

# **ΕΝΙΣΧΥΣΤΕ ΤΗΝ ΕΥΦΡΑΔΕΙΑ ΣΑΣ ΣΤΑ ΑΓΓΛΙΚΑ – IMPROVE YOUR FLUENCY IN ENGLISH**

## **“YOUTH CULTURE FLUENCY ENHANCEMENT LIST”**

### **ΛΙΣΤΑ ΝΕΑΝΙΚΗΣ ΚΟΥΛΤΟΥΡΑΣ ΚΑΙ ΕΝΙΣΧΥΣΗΣ ΕΥΦΡΑΔΕΙΑΣ**

Dear parents,

This letter has as a goal the improvement of your children’s fluency in the English language. Your child’s ability to deal comfortably with the language depends considerably on what happens in class, but also on what happens outside of class, during fun activities. Fluency reinforcement is vital for your children’s professional, educational and many times social success and it can be achieved with joy.

My teachers and I happily put together an amazing “Youth culture fluency enhancement list” which is the perfect tool to assist you in improving your children’s English language skills. The holiday season as well as weekends are the perfect time to pursue this goal. So, why not kill two birds with one stone – have fun and improve your English at the same time!

Trust us-our list is full of the coolest TV shows/books/movies of today and it is divided in age groups for your convenience. You only need to find the age group that suits you and make a choice!

If your child is below the age of fourteen, it is highly suggested that you research each show you allow them to watch. Our list is, of course, age appropriate; however, we understand that everyone raises their children differently, and so, we urge you to confirm that you, as well as your child, are happy with your selection.

So, have a look, find something you or your children love and include it in your daily activities! We are looking forward to receiving your feedback either by email or on messenger.

Best Regards,  
Xenia Tsolaki Metaxa

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Αγαπητοί γονείς και μαθητές,

Αυτή η επιστολή έχει ως στόχο την βελτίωση της ευφράδειας του λόγου των παιδιών σας στην Αγγλική γλώσσα. Η ικανότητά τους να χειρίζονται άνετα την γλώσσα, βασίζεται τόσο στο τι μαθαίνουν στην τάξη, αλλά όσο και στις εμπειρίες που έχουν εκτός τάξης, κατά την διάρκεια ευχάριστων δραστηριοτήτων που έχουν σχέση με την Αγγλική γλώσσα. Η βελτίωση της ευφράδειας του λόγου των παιδιών σας είναι απαραίτητη για την επαγγελματική και προσωπική τους επιτυχία και μπορεί να επιτευχθεί με ευχαρίστηση.

Οι καθηγήτριάς μου και εγώ προσωπικά δημιουργήσαμε με χαρά μία υπέροχη λίστα, την «Λίστα νεανικής κουλτούρας και ενίσχυσης ευφράδειας», η οποία αποτελεί το τέλειο βοήθημα για να βελτιώσετε τις ικανότητες των παιδιών σας στα Αγγλικά. Η περίοδος των διακοπών καθώς και τα Σαββατοκύριακα μπορούν να χρησιμοποιηθούν για την ενίσχυση αυτού του στόχου με διασκέδαση και χαρά.

Εμπιστευθείτε μας! Η λίστα αυτή συμπεριλαμβάνει τις πιο μοντέρνες σειρές στην τηλεόραση/βιβλία/ταινίες της εποχής μας.

Αν το παιδί σας είναι κάτω των 14 ετών, εισηγούμαστε να ερευνήσετε τη κάθε τηλεοπτική σειρά που θα του επιτρέψετε να παρακολουθήσει. Η λίστα είναι χωρισμένη σε ηλικίες. Παρόλα αυτά καταλαβαίνουμε ότι η κάθε οικογένεια μεγαλώνει τα παιδιά της διαφορετικά, έτσι σας παρακαλούμε να ελέγξετε εάν είστε ευχαριστημένοι με την επιλογή σας.

