



# SELF LEARNING

Estratégias para desenvolver o aprendizado de língua inglesa de forma autônoma.

## CRISTIANE DE BRITO CRUZ

IFRN – 9 anos

15 anos professora do estado (estágio e efetiva)

9 anos professora do município de Parnamirim

Cursos de inglês em Natal (CNA, Senac, Manhattan, etc.)

Programas PRODETUR, PROJovem, PRONATEC.

Mestre em Educação PPGEP/IFRN Natal Central.

Doutoranda em Educação PPGEP/IFRN Natal Central.





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Rio Grande do Norte

Campus  
Nova Cruz

- ✓ **Self-study**
- ✓ **Sites**
- ✓ **Applications**
- ✓ **Videos**
- ✓ **Songs**
- ✓ **Games**
- ✓ **Listening**
- ✓ **Reading**
- ✓ **Writing**
- ✓ **Speaking**

# Learning Strategies





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✓ **Writing**

✓ **Speaking**

# Learning Strategies





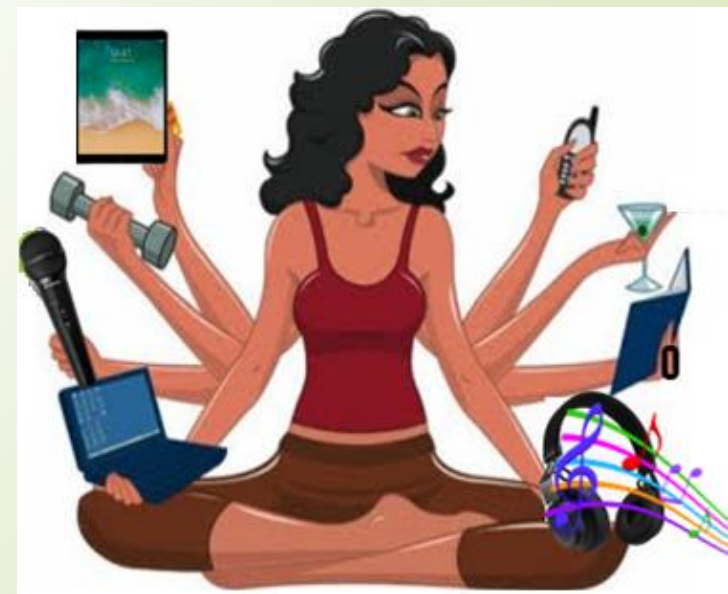
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# SELF STUDY

## How to make the most of your study time

1. Accessing English around you;
2. Setting your own goals and measuring your own progress;
3. Planning your vocabulary learning;
4. Making the most of your dictionary;
5. Improving your pronunciation;
6. Making the most of the books you have;
7. Using the internet to improve your English;
8. Creating networks of English learners.





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# SELF STUDY

## How to make the most of your study time

1. Accessing English around you;



English language films/ movies



Local libraries



Notices, signs and labels



Talks and lectures



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# SELF STUDY

## How to make the most of your study time

1. Accessing English around you;
  2. Setting your own goals and measuring your own progress;
- ✓ Make your own action plan;
  - ✓ Test yourself at the end of your time limit;
  - ✓ Take an international exam.



**CAMBRIDGE**  
International Examinations

**IELTS**<sup>TM</sup>  
English for International Opportunity



**TOEFL**<sup>iBT</sup>



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# GOAL SETTING

**S**pecific

Members of the Family; Genitive case;

**M**easurable

25 words; 15 exercises;

**A**chievable

Semanalmente, mensalmente, etc;

**R**ealistic

Escolher um conteúdo por semana;

**T**imely

Estipular tempo (1h ou 2h/dia).





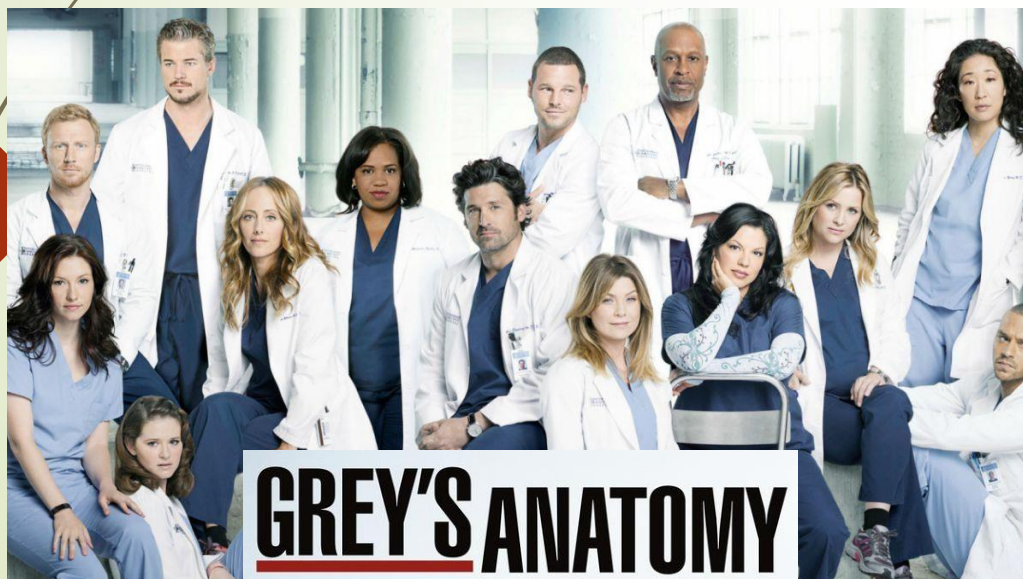
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# SELF STUDY

