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ДЖОНАС ТИЧЕРМАН

Английский язык в повседневной жизни

БАЗОВЫЕ ТЕМЫ, ЖИВЫЕ
ВЫРАЖЕНИЯ И ЗАДАНИЯ



Джонас Тичерман
АНГЛИЙСКИЙ ЯЗЫК
в повседневной жизни.
Базовые темы, живые
выражения и задания

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Аннотация

Пособие предназначено для изучающих английский язык на уровне A2 и направлено на развитие навыков повседневного общения. Материалы основаны на реальных жизненных ситуациях и включают тексты, ключевую лексику, речевые шаблоны и практические задания. Книга помогает расширить словарный запас, улучшить понимание речи и научиться уверенно выражать мысли на простом английском языке в бытовых и социальных ситуациях.

Содержание

Введение	5
My Lazy Morning vs My Busy Morning	7
When I'm Late and Everything Goes Wrong	13
My Perfect Day Off	19
A Day When I Had No Time for Anything	24
Small Things That Make Me Happy	30
What I Do When I Feel Bored	36
My Evening Routine After a Long Day	41
A Person I Can Always Talk To	47
A Friend Who Is Always Late	52
Конец ознакомительного фрагмента.	57

**Английский язык в
повседневной жизни
Базовые темы, живые
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Джонас Тичерман

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Введение

Настоящее пособие предназначено для изучающих английский язык на уровне А2 и направлено на развитие практических навыков устной и письменной речи. Материалы построены вокруг повседневных ситуаций, с которыми сталкивается человек в обычной жизни, включая учебу, работу, бытовые дела, отдых и социальное взаимодействие.

Основная цель книги заключается в формировании уверенного владения базовой лексикой и устойчивыми речевыми конструкциями, а также в развитии способности самостоятельно выражать мысли на английском языке в простых, но логически связанных высказываниях. Особое внимание уделяется использованию разговорных выражений, которые помогают сделать речь более естественной и приближенной к реальному общению.

Каждая тема включает связный текст, список ключевой лексики с переводом, речевые шаблоны, а также задания для практики устной речи. Такой формат позволяет не только усваивать новые слова и выражения, но и сразу применять их в контексте. Это способствует более эффективному запоминанию и развитию языковой интуиции.

Темы подобраны таким образом, чтобы отражать типичные жизненные ситуации: повседневные привычки, эмоции, обучение, работа с информацией, взаимодействие с людьми и бытовые ситуации. Это позволяет обучающемуся постепенно расширять словарный запас и уверенно использовать язык в реальных условиях.

Автор исходил из принципа постепенного усложнения материала, что обеспечивает последовательное развитие навыков без перегрузки. Структура пособия ориентирована на самостоятельную работу, однако может быть использована и в учебном процессе под руководством преподавателя.

В результате работы с материалами обучающийся должен приобрести базовую уверенность в использовании английского языка, научиться строить простые высказывания и лучше понимать повседневную речь.

My Lazy Morning vs My Busy Morning

Text

Some mornings are slow and quiet, but other mornings are busy and stressful. It depends on my plans, my mood, and how early I wake up.

On a lazy morning, I usually wake up without an alarm. I stay in bed for a few minutes and check my phone. I scroll through social media, read messages, and sometimes watch short videos. I don't feel in a hurry, so I take my time. Then I slowly get up, make my bed, and go to the kitchen.

I like to start a lazy morning with a simple breakfast. I often make coffee and eat something easy, like toast or eggs. I sit by the window and enjoy the quiet time. Sometimes I listen to music or just think about my day. I don't plan everything, because I want to relax.

After breakfast, I may do something I enjoy. For example, I read a book, watch a TV show, or clean a little. I don't rush, and I don't worry about time. It feels good because I can do things

at my own pace.

But a busy morning is very different. On these days, I wake up early because I have work or important plans. My alarm rings, and I often feel tired. I usually don't want to get up, but I have to. So I get out of bed quickly and start my day.

First, I check the time and think, «I don't have much time.» Then I go to the bathroom, brush my teeth, and get dressed fast. I don't spend time on my phone, because every minute is important.

Breakfast on a busy morning is quick. Sometimes I just drink coffee and eat something small, like a banana. If I'm really late, I skip breakfast, but I know it's not a good habit.

After that, I pack my bag and check if I have everything: my phone, keys, and documents. I don't want to forget anything, because it can cause problems later. Then I leave the house and try to get to work on time.