Γι’ αυτό ρίξτε μια ματιά και βρείτε κάτι που αγαπάτε εσείς ή τα παιδιά σας και εμπλουτίστε τον ελεύθερο σας χρόνο. Θα αναμένουμε τα σχόλιά σας είτε μέσω email μας είτε στο messenger.

Με εκτίμηση,  
Ξένια Τσολάκη Μεταξά

## **TELEVISION PROGRAMS TO IMPROVE AN ENGLISH LEARNER'S FLUENCY**

It is important for children to begin their journey as learners of the English language in the most fun, but simultaneously educational, way.

### **FOR CHILDREN UNDER THE AGE OF 7**

These English TV programs will really help with your child's fluency and are both age and level appropriate. Most of them can be found on either Disney Channel, Disney Junior, Cartoon Network, Jetix, Disney XD, or Netflix. As always, we encourage that you use this list at your own discretion. It is a suggestive, not a prescriptive list. Parents hold the responsibility to research and evaluate whether a show is suitable for their child.

- |                                |                                    |  |
|--------------------------------|------------------------------------|--|
| 1. Sesame Street               | 23. The Flintstones                | 43. Goldie and Bear                      |
| 2. SpongeBob SquarePants       | 24. The Smurfs                     | 44. PJ Masks                             |
| 3. Arthur                      | 25. Looney Tunes                   | 45. Mission Force One                    |
| 4. Magic School Bus            | 26. The Care Bears                 | 46. Vampirina                            |
| 5. Peppa Pig                   | 27. The Muppet Show                | 47. Tigger and Pooh                      |
| 6. Bob the Builder             | 28. Dennis the Menace              | 48. Henry HuggleMonster                  |
| 7. Thomas the Train            | 29. George of the Jungle           | 49. Special Agent Oso                    |
| 8. Dora the Explorer           | 30. Inspector Gadget               | 50. She-ra and The Princesses of Power   |
| 9. Fairly Odd Parents          | 31. Pokémon                        | 51. Ask the Story Bots                   |
| 10. Dexter's Laboratory        | 32. Wunchpunch                     | 52. BeatBugs                             |
| 11. Curious George             | 33. Barbie: Life in the Dreamhouse | 53. Kipo and the Age of the Wonderbeasts |
| 12. The Powerpuff Girls        | 34. Lazy Town                      | 54. The Boss Baby: Back in Business      |
| 13. Mickey Mouse Clubhouse     | 35. Captain Flamingo               | 55. The Who Was? Show                    |
| 14. Blue's Clues               | 36. Shuriken School                | 56. Hotel Transylvania: The Series       |
| 15. Recess                     | 37. Yin Yang Yo!                   | 57. The Dragon Prince                    |
| 16. Little Einsteins           | 38. Digimon                        | 58. The Worst Witch                      |
| 17. Barney & Friends           | 39. My Little Pony                 | 59. Twelve Forever                       |
| 18. Rugrats                    | 40. The Lionguard                  | 60. LoliRock                             |
| 19. Animaniacs                 | 41. Jake and the Neverland Pirates |  |
| 20. The Tom and Jerry Show     | 42. Sofia the First                |  |
| 21. The Ducktales              |                                    |  |
| 22. Scooby Doo, where are you? |                                    |  |

### **FOR PRE-TEENS / TEENAGERS FROM AGES 8-15**

This wide range of TV shows both animated and live-action is perfect for pre-teens as well as teenagers. Most of these shows can be found on the Disney Channel, Netflix, Jetix, and other various streaming websites online. Please keep in mind that every child is different, and the goal is to get them to enjoy their use of English in their day-to-day life. So, communicate with your child, research a show and choose together something that they will enjoy. This list reflects the different personalities, interests, and ages of our students, and although not every title on here will be suitable for every student, we are certain everyone will find a few of interest.