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“Enlarge the incision with a dissecting instrument and use a stapler to create the **anastomosis**.”

**Enlarge** – alargue, aumente

**Incision** – incisão (corte)

**Dissecting instrument** – instrumento esterilizado

**Stapler** – grampeador

**a•nas•to•mo•sis** (ə nas'tə mō'sis), n., pl. **-ses** (ə nas'tə mō'sis),

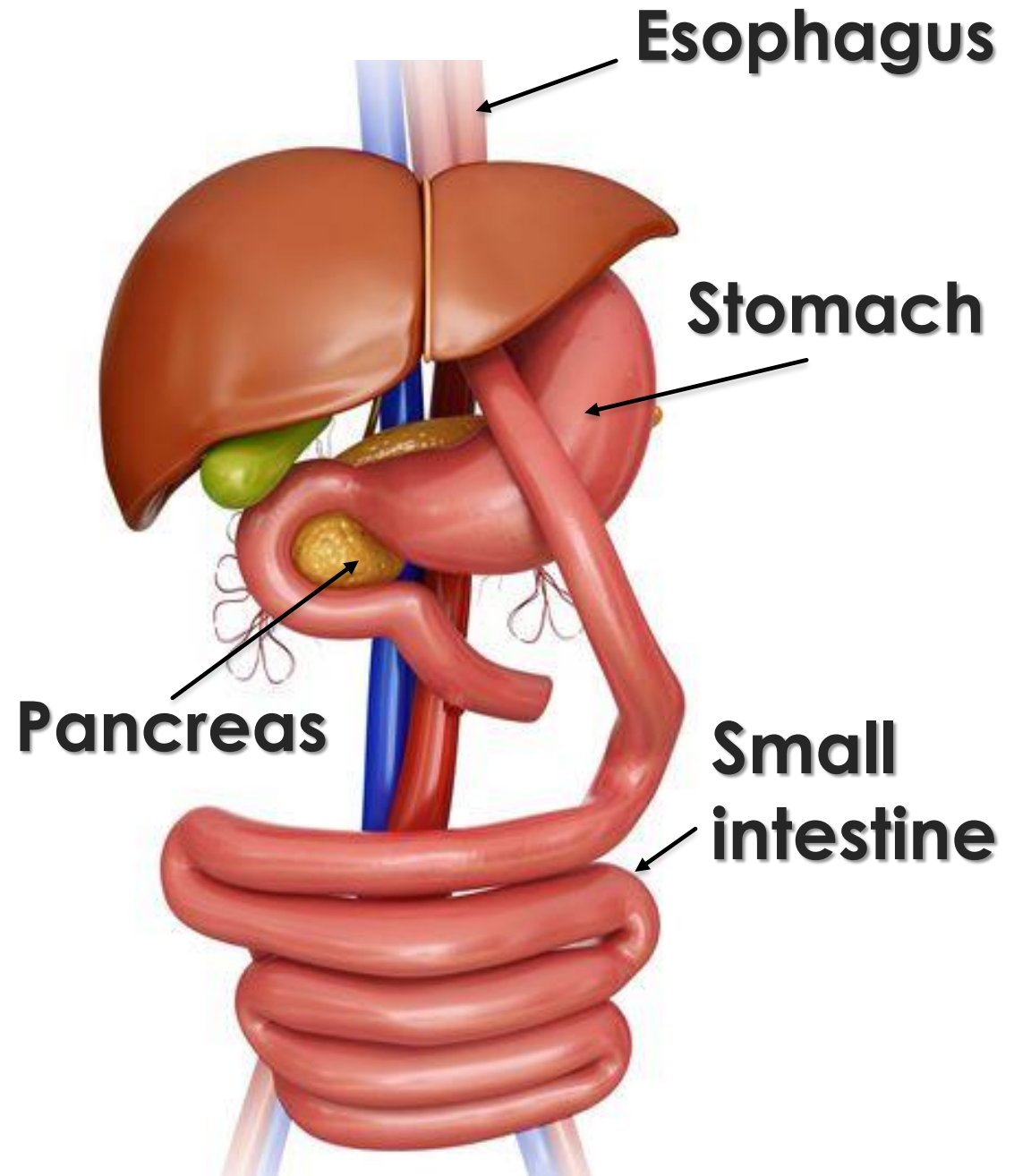
