

Your favourite website: I'm a bit reluctant to say Facebook, but I have loads of interesting feeds from all sorts of sites from BBC Learning English to Lost & Found cats and dogs.

A gadget you can't live without: I'm not really a gadget person, but if my washing machine broke down it would be a disaster. Oh and my splat ball – when that burst there was a black cloud over my classroom.

Something you'd never throw away: I very rarely throw anything away that can't be used for Kids' Club craft activities or sold on my pitch at the Saturday Flea Market (Rastro).

Who or what inspires you? Easier to say what doesn't inspire me! Housework. Otherwise I find inspiration in all sorts of places from all sorts of people. I would like to acknowledge all my students, colleagues, and conference speakers from whom I get a huge amount of inspiration, energy and motivation.

Useful teaching tool: Diaries ☺

Your favourite lesson: Taken from fellow speaker Kieran Donaghy's site and adapted for my classes. It's based on the Channel 4 Paralympics trailer, "We're the Superhumans". <https://www.youtube.com/watch?v=locLkk3aYIk> I've used it several times and adapted it for different levels and it produces excellent work from students.

Your favourite bit about your talk: When someone who attended the talk tells me they used one of the ideas and it worked.

A lesson you've learnt while teaching: As a relatively new teacher, don't be embarrassed to ask for as much advice and help as you can from other teachers – you'll have something to give back, even if it's just a well-timed cup of tea.