- |                                   |                        |                                     |
|-----------------------------------|------------------------|-------------------------------------|
| 1. W.I.T.C.H.                     | 29. Jonas              | 57. Jackie Chan Adventures          |
| 2. American Dragon: Jake Long     | 30. Phil of the Future | 58. Ironman: The Armored Adventures |
| 3. Danny Phantom                  | 31. Teen Titans        | 59. X-Men                           |
| 4. Spiderman: The Animated Series | 32. Ben 10             | 60. Shaman King                     |
| 5. Phineas and Ferb               | 33. Steven Universe    | 61. Teenage Mutant Ninja Turtles    |
|                                   | 34. Ed, Edd n' Eddy    |                                     |

- |                                     |   |  |
|-------------------------------------|---|--|
| 6. Power Rangers                    | 35. Foster's Home for Imaginary Friends | 62. Winx Club!                                 |
| 7. Totally Spies                    | 36. Justice League                      | 63. Avatar: The Last Airbender                 |
| 8. Huntik                           | 37. The Life and Times of Juniper Lee   | 64. Legends of the Hidden Temple               |
| 9. Yu-gi-oh!                        | 38. My Gym Partner is a Monkey          | 65. iCarly                                     |
| 10. Dragon Ball                     | 39. Big Hero 6: The Series              | 66. Victorious                                 |
| 11. Batman: The Animated Series     | 40. K.C. Undercover                     | 67. Girl meets world                           |
| 12. Hannah Montana                  | 41. Galactik Football                   | 68. Zoey 101                                   |
| 13. Wizards of Waverly Place        | 42. Bakugan Battle Brawlers             | 69. Boss Baby: Back in Business                |
| 14. Jessie                          | 43. Mako Mermaids                       | 70. Skylanders Academy                         |
| 15. Monster Buster Club             | 44. H2O: Just Add Water                 | 71. Spy Kids: Mission Critical                 |
| 16. The Suite Life of Zack and Cody | 45. Sailor Moon                         | 72. Liv and Maddie: Cali Style                 |
| 17. The Suite Life on Deck          | 46. Aaron Stone                         | 73. Violetta                                   |
| 18. Gravity Falls                   | 47. Pair of Kings                       | 74. Miraculous: Tales of Lady Bug and Cat Noir |
| 19. Austin and Ally                 | 48. Zeke and Luther                     | 75. Stuck in the Middle                        |
| 20. Good Luck Charlie               | 49. Fresh Prince of Bell Air            | 76. Elena of Avalor                            |
| 21. Kim Possible                    | 50. Drake and Josh                      | 77. Raven's Home                               |
| 22. Shake it up                     | 51. Sonic X                             | 78. The Evermoor Chronicles                    |
| 23. That's so Raven!                | 52. What's with Andy?                   | 79. Bunk'd                                     |
| 24. Cory in the House               | 53. Martin Mystery                      | 80. A.N.T. Farm                                |
| 25. Bizaardvark                     | 54. Team Galaxy                         | 81. Dog with a Blog                            |
| 26. Sonny with a Chance             | 55. Atom                                | 82. Best friends Whenever                      |
| 27. Lizzie Mcguire                  | 56. World of Quest                      | 83. Fish hooks                                 |
| 28. The Emperor's New School        |   | 84. Billie and the Ghost                       |
|                                     |   | 85. Fuller House                               |

### TEENAGERS ABOVE THE AGE OF 16 – ADULTS

Please be advised that TV shows in these categories may include serious/ heavy themes or inappropriate images/ language and should be viewed at the watcher's discretion.