Busy mornings can be stressful, but they also help me feel active and focused. Lazy mornings are more relaxing, but sometimes I feel a bit unproductive.

I think both types of mornings are important. Lazy mornings

help me rest and enjoy life, but busy mornings help me stay organized and responsible. The best situation is when I can have a balance between the two.

Key Vocabulary and Expressions

wake up — просыпаться

without an alarm — без будильника

stay in bed — оставаться в кровати

check my phone — проверять телефон

scroll through social media — листать соцсети

take my time — не спешить

get up — вставать

make my bed — заправлять кровать

in a hurry — в спешке

have breakfast — завтракать

at my own pace — в своем темпе

wake up early — рано просыпаться

feel tired — чувствовать усталость

get out of bed — вылезать из кровати

don't have much time — мало времени

get dressed — одеваться

skip breakfast — пропускать завтрак

pack my bag — собирать сумку

forget something — забыть что-то

get to work on time — прийти на работу вовремя

feel stressed — чувствовать стресс

feel relaxed — чувствовать себя расслабленно

find a balance — находить баланс

Useful Patterns

I usually start my day with... — Я обычно начинаю день с...

On some days, I... but on other days, I... — В одни дни я...,

а в другие...

I don't have time to... — У меня нет времени, чтобы...

I try to... because... — Я стараюсь..., потому что...

It feels good to... — Приятно...

Sometimes I... instead of... — Иногда я... вместо...

The best thing is when... — Лучше всего, когда...

I prefer... but sometimes I have to... — Я предпочитаю...,
но иногда мне приходится...

Practice: Answer the Questions

What is your perfect morning like?

Do you usually wake up early or late? Why?

What do you do first after you wake up?

Do you eat breakfast every day? What do you usually eat?

What do you do when you are in a hurry?

Do you prefer lazy mornings or busy mornings? Why?

What helps you start your day in a good mood?

Model Answers

I usually prefer a lazy morning because I like to take my time.

I start my day with coffee and check my phone.

I usually wake up early because I have work. I often feel tired, but I try to get up quickly.

First, I check my phone and then I get out of bed. After that, I make my bed.

I try to have breakfast every day because it gives me energy. I usually eat eggs or toast.

When I am in a hurry, I get dressed quickly and skip breakfast. I try not to forget my keys and phone.

I prefer lazy mornings because I feel relaxed. But sometimes I have busy mornings when I don't have much time.

Coffee and quiet time help me feel relaxed. It feels good to start the day slowly.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I usually prefer lazy mornings because I like to take my time and feel relaxed. I wake up without an alarm, stay in bed for a few minutes, and scroll through social media. For example, I often drink coffee and enjoy the quiet time before I start my day.

Practice: Complete the Sentences

On weekends, I usually wake up _____ and stay in bed for some time.

When I am in a hurry, I don't have time to _____.

Every morning, I try to _____ before I leave the house.

I feel stressed when I _____ and don't have much time.

I like mornings when I can _____ and not rush.

When I'm Late and Everything Goes Wrong

Text

Some days start badly, and everything goes wrong from the first minute. This usually happens when I wake up late.

One morning, my alarm didn't ring, or maybe I didn't hear it. I woke up and looked at the time. I was already late. I felt stressed crazy, because I knew I didn't have much time.

I quickly got out of bed and rushed to the bathroom. I didn't take my time like on a lazy morning. I brushed my teeth fast and didn't even look in the mirror for long. Then I tried to get dressed, but I couldn't find my favorite shirt. I looked everywhere, but it wasn't there. This made me even more nervous.

After that, I went to the kitchen, but there was no time for a real breakfast. I just grabbed a cup of coffee and drank it too fast. Of course, I almost spilled it on my clothes. At that moment, I felt like everything was going wrong.

Then I needed to leave the house, but I couldn't find my

keys. I checked my bag, my jacket, and the table near the door. Nothing. Finally, I found them in a strange place, and I don't even remember how they got there.

When I went outside, I realized I forgot my headphones. I thought about going back, but I didn't have time. So I just continued.

The worst part was the transport. I missed my bus by one minute. I saw it leave, and I couldn't do anything. I had to wait for the next one, and it felt like forever. While I was waiting, I checked the time again and again and felt more and more stressed.

When I finally got to work, I was late. I said sorry and tried to start my day, but it was hard to focus. I kept thinking about my bad morning.