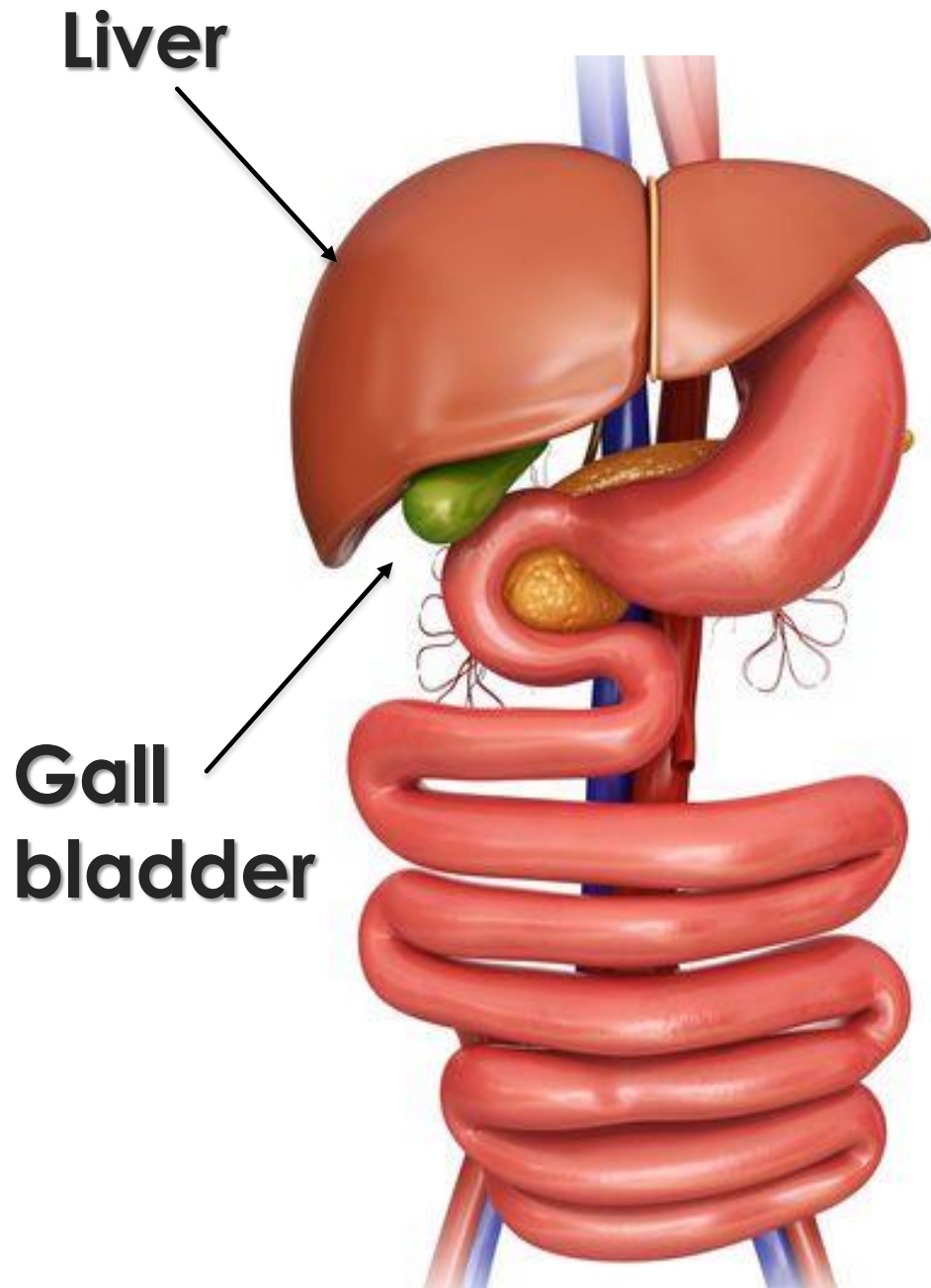
**1. Anatomy** communication between blood vessels by means of collateral channels, esp. when usual routes are obstructed.

**2. Biology** connection between parts of any branching system, as veinlets in a leaf or branches of a stream.

**3. Pathology, Surgery** [*Surg., Pathol.*] a joining of or opening between two organs or spaces that normally are not connected.