*\*TV shows may be inappropriate for audiences below 18 years of age.*

#### COMEDY

- |                            |                                |
|----------------------------|--------------------------------|
| 1. Modern Family           | 13. New Girl                   |
| 2. Jane the virgin         | 14. How I Met your Mother      |
| 3. Ugly Betty              | 15. Glee                       |
| 4. I am not okay with this | 16. Alexa and Katie            |
| 5. The Office              | 17. Parks and Recreation       |
| 6. The Good Place          | 18. That 70's Show             |
| 7. Young Sheldon           | 19. Scrubs                     |
| 8. F.R.I.E.N.D.S.          | 20. Unbreakable Kimmy Schmidt* |
| 9. Brooklyn 99             | 21. Sex Education*             |
| 10. The Big Bang Theory    | 22. Atypical                   |
| 11. Girl Boss              | 23. Emily in Paris             |
| 12. Everything Sucks       | 24. Community                  |
|                            | 25. Afterlife                  |

#### SUPERNATURAL / SCI-FI

- |                     |             |
|---------------------|-------------|
| 26. Stranger Things | 42. Grimm*  |
| 27. The Witcher*    | 43. The 100 |
| 28. Punisher*       | 44. Gotham  |

29. Supergirl
30. The vampire diaries
31. Arrow
32. The Flash
33. DC's Legends of Tomorrow
34. Cloak and Dagger
35. Jessica Jones
36. Luke Cage
37. Marvel's Iron Fist
38. Marvel's Defenders
39. Marvel's agents of S.H.I.E.L.D.
40. Shannara Chronicles
41. Once Upon a Time

#### CRIME / DETECTIVE / THRILLER

58. CSI (Miami, New York)\*
59. Blacklist\*
60. NCIS\*
61. Mr. Robot
62. True detective\*
63. Mindhunter\*
64. Breaking bad\*
65. Better call Saul
66. Ozark\*
67. Tiger king\*
68. American Vandal
69. When they see us
70. The people OJ Simpson

#### DRAMA

84. House MD
85. The Good Doctor
86. A Series of Unfortunate Events
87. The Crown
88. One Tree Hill
89. Code Black
90. Veronica Mars
91. House of Cards

#### NON-FICTION / REALITY

100. Master Chef
101. Cheer
102. Nailed it!
103. Great British Bake off
104. Instant Hotel
105. Jeffrey Epstein: Filthy Rich\*
106. Shark Tank
107. Sugar Rush
108. Amazing Interiors

45. Teen Wolf\*
46. Timeless
47. The Umbrella Academy\*
48. Fringe
49. Merlin
50. The Order
51. Black Lightning
52. Smallville
53. Lucifer\*
54. Preacher\*
55. The Good Witch
56. Black Mirror\*
57. Westworld

71. The assassination of Gianni Versace
72. The Catch
73. Criminal Minds
74. White Collar
75. Suits
76. How to get away with murder \*
77. American Crime Story
78. Monk
79. Sherlock
80. Doctor Who
81. Elementary
82. Pretty Little Liars
83. Limitless

92. Peaky blinders\*
93. Chernobyl
94. This is Us
95. Dead to Me\*
96. Dirty John\*
97. Reign
98. Unorthodox
99. Unbelievable

109. The World's Most Extraordinary Homes
110. Interior design masters
111. Explained
112. Abducted in Plain Sight
113. Diana: In her own Words
114. The Final Table
115. Tidying Up with Marie Kondo
116. The Circle

## LEISURE READERS FOR ENTHUSIASTIC LEARNERS

### **FOR OUR YOUNG READERS! (BEGINNERS)**

For more readers please contact your child's teacher. Our school provides a variety of level appropriate, language-targeted readers that children can borrow from our library.