Days like this are not easy, but they happen to everyone. I try to stay calm, but it's not always possible. I think the best thing to do is prepare the night before: set an alarm, choose clothes, and pack my bag.

Now I understand that one small problem can change the whole morning. But I also know that it's just a bad start, not a bad day. I try to relax, drink some water or coffee, and slowly

feel better.

Key Vocabulary and Expressions

wake up late — проснуться поздно

be late — опаздывать

feel stressed — чувствовать стресс

don't have much time — мало времени

get out of bed — вылезать из кровати

rush to — спешить куда-то

take my time — не спешить

get dressed — одеваться

look for something — искать что-то

can't find — не могу найти

make me nervous — заставлять нервничать

grab a coffee — схватить кофе на ходу

spill something — пролить что-то

leave the house — выходить из дома

forget something — забыть что-то

miss the bus — пропустить автобус

wait for — ждать

feel like — чувствовать, что

go wrong — идти не так

say sorry — извиняться

hard to focus — сложно сосредоточиться

prepare in advance — подготовиться заранее

Useful Patterns

Everything started to go wrong when... — Всё пошло не так, когда...

I didn't have time to... — У меня не было времени, чтобы...

I tried to... but... — Я попытался..., но...

It made me feel... — Это заставило меня почувствовать...

I realized that... — Я понял, что...

In the end, I... — В конце концов, я...

The worst part was... — Самое худшее было...

After that, I... — После этого я...

Practice: Answer the Questions

What do you usually do when you wake up late?

Do you often lose or forget things in the morning?

What makes you feel stressed in the morning?

Have you ever missed your bus or been late for work or school?

What do you do to stay calm when everything goes wrong?

Do you prepare things the night before? Why or why not?

What is the worst morning you remember?

Model Answers

When I wake up late, I rush to the bathroom and don't have time to relax. I try to get dressed quickly and leave the house.

Yes, sometimes I can't find my keys or forget something important. It makes me feel nervous.

I feel stressed when I don't have much time and everything starts to go wrong. For example, when I can't find my clothes.

Yes, I have missed the bus before. I had to wait for the next one and was late for work.

I try to stay calm and take a deep breath. Sometimes I drink coffee and try to focus on the next task.

I try to prepare in advance because it helps me feel less stressed. I usually pack my bag and choose my clothes.

The worst morning was when I woke up late, missed the bus, and forgot my phone. Everything went wrong that day.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

When I wake up late, I feel stressed because I don't have much time. I rush to get dressed and sometimes skip breakfast. For example, last week I missed the bus and had to wait for the next one.

Practice: Complete the Sentences

When everything goes wrong, I start to feel _____.

In the morning, I don't have much time to _____.

Yesterday I couldn't find my _____ and it made me

nervous.

I was late because I _____ the bus.

I try to _____ in advance to have a better morning.

My Perfect Day Off

Text

Everyone needs a day off to relax and enjoy life. For me, a perfect day off is simple, calm, and a little bit special.

First of all, I don't wake up early. I wake up without an alarm and stay in bed for a few minutes. I like to stretch, check my phone, and slowly start my day. I don't feel stressed because I don't have any important plans. It feels really good to know that I can take my time.

After that, I get up and go to the kitchen. I make a nice breakfast, not something quick like on a busy day. I usually make eggs, toast, and coffee. Sometimes I add fruit or something sweet. I sit down, enjoy my food, and maybe watch a short video or listen to music.

Then I think about what I want to do. On my perfect day off, I don't like strict plans. I prefer to decide things in the moment. If the weather is nice, I go for a walk. I like walking in the park, listening to music, and just relaxing. It helps me clear my mind.

Sometimes I meet a friend. We can go to a café, talk about life,

and laugh a lot. I enjoy these moments because I don't have to hurry. We can sit for a long time and just enjoy the conversation.

If I stay at home, I do things I like. For example, I watch a TV show, read a book, or cook something new. Cooking can be fun when I'm not tired. I try new recipes and enjoy the process.

In the afternoon, I may take a short nap or just lie on the bed and rest. I don't feel lazy — I feel relaxed. I think rest is very important, especially after a busy week.

In the evening, I like to do something cozy. I can watch a movie, order food, or make tea. I turn off my phone or use it less, because I want some quiet time. It helps me feel calm and happy.

At the end of the day, I feel refreshed and ready for a new week. A perfect day off is not about doing a lot of things. It's about feeling good, relaxed, and free.