**a•nas•to•mot•ic** (ə nas'tə mō'sis), adj.

WordReference Random House Unabridged Dictionary of American English © 2019



**A  
n  
a  
s  
t  
o  
m  
o  
s  
i  
s**



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# SELF STUDY

## How to make the most of your study time

1. Accessing English around you;
2. Setting your own goals and measuring your own progress;
3. Planning your vocabulary learning;
4. Making the most of your dictionary;
  - ✓ Buy a dictionary;
  - ✓ Double check definitions;
  - ✓ Use your dictionary to correct your grammar.





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5. Improving your pronunciation;





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# Improving your pronunciation

## Stress

### One Sentence, Different Meanings

- Are you going to eat **THAT**?

*[Meaning: it's so big! / it's disgusting!]*



- Are you going to **EAT** that?

*[Meaning: I'm not sure that it's really 'food!']*



- Are **YOU** going to eat that?

*[Meaning: I thought you bought it for me!]*



- **ARE** you going to eat that?

*[Meaning: you are sitting here just looking ...]*



ICE cream



i SCREAM





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# Improving your pronunciation



## Focus X Fuck us

Please, Let's focus on that!

pli:z, lɛts 'fəʊkəs ɒn ðæt

Please, Let's fuck us on that!

pli:z, lɛts fʌk ʌs ɒn ðæt



## Pronunciation

She can ride a bike.

ʃi: kæn raɪd ə baɪk

Chicken ride a bike.

'tʃɪkɪn raɪd ə baɪk

## Stress

**Phot**ograph

Phot**o**grapher

Phot**o**graphic



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6. Making the most of the books you have;





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# Making the most of the books you have

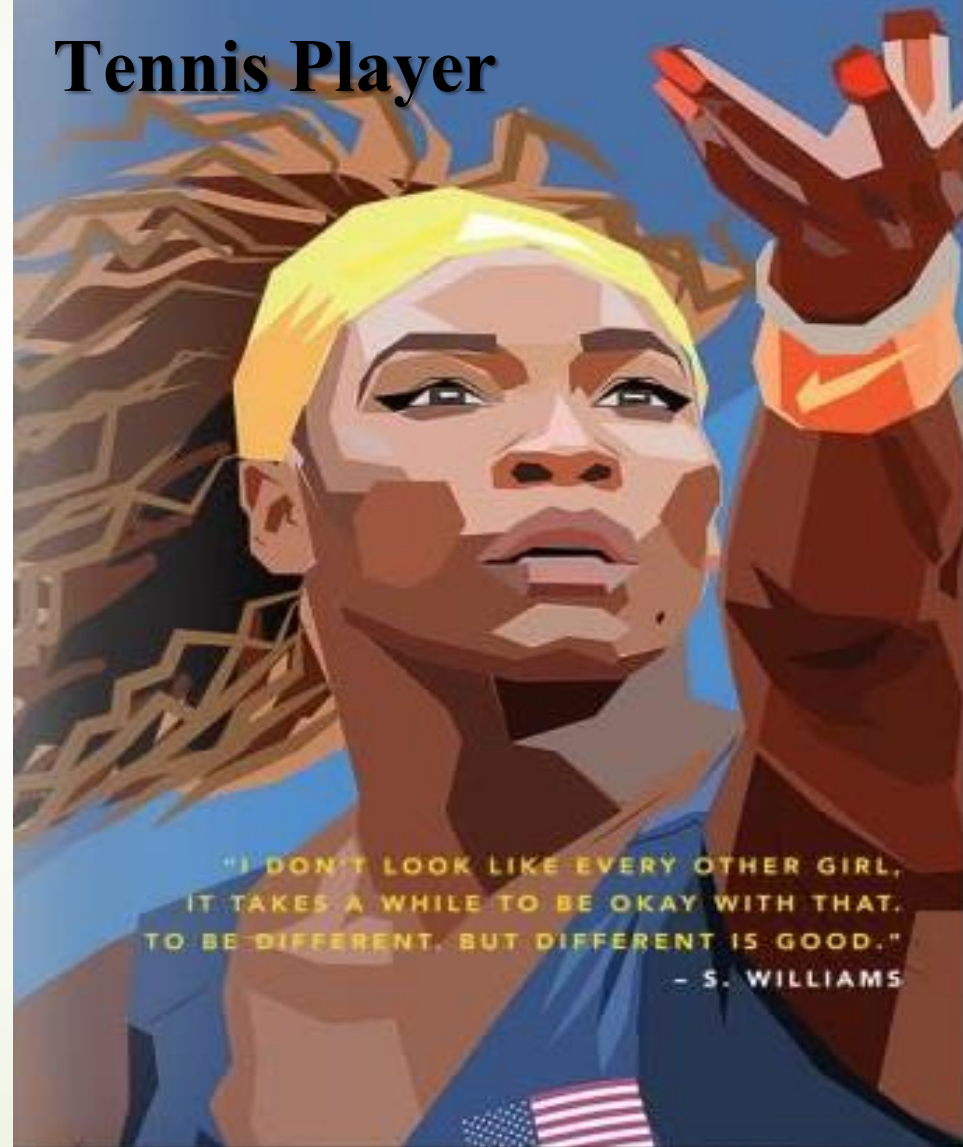
Many years ago, there was a **taco stand** in a city called Compton. The taco stand's **owner** was named Raul.