#### **By Roald Dahl:**

1. Matilda
2. The Witches
3. Charlie and The Chocolate Factory
4. The BFG
5. James and The Giant Peach
6. George's Marvelous Medicine
7. The Enormous Crocodile

#### **By Beatrix Potter:**

8. The Adventures of Peter Rabbit

#### **By The Oxford Reading Tree:**

9. Read with Oxford: Biff, Chip and Kipper (Reading Stages 1-9)

#### **By Dr Seuss:**

10. Cat in the Hat

#### **By Jeff Kinney:**

11. Diary of a Wimpy Kid book series (14 books)

### **FOR TEENAGE READERS (13-16 YEARS OLD) (INTERMEDIATE)**

#### **By Meg Cabot:**

1. The Princess Diaries series (10 books)
2. The Mediator series (7 books)
3. 1-800-WHERE-R-U series (5 books)
4. All-American Girl series (2 books)
5. Avalon High series (1 book + 3 graphic novels)
6. The Airhead trilogy (3 books)
7. Teen Idol
8. How to Be Popular
9. Pants on Fire (a.k.a. Tommy Sullivan is a Freak)
10. Jinx
11. Allie Finkle's Rules for Girls series (6 books)
12. Olivia Grace series (5 books)

#### **By Jacqueline Wilson:**

13. Tracy Beaker series (4 books)
14. Girls series (4 books)

#### **By Annie Dalton:**

15. Angels Unlimited (12 books)

#### **By Toni Diterlizzi and Holly Black: (The Spiderwick Chronicles)**

16. The Field Guide
17. The Seeing Stone
18. Lucinda's Secret
19. The Ironwood Tree
20. The Wrath of Mulgarath

#### **BY R.J. Palacio:**

21. Wonder

#### **BY Enid Blyton:**

22. Famous Five Book series (21 books)

### **FOR ADVANCED READERS (16+ YEARS) (HIGHER)**

#### **By Rick Riordan: (Percy Jackson Series)**

23. The Lightning Thief
24. The Sea of Monsters
25. The Titan's Curse
26. The Battle of the Labyrinth
27. The Last Olympian

#### **By C. S. Lewis: (Chronicles of Narnia)**

35. The Lion, the Witch and the Wardrobe
36. Prince Caspian
37. The Voyage of the Dawn Treader
38. The Silver Chair
39. The Horse and His Boy
40. The Magician's Nephew
41. The Last Battle

**By J.K. Rowling: (Harry Potter Series)**

28. The Philosopher's Stone
29. The Chamber of Secrets
30. The Prisoner of Azkaban
31. The Goblet of Fire
32. The Order of the Phoenix
33. The Half-Blood Prince
34. The Deathly Hallows

**By P.C. Cast and Kristen Cast:**

42. The House of Night series (12 books)

**By Lauren Kate:**

43. Fallen series (5 books)

**By Sarah Dessen:**

44. That Summer
45. Along for the Ride
46. The Lock and Key
47. The Truth about Forever
48. Just Listen
49. This Lullaby
50. Dreamland

**OTHER SUGGESTIONS FOR FLUENCY****MOVIES**

- |                             |                                 |  |
|-----------------------------|---------------------------------|--|
| 1. The Lion King            | 21. A Cinderella Story          | 41. Sky High                                 |
| 2. The Little Mermaid       | 22. The Chronicles of Narnia    | 42. Maleficent                               |
| 3. The Beauty and the Beast | 23. High School Musical         | 43. Alice in Wonderland                      |
| 4. Frozen                   | 24. Ice Age                     | 44. Pirates of the Caribbean                 |
| 5. Moana                    | 25. The Golden Compass          | 45. Brave                                    |
| 6. Hercules                 | 26. Shrek                       | 46. Boss Baby                                |
| 7. Mulan                    | 27. Madagascar                  | 47. Despicable me                            |
| 8. The Emperor's New Groove | 28. Inside Out                  | 48. Madagascar                               |
| 9. Finding Nemo             | 29. Descendants                 | 49. How the Grinch Stole Christmas           |
| 10. The Incredibles         | 30. Princess Protection Program | 50. Cat in the Hat                           |
| 11. Meet the Robinsons      | 31. Avalon High                 | 51. Kung Fu Panda                            |
| 12. Zootopia                | 32. Geek Charming               | 52. The Princess Switch                      |
| 13. Big Hero 6              | 33. Lemonade Mouth              | 53. Barbie (Movie Series)                    |
| 14. Wreck it Ralph          | 34. Zapped                      | 54. Marvel Cinematic Universe (Movie Series) |
| 15. Tangled                 | 35. Radio Rebel                 | 55. DC Universe (Movie Series)               |
| 16. Princess and the Frog   | 36. Starstruck                  |  |
| 17. Aladdin                 | 37. Hatching Pete               |  |
| 18. Toy Story               | 38. Den Brother                 |  |
| 19. The Swap                | 39. The Princess Diaries        |  |
| 20. Camp Rock               | 40. Enchanted                   |  |