Key Vocabulary and Expressions

day off — выходной

wake up without an alarm — просыпаться без будильника

stay in bed — оставаться в кровати

take my time — не спешить

feel stressed — чувствовать стресс

get up — вставать

make breakfast — готовить завтрак
enjoy my food — наслаждаться едой
listen to music — слушать музыку
in the moment — в моменте
go for a walk — пойти на прогулку
clear my mind — очистить мысли
meet a friend — встретиться с другом
have a conversation — разговаривать
stay at home — оставаться дома
try new recipes — пробовать новые рецепты
take a nap — вздремнуть
have a rest — отдыхать
feel relaxed — чувствовать себя расслабленно
cozy evening — уютный вечер
turn off my phone — выключать телефон
feel refreshed — чувствовать себя обновленным

Useful Patterns

On my day off, I like to... — В свой выходной я люблю...

I usually start my day with... — Я обычно начинаю день с...

If the weather is..., I... — Если погода..., я...

Sometimes I..., but other times I... — Иногда я..., а иногда...

I prefer to... because... — Я предпочитаю..., потому что...

It helps me... — Это помогает мне...

I feel... when I... — Я чувствую себя..., когда...

At the end of the day, I... — В конце дня я...

Practice: Answer the Questions

What is your perfect day off like?

Do you prefer to stay at home or go out on your day off?

What do you usually do in the morning on your day off?

Do you like to meet friends or spend time alone?

What helps you relax?

Do you plan your day off or decide in the moment?

What do you like to do in the evening on your day off?

Model Answers

My perfect day off is calm and relaxing. I like to wake up without an alarm and take my time.

I prefer to stay at home because I feel more relaxed. But sometimes I go for a walk if the weather is nice.

In the morning, I make breakfast and enjoy my food. I also like to listen to music.

I like both. Sometimes I meet a friend and have a conversation, but other times I stay alone.

Music and quiet time help me relax. It helps me clear my mind.

I prefer to decide in the moment because I don't like strict plans. It feels more free.

In the evening, I watch a movie or have a cozy evening with tea. I try to use my phone less.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

On my day off, I like to stay at home and feel relaxed. I wake up without an alarm, take my time, and make breakfast. For example, I often watch a TV show and have a cozy evening.

Practice: Complete the Sentences

On my day off, I like to _____ and not feel stressed.

In the morning, I usually _____ and enjoy my food.

If the weather is nice, I like to _____.

In the afternoon, I sometimes _____ and have a rest.

In the evening, I prefer to _____ and feel relaxed.

A Day When I Had No Time for Anything

Text

Some days are so busy that there is no time to stop and relax. I remember one day when I had no time for anything, and everything felt too fast.

It started in the morning when I woke up late. My alarm rang, but I turned it off and went back to sleep. When I finally woke up, I looked at the time and understood that I was already late. I didn't have much time, so I jumped out of bed and rushed to get ready.

I didn't take my time at all. I brushed my teeth quickly, got dressed in a hurry, and didn't even think about what I was wearing. I just grabbed the first clothes I saw. There was no time for breakfast, so I skipped it and only drank some coffee.

Then I packed my bag very fast. I was afraid to forget something important, like my phone or keys. I checked everything twice, but I still felt nervous. After that, I left the house and almost ran to the bus stop.

Unfortunately, I missed my bus. It was very frustrating, because I was already late. I had to wait for the next one, and it felt like a waste of time. While I was waiting, I kept checking the time and thinking about all the things I needed to do.

When I finally got to work, my day didn't become easier. I had many tasks and no time to rest. People asked me questions, I answered emails, and I tried to finish everything as quickly as possible. I didn't even have time for lunch, so I just ate something small at my desk.

In the afternoon, things became even more stressful. I had to finish an important task, but I couldn't focus well. I felt tired and a bit overwhelmed. I wanted to take a short break, but I didn't have time for that.

After work, I still had things to do. I needed to go to the store, call a friend, and clean my room. But I was so tired that everything felt difficult. I didn't want to do anything, but I had no choice.

In the evening, I finally came home and sat down. It was the first moment when I could relax. I felt exhausted, but also a little proud, because I finished many things.

Days like this are not fun, but they happen sometimes. They teach me that time is important. Now I try to plan my day better and not leave everything for the last moment. I also understand that it's important to take breaks, even when I am very busy.

