As we know, language learners are trying to focus on their language skill excellence, but they find it difficult to speak spontaneously. This is becoming problematic when it comes to older learners and adults. The lack of confidence and fear of making a fool of themselves in the class are the main obstacles to overcome in language learning process. The task of a teacher is to support less confident students and motivate them to speak out in class and not be afraid to do so.

One of the solutions is to introduce m-learning, sharing information or ideas using WAP or GPRS technologies. This helps to make language learning flexible, accessible and personalized [1, p. 23]. As a result, it encourages students to communicate with their peers and become more confident in expressing their opinions. For example, online discussion list may be also opened by a teacher and all students have an opportunity to participate in it. It may be one global topic for the whole group or one individual statement for each student. Sometimes it is better to express your own thoughts in writing than in oral form. So it will help them to get some practice for future oral discussions.

For the double-entry journal, students can select a passage from the reading that they appealed to them, provoked them, or confused them. Next, they type this passage into the blog and respond to it. Other students can join by commenting on its content as well as its form. As to style and form of writing blogging is not exactly free writing, but it is freer, more spontaneous and more dynamic than writing multiple-draft essays [2, p. 49].

To conduct successful discussions or debates it is a good idea to have role plays beforehand. The main advantage of a role play over other forms of learning is entire involvement of students as well as participants’ attention concentration throughout the play. To build fluency at conversational English you can ask students to choose their roles (a customer and a waiter, a doctor or a patient etc.), write and practice these roles. While performing the role play they have to make clear the roles without mentioning their roles or a place; the rest of the class should guess who they are and where they are. Even though role plays simplify the learning process to some extent and sometimes cause problems with discipline, more mistakes among students, we cannot deny the didactic, educational and practical value of a role play.

As for warmers or fillers, we can use short speaking activities paying attention to planning time. Such kinds of tasks can prepare for speaking by planning what they are going to say, and asking the teacher or using a dictionary to look up missing vocabulary. The speaking activity “What were you doing…? (What are you going to do…?) can be adapted to revise tenses if we write some time prompts on the board, for example, this time last year, on January 2015 etc. First, students choose some of the prompts and talk to their partners. After speaking, students feedback and tell the class what they learnt.
Another stimulating speaking activity is for practicing adjectives, a variation on the above activity. Choosing adjectives relating to feelings (excited, happy, sad, nervous etc.) students talk about their experiences and feelings. One of the interesting and stimulating tasks for speaking is usage of cartoons, cartoon stories and unusual pictures.

Studying a certain topic, you can write a list of questions relating to the chosen topic, give a question to each student and ask them to write an answer on a paper. After that you ask all students to brainstorm possible questions related to the topic. Then students hold their answers in front of them and move around the room and ask each other questions to try to discover the questions that the other students were originally asked.

Thus, m-learning, role plays, discussions and even simple warmers or fillers make learners more active and help students with some aspects of studying English to overcome their language barriers. Also involving students in various speaking activities is one of the ways for language learners to gain some confidence in their ability to manage their own learning and become independent. As a result, students are able to express their opinions and have the stimulating and dynamic environment for learning foreign languages.

**References**