**TV CHANNELS YOU CAN FIND QUALITY CONTENT ON:**

- Baby TV
- ❤️ Disney Channel. Disney XD and Disney Junior
- Jetix
- ❤️ Cartoon Network
- Boomerang
- Nickelodeon
- <https://www.bbc.co.uk/iplayer/cbbc> BBC for children

**ONLINE BOOKSHOPS:**

- Wordery – order books online
- ❤️ Audible – an amazon service that provides audio books
- ❤️ Amazon.com or Amazon.co.uk – Book section

- Kindle – application for reading on mobile/tablet
- Bookdepository.com – order books online

#### ONLINE RESOURCES:

- ❤️ Disney Life – Disney’s application for easy access to movies, tv shows, behind the scenes footage, songs and short films; perfect for kids and teens. Please note you need to sign up for a paid subscription to use this service (about 5.50eur/month)
- ❤️ Netflix/ Netflix Kids – An online streaming service for all ages. You can find many movies and TV shows here, but you need to sign up. Please note this is a paid service, but content is downloadable, so you can view it offline (on mobile devices only). Make sure if you use this application to improve the fluency of younger children, it would be best to create a KIDS’ PROFILE with restrictions as to what can be searched for or what can appear in their suggested list.
- YouTube/ YouTube Kids – Both an application and a site. This application allows you to find almost every video you can dream of. Please supervise your children whilst using this site as users can upload on it freely. Although there is a paid, ad-free version, Youtube is a free service and requires no sign up (although signing up is advised if a child is using this service as the content they view can be restricted or monitored).
- Apple Podcasts – You can find great podcasts to help keep both you and your children entertained during long drives, or boring chores! Suggestion: TedTalksDaily (quick 10-15 minute podcasts about all types of issues and ideas)
- Amazon Prime Video – Amazon’s movie and TV show streaming service. Please note that this is a paid service, and not suggested for parents with young kids as accidental purchases can be made through your amazon account.
- Nickelodeon – Nickelodeon’s application on mobile devices to watch their TV shows on, offers games as well. Free, but requires sign up.
- Cartoon Network – Cartoon Network’s application on mobile devices to watch their TV shows on, offers games as well. Free, but requires sign up.

#### SEARCH ON YOUTUBE/YOUTUBE KIDS THE FOLLOWING KID-FRIENDLY EDUCATIONAL CHANNELS:

- Mother Goose Club (younger kids)
- ❤️ Ted-Ed (older kids/ preteens)
- ❤️ Disney (younger kids)
- Smithsonian Channel (older kids/ preteens)
- Sesame Street Channel (younger kids)
- ❤️ It’s okay to be smart (older kids/ preteens)
- SoulPancake (older kids/ preteens)
- ❤️ Simple Kids Crafts (younger kids)
- Smart Girls (older kids/ preteens/ teens)
- ❤️ Good Mythical Morning (older kids/ preteens/teens)

#### FRENCH SUGGESTIONS FOR KIDS

##### **Top series on Netflix for kids:**

1. Peppa pig
2. L’âne Trotro
3. Puffin Rock
4. Simon
5. Le village de Dany
6. Masha et Mischka

##### **Top series on Netflix for teens:**

7. Dix pour cent
8. Le Bazar de la Charité
9. Zone Blanche
10. Dérappages