Key Vocabulary and Expressions

have no time — не иметь времени

wake up late — проснуться поздно

go back to sleep — снова заснуть

be in a hurry — быть в спешке

rush to get ready — спешить собраться

take my time — не спешить

get dressed — одеваться

skip breakfast — пропускать завтрак

grab something — схватить что-то на ходу

pack my bag — собирать сумку

forget something — забыть что-то

feel nervous — нервничать

miss the bus — пропустить автобус

wait for — ждать

waste of time — пустая трата времени

have many tasks — иметь много задач

answer emails — отвечать на письма

as quickly as possible — как можно быстрее

feel overwhelmed — чувствовать перегруз

have no choice — не иметь выбора

feel exhausted — быть очень уставшим
at the last moment — в последний момент

Useful Patterns

I didn't have time to... — У меня не было времени, чтобы...

Everything felt... — Всё казалось...

I had to... — Мне пришлось...

I tried to... but... — Я пытался..., но...

It was difficult to... — Было трудно...

In the end, I... — В конце концов, я...

After that, I... — После этого я...

I realized that... — Я понял, что...

Practice: Answer the Questions

Do you often have days when you have no time for anything?

What do you usually do when you are in a hurry?

Do you sometimes skip meals when you are busy?

What makes your day stressful?

What do you do when you feel overwhelmed?

Do you plan your day in advance?

What helps you manage your time better?

Model Answers

Yes, sometimes I have days when I have no time. I feel stressed and try to do everything quickly.

When I am in a hurry, I rush to get ready and don't take my

time. I try not to forget my things.

Yes, sometimes I skip breakfast because I don't have time. I just grab something small.

I feel stressed when I have many tasks and no time to rest. Everything feels too fast.

When I feel overwhelmed, I try to take a short break. It helps me feel better and focus again.

I try to plan my day in advance, but not always. Sometimes I do things at the last moment.

Making a plan and writing a list helps me manage my time better. I try to follow it.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

Sometimes I have days when I have no time for anything. I feel overwhelmed and try to do everything as quickly as possible. For example, I may skip breakfast and rush to work.

Practice: Complete the Sentences

Yesterday I had no time to _____ because I was very busy.

When I am in a hurry, I usually _____ and don't take

my time.

I feel overwhelmed when I _____ and have no time to rest.

Sometimes I _____ breakfast and just drink coffee.

I try not to do things at _____ moment.

Small Things That Make Me Happy

Text

Happiness is not always about big events or special days. For me, small things in everyday life can make me feel happy and relaxed.

One of these things is a good morning. When I wake up without stress and have time to take my time, I feel much better. I like to make a cup of coffee and sit quietly for a few minutes. This simple moment helps me start my day in a good mood.

Another small thing that makes me happy is listening to music. I listen to music when I walk, when I clean, or when I just want to relax. My favorite songs can change my mood very quickly. If I feel tired or a bit sad, music helps me feel better.

I also enjoy going for a walk, especially when the weather is nice. Fresh air and a calm place help me clear my mind. I don't need to go far. Even a short walk near my home can make a big difference.

Talking to people I like is also very important. When I meet a friend or call someone, I feel more positive. We can laugh, share

stories, and forget about problems for some time. These moments are simple, but very valuable.

Food can also make me happy. I don't mean expensive meals, but something I really like. For example, a good breakfast or my favorite snack can improve my mood. When I have time to enjoy my food, I feel more relaxed.

Another thing I like is having some quiet time. Sometimes I turn off my phone or use it less. I sit in my room, drink tea, and just relax. It helps me feel calm and focused.

I also feel happy when I finish something important. Even small tasks, like cleaning my room or answering emails, can give me a good feeling. It feels nice to know that I did something useful.

In the evening, I enjoy cozy moments. I like to watch a movie, read a book, or just lie in bed and rest. After a long day, these simple things help me feel comfortable and peaceful.

I think small things are very important because they happen every day. Big events are rare, but small happy moments are always around us. We just need to notice them and enjoy them.