Every day, Raul would see a father and his two **daughters** go to the public tennis court right **behind** his stand. Sometimes, they would stop by and get tacos. The father's name was Richard and he **taught** himself how to play tennis. The daughters were called Venus and Serena. And every day, Richard and Serena's father would take a basket of tennis balls to the court and train his two daughters. Serena was four years old and...

Serena Williams

Tennis Player

ILLUSTRATION BY  
CEIN MARLOW



"I DON'T LOOK LIKE EVERY OTHER GIRL,  
IT TAKES A WHILE TO BE OKAY WITH THAT.  
TO BE DIFFERENT, BUT DIFFERENT IS GOOD."

- S. WILLIAMS





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# Making the most of the books you have



**taco stand** – Barraquinha de venda de tacos;  
**owner** – dono, proprietário  
**daughters** – filhas,  
**behind** – atrás,  
**taught** – passado de teach (ensinar),

I would like to visit a taco stand and eat some tacos.

David is the owner of my heart.

When I get married I will want two daughters.

That boring student sits behind me every class.

I taught my younger brother maths yesterday.



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7. Using the internet to improve your English;





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# Using the internet to improve your English

**BBC**  
LEARNING  
ENGLISH

**You**   
**Google**



Log on to the BBC Learning English website!  
[www.bbc.co.uk/learningenglish](https://www.bbc.co.uk/learningenglish)



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# SELF STUDY

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# Creating networks of English learners



- ✓ Start an English Learning Circle;
- ✓ Make contact with learners in other places;
- ✓ Start an international network.

# Study Sqedule

DAY/ PERIOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	---		---	---	---	---	---
AFTERNOON	---	---					---
NIGHT					---		---



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- ✓ **Self-study**
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# Learning Strategies





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# SITES

## How to learn with sites.







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# How to learn English with **sites**?

Você pode aprender em inglês através do **PC de mesa, notebook, tablet**, nos **smartphones** e hoje até mesmo da sua **SmartTV**. Iremos dar dicas de várias plataformas online para utilização.

**eLearning** is an education system that primarily utilizes **technology** to transfer **skills** and **knowledge**. You might also notice eLearning being referred to as **online learning, web-based learning, or distance learning**. It enables learners to advance their knowledge **anytime, anywhere**, allowing for more **flexibility** and **consistency**. eLearning can include **virtual education, social media, digital collaboration, computer-based curriculum, mobile performance support**, and the list goes on. At its best, eLearning is a great way for learners to learn **at their own pace**, processing material without being held back or hurried by peers. At its worst, however, eLearning can be torturous, with seemingly endless PowerPoint slides, that can make eLearning seem downright ugly.

<https://www.kdplatform.com/elearning-good-bad-ugly/>

# THE KEY DIFFERENCES

BETWEEN ELEARNING AND MLEARNING



## ELEARNING



Useful when you have to teach in-depth knowledge. eLearning is structured, formal, and time-bound.



Think computers and laptops. eLearning tethers the learners to the desk.



## ELEARNING



Large screens are a good fit for including:

- Detailed information
- Complex graphics
- More media & interactivity



Longer and broader courses than mLearning. Recommended: 20-30min.



## MLEARNING



Useful to access information at the moment it is needed. Best suited for short courses that can be viewed quickly.



Think smartphones and tablets. Anytime, anywhere learning is the rule of the game.



## MLEARNING



Small screens and learners peeking at them while they are on the go. Design:

- One idea per screen
- Large buttons
- Simple navigation



Short and bite-sized modules. Recommended: 3-15 minutes.



## How you **usually** **choose** a site...

- ✓ Google;
- ✓ Layout;
- ✓ Friends/ Teacher indication;
- ✓ Apps;
- ✓ Likes.

## How you **should** **choose** a site?

- ✓ Content;
- ✓ Grammar;
- ✓ Reading;
- ✓ Writing;
- ✓ Listening;
- ✓ Speaking;
- ✓ Pronunciation; etc.
- ✓ Level test;
- ✓ Layout/Likes;
- ✓ Indications;
- ✓ Etc.



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# Here we go....

