult. For example, we can ask teammates for help with a school project. What do you think?

A

In addition, group activities can help us **support each other** because group members can help when someone is unsure or struggling. For example, we can explain an instruction to a friend who missed it. Do you agree?

B

Yes. Finally, group activities can **save time** because sharing jobs lets several parts of a task be done together. For example, we can let one student write while another looks for information. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

A

We both agree that **having fun** is the most important benefit because it makes group activities more enjoyable and keeps everyone motivated. What do you think?

B

I agree with you because **having fun** helps us work better and build stronger friendships in the group. Shall we end our discussion here?

A

Yes, thank you.

B

Thank you.



PART 3 • PAIRED DISCUSSION

06/20

How does technology improve our lives?



Education



Communication



Business



Travelling



Transportation



Entertainment

How does technology improve our lives?

Education



- Technology gives students more ways to understand a lesson.
- For example, we can replay a video explaining a difficult topic.

Communication



- Technology helps us contact people who live far away.
- For example, we can video-call a relative in another town.

Business



- Selling online helps businesses reach more customers.
- For example, a small food seller can take orders through messages.

Travelling



- Digital tools make it easier to plan trips and find places.
- For example, we can use a map app to find a museum.

Transportation



- Technology helps us check and arrange transport.
- For example, we can check the bus timetable before leaving home.

Entertainment



- Digital devices give us plenty of things to enjoy.
- For example, we can watch a film with our family at home.

How does technology improve our lives?

ROUND 1 • DISCUSS TOGETHER



Candidate A

Hi! Today, let's talk about how technology improves our lives. What do you think?



Candidate B

That's an interesting topic. What do you think?



Candidate A

First of all, technology helps with education because it gives learners more ways to understand a lesson. For example, a student may replay a video explaining a difficult science topic. Do you agree?



Candidate B

Yes, I agree. Moreover, technology improves communication because we can contact people quickly even when they are far away. For example, we can video-call a relative who lives in another town. Do you agree?



Candidate A

Furthermore, technology helps business because businesses can sell goods and reach more customers online. For example, we can take orders through messages. What do you think?



Candidate B

That's true. Another point is that technology improves travelling because digital tools help us plan journeys and find places. For example, we can use a map app to find a museum. Do you agree?



Candidate A

In addition, technology makes transportation easier because we can check and arrange transport. For example, we can check a bus time before leaving home. What do you think?



Candidate B

Finally, technology improves entertainment because we can enjoy music, stories and games on a device. For example, we can watch a suitable film with family at home. That's all from us. Thank you.



ROUND 2 • AGREE ON ONE POINT



Candidate A

We both agree that education benefits the most from technology because students have more ways to understand their lessons. What do you think?



Candidate B

I agree with you because it helps students learn at their own pace, and they can replay a video when they are confused. Shall we end our discussion here?



Candidate A

Yes, thank you.



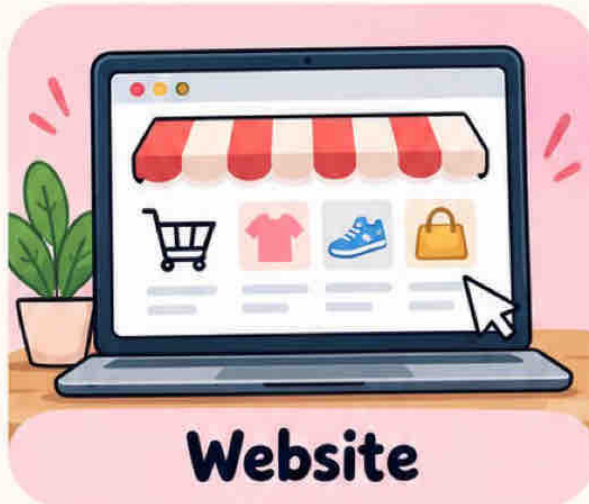
Candidate B

Thank you.

PART 3 • PAIRED DISCUSSION

07/20

How to promote a new shop?



PART 3 • SUGGESTED POINTS



How to promote a new shop?



Website



- A website gives customers useful information about the shop.
- For example, we can show its location and opening hours online.

Social media



- Social media helps a shop reach many people at little cost.
- For example, we can share photos of its new products.

Discounts



- A discount can encourage people to try a new shop.
- For example, we can offer an opening-day discount on selected items.