Key Vocabulary and Expressions

small things — мелочи
make me happy — делать меня счастливым
everyday life — повседневная жизнь
in a good mood — в хорошем настроении
take my time — не спешить
a cup of coffee — чашка кофе
start my day — начинать день
listen to music — слушать музыку
change my mood — менять настроение
feel better — чувствовать себя лучше
go for a walk — пойти на прогулку
fresh air — свежий воздух
clear my mind — очистить мысли
make a difference — иметь значение
talk to someone — поговорить с кем-то
spend time together — проводить время вместе
improve my mood — улучшать настроение
quiet time — спокойное время
turn off my phone — выключить телефон
feel calm — чувствовать спокойствие
finish something — закончить что-то
feel useful — чувствовать себя полезным
cozy moments — уютные моменты
lie in bed — лежать в кровати

Useful Patterns

One of the things that makes me happy is... — Одна из вещей, которая делает меня счастливым...

I feel better when I... — Я чувствую себя лучше, когда...

It helps me... — Это помогает мне...

I enjoy... because... — Мне нравится..., потому что...

Sometimes I... to feel... — Иногда я..., чтобы почувствовать...

Even small things like... can... — Даже такие мелочи, как..., могут...

It makes a big difference when... — Это сильно меняет, когда...

I like moments when... — Мне нравятся моменты, когда...

Practice: Answer the Questions

What small things make you happy?

What do you like to do in the morning to feel good?

Does music change your mood? How?

Do you like walking? Where do you usually go?

Who do you like to talk to when you feel sad or tired?

What helps you relax after a long day?

Do you enjoy quiet time? What do you do?

Model Answers

Small things like coffee and music make me happy. They help me feel relaxed and in a good mood.

In the morning, I like to take my time and drink a cup of

coffee. It helps me start my day well.

Yes, music changes my mood a lot. It helps me feel better when I am tired.

Yes, I like going for a walk. I usually walk near my home and enjoy fresh air.

I like to talk to my friend because it helps me feel better. We laugh and spend time together.

After a long day, I like to have a cozy evening. I watch a movie and feel relaxed.

Yes, I enjoy quiet time. I turn off my phone and just relax in my room.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

Small things make me happy every day. I like to listen to music and go for a walk because it helps me clear my mind. For example, when I feel tired, fresh air and my favorite songs help me feel better.

Practice: Complete the Sentences

Small things like _____ can make me happy.

I feel better when I _____ and take my time.

Music helps me _____ when I feel tired.

I like to go for a walk and enjoy _____.

In the evening, I like to _____ and have a cozy moment.

What I Do When I Feel Bored

Text

Everyone feels bored sometimes. It can happen at home, at work, or even on the weekend. When I feel bored, I try not to waste my time. I look for simple things to do that can change my mood and make me feel better.

First, I often check my phone. I scroll through social media, read messages, or watch short videos. It's easy and doesn't take much effort. But after some time, I understand that it doesn't really help, so I try to do something more useful.

One thing I like to do is listen to music. Music can quickly change my mood. If I feel bored, I choose something energetic. Sometimes I even dance a little in my room. It sounds funny, but it really works.

Another good idea is to go for a walk. Fresh air helps me feel more active. I don't need a special place — I can just walk around my neighborhood. When I walk, I try to look around and notice small things, like trees, people, or the weather. It helps me feel more alive.

If I stay at home, I try to do something productive. For example, I clean my room, organize my things, or cook something simple. These activities are not very exciting, but they help me feel useful. After that, I usually feel better.

Sometimes I watch a movie or a TV show. It's a good way to relax and forget about boredom. But I try not to spend too much time on it, because I don't want to feel lazy.

I also like to learn something new. For example, I can practice English, watch videos, or read something interesting. It's not always easy, but it helps me use my time well.

Another thing I do is text or call a friend. Talking to someone can change everything. We can share news, laugh, and support each other. After a good conversation, I don't feel bored anymore.

In the end, I think boredom is not a bad thing. It shows that I need a change. I just need to choose the right activity. Even small actions can make a big difference and help me enjoy my day more.

Key Vocabulary and Expressions

feel bored — скучать

waste time — тратить время впустую

change my mood — менять настроение
feel better — чувствовать себя лучше
check my phone — проверять телефон
scroll through social media — листать соцсети
watch short videos — смотреть короткие видео
listen to music — слушать музыку
energetic music — энергичная музыка
go for a walk — пойти на прогулку
fresh air — свежий воздух
look around — смотреть вокруг
stay at home — оставаться дома
do something productive — делать что-то полезное
clean my room — убирать комнату
organize my things — организовывать вещи
feel useful — чувствовать себя полезным
watch a movie — смотреть фильм
spend time — проводить время
learn something new — учить что-то новое
practice English — практиковать английский
call a friend — позвонить другу
make a difference — иметь значение

Useful Patterns

When I feel bored, I usually... — Когда мне скучно, я обычно...