[www.agendaweb.org](http://www.agendaweb.org)

<https://www.busuu.com/pt>

<https://pt.forvo.com/>

<https://www.memrise.com/login/>

<https://www.coursera.org/>

<https://pt.duolingo.com/>



[www.youtube.com](http://www.youtube.com)

<https://aprendafalaringles.com.br/melhores-sites-para-aprender-ingles/>

Notificações Não Lida x | Eu sou emo - Os Semi x | Página Inicial do Micro x | All files - OneDrive x

← → ↻ agendaweb.org

Gmail YouTube Maps



## Podcast - audiobooks

- Daily podcast:** World's Wildlife More at Risk Than Realized
- Ted talks:** The future of fashion -- made from mushrooms
- Audiobook:** Short Stories



## English exercises

Exercises for all levels


- ▶ Grammar exercises - 1
- ▶ Grammar exercises - 2
- ▶ **Vocabulary exercises - 1**
- ▶ Vocabulary exercises - 2
- ▶ Verbs exercises - 1
- ▶ Verbs exercises - 2
- ▶ Phonetic symbols - exercises
- ▶ Listening - comprehension
- ▶ Reading - comprehension

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← → ↻ agendaweb.org

Gmail YouTube Maps



Spanish exercises online  
**ESPAÑOL**  
<https://aprenderespanol.org>

Dictionary

Word  Search

[Word - Text - URL - Translator](#) →

[Grammar checker](#) →

# Please [let me know](#) if you find a mistake or a broken link. Thanks for your support.

- ▶ Phonetic symbols - exercises
- ▶ Listening - comprehension
- ▶ Reading - comprehension
- ▶ Dictations - exercises
- ▶ Audio stories - fairy-tales
- ▶ Videos - lessons - cartoons
- ▶ Songs - nursery-rhymes.
- ▶ Worksheets - grammar
- ▶ Worksheets - verbs
- ▶ Worksheets - vocabulary
- ▶ Christmas / Halloween
- ▶ Learning resources


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WhatsApp | Vocabulary exercises esl

https://agendaweb.org/vocabulary-exercises.html

## Content - Exercises

- ▶ Grammar exercises
- ▶ Vocabulary exercises
- ▶ Verbs exercises
- ▶ Home



Dictionary

Word  Search

## Vocabulary - 1

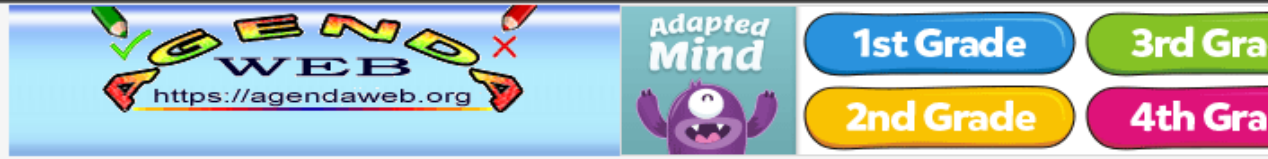
*Exercises for all levels*

- ▶ Animals - exercises
- ▶ Body parts - exercises
- ▶ Clothes - exercises
- ▶ Colours / colors
- ▶ Daily routines
- ▶ Days of the week
- ▶ Family members
- ▶ Food - exercises
- ▶ Hobbies - free time activities
- ▶ House: furniture
- ▶ Months -seasons - date

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WhatsApp | Family exercises - members

https://agendaweb.org/vocabulary/family-exercises.html



## Index of contents

- ▶ Family members
- ▶ Family tree
- ▶ Home
- ▶ Worksheets - handouts



## Family members - 1

*Exercises: the family*

1. Family 1 - vocabulary exercises
2. Family members 1 - matching
3. Family 1 - listen and match
4. Family 1 - memory game
5. Family 2 - vocabulary exercises
6. Family 2 - matching
7. Family 2 - listen and match
8. Family 2 - memory game
9. Family members - exercises

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WhatsApp Family members 1 - exercises

https://agendaweb.org/exercises/vocabulary/family/family-members-audio-1



## Index of contents

- ▶ Family members
- ▶ Family tree
- ▶ Home

### Family members 1

Exercises - listen and match

Match the items on the right to the items on the left.



Estudantes economizam 60% com a Adobe Creative Cloud. Não é designer? Sem problemas. Compre agora. Adobe. JAZMIN BATES



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WhatsApp Family members 1 - exercises

https://agendaweb.org/exercises/vocabulary/family/family-members-audio-1

- ▶ Family tree
- ▶ Home

### Match the items on the right to the items on the left.



Check more exercises =>

Estudantes economizam 60% com a Adobe Creative Cloud. Não é designer? Sem problemas. Compre agora. Adobe. JAZMIN BATES

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WhatsApp Family members 1 - exercises

https://agendaweb.org/exercises/vocabulary/family/family-members-audio-1

Family tree

Home

Estudantes economizam 60% com a Adobe Creative Cloud. Não é designer? Sem problemas. Compre agora

JAZMIN BATES

Match the items on the right to the items on the left.