Advertisement



- An advertisement lets people know the shop has opened.
- For example, we can put a clear poster near the shopping area.

Reviews



- Honest reviews help customers decide whether to visit.
- For example, we can invite customers to share their experiences.

Event



- An opening event gives people a reason to visit.
- For example, we can hold a small event with product demonstrations.



How to promote a new shop?



ROUND 1 • DISCUSS TOGETHER



Candidate A

Hi! Let's talk about how to promote a new shop. I think a new shop needs good ideas to let people know about it. What do you think?



Candidate B

That's an interesting topic. What do you think is a good way to promote a new shop?



Candidate A

First of all, a **website** can show customers clear information about a new shop because people can find the details easily. For example, we can display the shop's location and opening hours online. Do you agree?



Candidate B

Yes, I agree. Moreover, **social media** can reach many people quickly and at a low cost. For example, we can share photos of the shop's new products on social media. What do you think?



Candidate A

Furthermore, **discounts** may encourage people to try a new shop because a fair discount can attract more customers. For example, we can offer a small opening-day discount on selected items. Do you agree?



Candidate B

I agree. Another point is **advertisement**. An advertisement tells people that the shop exists because it can be seen by many people. For example, we can place a clear poster near the shopping area. What do you think?



Candidate A

In addition, **reviews** can help others decide to visit because customers' honest experiences are useful. For example, we can ask a happy customer to share a short review. Do you agree?



Candidate B

Yes. Finally, an **event** gives people a reason to visit and explore because it makes the shop more exciting. For example, we can hold a small opening event with product demonstrations. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT



Candidate A

We both agree that **an event** is the best way to promote a new shop because it gives people a clear reason to visit and learn more about the products. What do you think?



Candidate B

I agree with you because **an event** can create a fun and memorable experience, so people are more likely to tell their friends about the shop. Shall we end our discussion here?



Candidate A

Yes, thank you.



Candidate B

Thank you.



How can students reduce stress?



Hobby



Friendship



Music



Short breaks



Exercise



Shopping

PART 3 • SUGGESTED POINTS

How can students reduce stress?



Hobby

- Enjoying a hobby gives students a break from their worries.
- For example, we can draw or do some gardening after studying.



Friendship

- Talking to a caring friend helps us feel less alone.
- For example, we can tell a trusted friend about a difficult day.



Music

- Listening to music can help us feel calmer.
- For example, we can play a favourite song during a break.



Short breaks

- Taking short breaks helps us return to work feeling refreshed.
- For example, we can stretch between revision sessions.



Exercise

- Moving our bodies can improve our mood.
- For example, we can take a gentle walk with a family member.



Shopping

- A planned shopping trip can be a pleasant change of routine.
- For example, we can browse a bookshop and stay within our budget.



ROUND 1 • DISCUSS TOGETHER

How can students reduce stress?

Candidate

A



Hi there! Today, let's talk about how students can reduce stress. **First of all**, I think having a **hobby** can help because it gives us a break from worrying about schoolwork. For example, we can draw or garden for a short time after studying. Do you agree?

Candidate

B



Yes, I agree. **Moreover**, I think **friendship** can help because talking to a caring friend can make us feel less alone. For example, we can tell a trusted friend about a difficult school day. What do you think?

Candidate

A



Yes, you're right. **Furthermore**, I think **music** can help because calm or cheerful music can help us relax. For example, we can listen to a favourite song during a short break. Do you agree?

Candidate

B



I agree. **Another point** is **short breaks**. Resting briefly helps us return to work with more attention. For example, we can stretch after a period of revision. What do you think?

Candidate

A



That's true. **In addition**, I think **exercise** can help because moving our bodies can improve our mood and help us unwind. For example, we can take a gentle walk with a family member. Do you agree?

Candidate

B



Yes. **Finally**, I think **shopping** can help because a small planned outing may give someone an enjoyable change. For example, we can browse a bookshop without spending more than the budget. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

Candidate

A



We both agree that **exercise** is the best way to reduce stress because it can improve our mood and help us feel more relaxed. What do you think?

Candidate

B



I agree with you because **exercise** can also give us more energy to do our schoolwork. Shall we end our discussion here?

Candidate

A



Yes, thank you.

Candidate

B



Thank you.