I try to... because... — Я стараюсь..., потому что...

It helps me... — Это помогает мне...

Sometimes I... instead of... — Иногда я... вместо...

I feel better when I... — Я чувствую себя лучше, когда...

Another thing I like to do is... — Ещё я люблю...

In the end, I think... — В конце концов, я думаю...

Even simple things can... — Даже простые вещи могут...

Practice: Answer the Questions

What do you usually do when you feel bored?

Do you often use your phone when you are bored?

What helps you change your mood quickly?

Do you prefer to stay at home or go outside when you are bored?

Do you like to do something productive when you feel bored?

Who do you talk to when you want to feel better?

Do you think boredom is a bad thing? Why or why not?

Model Answers

When I feel bored, I usually listen to music or watch short videos. It helps me feel better.

Yes, I often check my phone and scroll through social media. But I try not to waste too much time.

Music helps me change my mood quickly. It makes a big difference.

I prefer to go for a walk because fresh air helps me feel more active.

Yes, sometimes I clean my room or organize my things. It helps me feel useful.

I usually call a friend because talking helps me feel better.

I think boredom is not always bad. It helps me find new things to do.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

When I feel bored, I try not to waste time and do something productive. For example, I clean my room or go for a walk. Fresh air helps me change my mood and feel better.

Practice: Complete the Sentences

When I feel bored, I usually _____ to change my mood.

Sometimes I _____ and watch short videos.

I feel better when I _____ and don't stay at home all day.

I try to _____ instead of wasting time.

Talking to a friend can _____ and make me feel better.

My Evening Routine After a Long Day

Text

After a long and busy day, I really need time to relax. My evening routine helps me feel calm, comfortable, and ready for the next day.

When I come home, the first thing I do is change my clothes. I take off my work clothes and put on something comfortable. It helps me feel relaxed immediately. Sometimes I also wash my face or take a quick shower, especially if I feel very tired.

After that, I usually go to the kitchen. If I didn't eat well during the day, I make something simple for dinner. I don't like cooking complicated meals in the evening, because I don't have much energy. I prefer something quick and easy, like pasta, eggs, or a sandwich. While I eat, I often watch a video or just sit quietly.

Then I take some time to rest. Sometimes I lie on the bed or sit on the sofa and do nothing for a few minutes. It may look like I am not doing anything, but this time is very important for me. It helps me slow down and forget about work.

In the evening, I also like to do something enjoyable. For

example, I watch a TV show, listen to music, or read a book. These activities help me change my mood and feel better. If I am not too tired, I sometimes practice English or learn something new.

Another important part of my routine is checking my phone. I reply to messages, scroll through social media, and see what my friends are doing. But I try not to spend too much time on it, because I want to relax my mind.

Sometimes I talk to someone in the evening. I can call a friend or spend time with family. A good conversation helps me feel less stressed and more positive.

Before I go to bed, I try to prepare for the next day. I choose my clothes, pack my bag, and think about my plans. It helps me feel more organized in the morning.

At the end of the evening, I like to have a quiet moment. I turn off the lights, lie in bed, and try to relax. Sometimes I think about my day, but I try not to worry too much.

My evening routine is simple, but it works well for me. It helps me feel relaxed, sleep better, and start a new day with more energy.

Key Vocabulary and Expressions

after a long day — после долгого дня

feel tired — чувствовать усталость

come home — приходить домой

change clothes — переодеваться

something comfortable — что-то удобное

take a shower — принимать душ

make dinner — готовить ужин

something simple — что-то простое

don't have much energy — нет сил

sit quietly — сидеть спокойно

take some time to rest — немного отдохнуть

lie on the bed — лежать на кровати

slow down — замедлиться

forget about work — забыть о работе

do something enjoyable — делать что-то приятное

watch a TV show — смотреть сериал

change my mood — менять настроение

check my phone — проверять телефон

reply to messages — отвечать на сообщения

spend time — проводить время

feel less stressed — чувствовать меньше стресса

prepare for the next day — готовиться к следующему дню

go to bed — ложиться спать

sleep better — лучше спать

Useful Patterns

After a long day, I like to... — После долгого дня я люблю...

The first thing I do is... — Первое, что я делаю — это...

It helps me... — Это помогает мне...