Your score is 57%. Sorry! Try again. OK

Check more exercises =>

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WhatsApp Family members 1 - exercises (332) English Yourself - YouTube

https://www.youtube.com/c/EnglishYourself

english yourself

English Yourself

VÍDEOS NOVOS TODA SEMANA!

@englishyourself

English Yourself 555 mil inscritos

INSCRITO

INÍCIO VÍDEOS PLAYLISTS COMUNIDADE CANAIS SOBRE

Tour pela plataforma do meu curso - English Yourself

English Yourself • 2,8 mil visualizações • há 1 mês

Hey, students! A pedido de vocês, eu vim mostrar como é o English Yourself, o meu curso completo de inglês! Se você tem uma rotina corrida e acha que o inglês não cabe na sua agenda...

Gran Cursos Online

Envios REPRODUZIR TODOS

Ativar o Windows

Respira, não pira! O Inglês Zen

English with Music #28

Expressões com over essenciais

Fica pra próxima!

So far, so good!

18:43 20/08/2022



<https://www.busuu.com/pt>

# 10 minutos por dia

Estabeleça metas viáveis. Receba dicas de falantes nativos. Veja um progresso real. Revele um mundo de possibilidades aprendendo outro idioma.

Começar



## QUERO APRENDER



Inglês



Espanhol



Francês



Japonês



Italiano



Alemão



Russo




Português


Ativar o Windows  
Acesse Configurações para ativar o Windows.


exercises x Registre-se para começar a apre x +


g=en


 Hello

**Quer desbloquear centenas de lições de Inglês?**



 Continuar com o Google

 Continuar com o Facebook

 Continuar com e-mail

Ao me registrar, declaro que li e aceitei os [Termos de serviço](#) e [Política de privacidade](#).

Taskbar: File Explorer, Edge, Calendar, PowerPoint, Paint

Family members 1 - exercises x Aprenda a falar um idioma em 1 x +

ashboard#/welcome/reason

Oi, **Cristiane de Brito Cruz**, por que você está aprendendo Inglês?



-  Amigos e familiares
-  Educação
-  Diversão e cultura
-  Viagem
-  Trabalho
-  Treinar meu cérebro



Ative  
Acesse


Taskbar: File Explorer, Edge, Calendar, PowerPoint, Paint

exercises x Aprenda a falar um idioma em 1 x +

/level

O quanto você sabe de Inglês?

-  Ainda não sei nada  
Comece do zero
-  Sei um pouco de Inglês  
Descubra seu nível



Taskbar: File Explorer, Edge, Calendar, PowerPoint, Paint



Defina uma meta diária de estudo

Ocasional	5 min
<input checked="" type="checkbox"/> Regular	10 min
Assíduo	15 min
Intenso	25 min

Dica: você pode mudar sua meta a qualquer momento.

Continuar



**Sabemos que você é único(a). Faça nosso teste de colocação e descubra o lugar certo para começar sua jornada de aprendizagem!**

O teste leva cerca de 5 minutos, dependendo de suas respostas.

Começar o teste

Ativar o Win  
Acesse Configura

## Criar uma conta

Você só pode preencher este formulário para criar sua conta pessoal.


Usuário:

Senha:

Repita a Senha:

Email:

Birthdate:

obrigatório para preencher seu cadastro

We will use your birthdate info in order to personalise your experience with us. Your birthdate will always be private and it won't be visible for the rest of Forvo users.

OU



Conectar com o Facebook



Conectar com o Google



Sign up with Apple

### Por que se registrar?

- Ajude os outros a se comunicarem melhor

- Adicione palavras que você não sabe como pronunciar

Ativar o Windows

Accesse as Configurações para ativar o Windows




Privacidade - Termos


<https://www.memrise.com/login/>



# Faça login para se divertir e aprender mais rápido

 Entrar com Google

 Entrar com o Facebook

 Entrar com Apple

ou

Nome de usuário ou E-mail:

Senha:

Ativar o Windows  
Acesse Configurações para ativar o Windows.

# <https://www.memrise.com/login/>

WhatsApp Family members 1 - exercises Memrise

https://app.memrise.com/dashboard#

MEMRISE Início Cursos Grupos Assine já

Todos os cursos

## Inglês (Americano) 1

6% 15 / 229 itens aprendidos

0 15 0

Revisão clássica

Ativar o Windows  
Acesse Configurações para ativar o Windows.

WhatsApp Family members 1 - exercises Memrise - Cursos para fluentes

https://app.memrise.com/pt-br/courses/portuguese-brazil/

MEMRISE Início Cursos Grupos Assine já

### Principais categorias

- Inglês (Americano)
- Inglês (Britânico)
- Francês
- Espanhol (Espanha)
- Coreano
- Alemão
- Japonês
- Italiano
- Espanhol (México)
- Russo

English (US) por Memrise  
Inglês (US) por Memrise

Inglês (Britânico) por Memrise  
Inglês (Britânico) 1

Francês por Memrise  
Francês 1

261k 3h

Memrise  
101,491,828 pontos  
31 Seguindo 29602 Seguidores

Spanish (S...) por Memrise

Coreano por Memrise

English (US) por Memrise

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Ativar o Windows  
Acesse Configurações para ativar o Windows.

Eu aceito

<https://www.coursera.org/>

**coursera**

Explorar ▾

O que você deseja aprender?



Diploma on-line Encontre carreiras For Enterprise Para universidades Entrar **Inscriva-se gratuitamente**

**Inscriva-se hoje mesmo** no webinar The State of Global Skills 2022 que será feito no dia 1º de setembro



# APRENDA SEM LIMITES

Comece, avance ou troque de carreira com mais de 5 mil cursos, Certificações Profissionais e diplomas de universidades e empresas de nível mundial.

**Inscriva-se gratuitamente**

**Experimente o Coursera para Empresas**

Ativar o Windows  
Acesse Configurações para ativar o Windows.

Bem-vindo(a) ao Coursera, Cristiane de Brito Cruz!

Receba recomendações personalizadas com base nos seus conhecimentos prévios

## Experiência de trabalho

### OCUPAÇÃO

Ex.: gerente de produtos

### NÍVEL DE EXPERIÊNCIA

Ex.: líder/gerente

### EMPREGADOR

Ex.: Microsoft

Eu trabalho aqui atualmente

## Educação

### DIPLOMA

Ex.: bacharel

### UNIVERSIDADE

Ex.: Universidade de Nova York

### ÁREA OU ESPECIALIZAÇÃO

Ex.: negócio

Eu sou estudante

## Objetivo de carreira

### OCUPAÇÃO

Ex.: cientista de dados

### SETOR

Ex.: tecnologia

Pular

Ativar **Continuar**

Accesse Configurações para ativar o Windows.



## Get Started with These Free Courses



Gratuito

**Algorithms, Part I**  
Princeton University

CURSO



Gratuito

**COVID-19 Contact Tracing**  
Johns Hopkins University

CURSO



Gratuito

**Aprenda os Fundamentos da Programação**  
University of Toronto

CURSO



Gratuito

**Cryptography I**  
Stanford University

CURSO

Ativar o Windows  
Acesse Configurações para ativar o Windows.

### Assunto

- Arts and Humanities
- Business
- Computer Science
- Data Science

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### Competências

- Accounting
- Adaptability
- Advertising
- Analytics

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### Nível

**Gratuito**



**Yonsei University**

## First Step Korean

**Habilidades que você terá:** Korean Language, Language, Grammar, Listening

★ **4.9** (43,4k avaliações)

Beginner · Course · 1-3 Months



**Pontificia Universidad Católica de Chile**


## English for Common Interactions in the Workplace: Basic Level

**Habilidades que você terá:** English Grammar, English Language, Language,...

★ **4.7** (988 avaliações)

Mixed · Course · 1-3 Months

**Gratuito**



## Aprendiendo a Aprender

**Deep Teaching Solutions**

### Aprendiendo a aprender: Poderosas herramientas mentales con las que podrás dominar temas difíciles (Learning How to Learn)

**Habilidades que você terá:** Human Learning, Research and Design, Business Psychology,...

★ **4.9** (9,6k avaliações)

Beginner · Course · 1-3 Months

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IDIOMA DO SITE: PORTUGUÊS ▾

O jeito grátis, divertido e eficaz de aprender um idioma!

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INGLÊS



ESPAÑHOL



FRANÇÊS



ALEMÃO



ITALIANO



ESPERANTO

Ativar o Windows

Acesse Configurações para ativar o Windows.



Digite aqui para pesquisar



19:17  
20/08/2022



## Entrar

E-mail ou nome de usuário

Senha

ESQUECER?

ENTRAR

OU

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APRENDER

HISTÓRIAS

LOJA

MAIS



39



15



Básico 1



Saudações



Básico 2



Comida



Animais



Plurais



Possessivos



SUPER



15

Divisão Ouro



O ranking desta semana começa em:

23 horas

Progresso em XP

EDITAR META



Meta diária

Ativar o Windows  
Acesse Configurações para ativar o Windows.