I usually... because... — Я обычно..., потому что...

Sometimes I... if I... — Иногда я..., если я...

Before I go to bed, I... — Перед сном я...

I try to... — Я стараюсь...

At the end of the day, I... — В конце дня я...

Practice: Answer the Questions

What do you usually do after a long day?

Do you like to relax at home in the evening?

What do you usually eat for dinner?

Do you use your phone a lot in the evening?

What helps you feel less stressed?

Do you prepare for the next day in the evening?

What do you do before you go to bed?

Model Answers

After a long day, I like to change clothes and relax. It helps me feel better.

Yes, I like to stay at home and feel comfortable. I usually sit quietly and rest.

I usually eat something simple because I don't have much

energy. For example, pasta or eggs.

Yes, I check my phone and reply to messages. But I try not to spend too much time.

Watching a TV show and listening to music help me feel less stressed.

Yes, I try to prepare for the next day. I pack my bag and choose my clothes.

Before I go to bed, I lie on the bed and relax. I try to sleep better.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

After a long day, I like to take a shower and change clothes. It helps me feel relaxed and forget about work. For example, I usually watch a TV show and sit quietly before I go to bed.

Practice: Complete the Sentences

After a long day, I like to _____ and feel relaxed.

The first thing I do when I come home is _____.

In the evening, I usually eat _____ because I don't have much energy.

Before I go to bed, I try to _____.

Watching something or listening to music helps me
_____.

A Person I Can Always Talk To

Text

In life, it is very important to have someone you can talk to. For me, this person is my close friend. I know that I can always share my thoughts and feelings with them, and they will listen to me.

We met a few years ago, and from the beginning, it was easy to communicate. We have different interests, but we understand each other well. I think this is why our friendship is strong.

When I have a problem, I usually call or text my friend. I don't feel afraid or shy, because I know they will not judge me. They always try to understand my situation and give helpful advice. Even when they don't have a solution, they still listen внимательно, and it already helps me feel better.

Sometimes I just want to talk about my day. I tell them what happened at work, what I did, and how I feel. These conversations may be simple, but they are very important for me. It feels good to share small things.

My friend is also very honest. If I make a mistake, they tell me

the truth, but in a kind way. I respect that, because I know they want to help me. It's not always easy to hear, but it helps me grow.

We don't only talk about problems. We also laugh a lot and share funny stories. When I feel sad or tired, a good conversation with my friend can change my mood. It helps me relax and feel more positive.

Another thing I like is that we support each other. When something good happens, we celebrate together. When something goes wrong, we try to help each other. This makes our friendship stronger.

I think it's very important to have a person like this in life. You don't need many people — one good friend is enough. The most important thing is trust and understanding.

I feel lucky because I have someone I can always talk to. It makes my life easier and happier.

Key Vocabulary and Expressions

someone you can talk to — человек, с которым можно поговорить

close friend — близкий друг

share thoughts and feelings — делиться мыслями и чувствами

listen to someone — слушать кого-то
understand each other — понимать друг друга
have a problem — иметь проблему
feel shy — чувствовать стеснение
not judge — не осуждать
give advice — давать совет
feel better — чувствовать себя лучше
talk about my day — рассказывать о своём дне
share small things — делиться мелочами
be honest — быть честным
make a mistake — делать ошибку
tell the truth — говорить правду
in a kind way — в доброй форме
laugh together — смеяться вместе
change my mood — менять настроение
feel sad — чувствовать грусть
support each other — поддерживать друг друга
celebrate together — праздновать вместе
trust — доверие
understanding — понимание

Useful Patterns

I can always talk to... — Я всегда могу поговорить с...

When I feel..., I... — Когда я чувствую..., я...

It helps me... — Это помогает мне...

I like that... — Мне нравится, что...

We usually... — Мы обычно...

Even when..., they... — Даже когда..., они...

It feels good to... — Приятно...

I think it's important to... — Я думаю, важно...

Practice: Answer the Questions

Do you have a person you can always talk to?

Who do you usually talk to when you have a problem?

Do you like to share your feelings with others?

What makes a good friend?

Do you prefer to talk or to listen?

How do your friends help you feel better?

Do you think it's important to be honest with friends?

Model Answers

Yes, I have a close friend I can always talk to. I share my thoughts and feelings with them.

When I have a problem, I usually call my friend. They listen to me and give advice.

Yes, I like to share my feelings because it helps me feel better.

A good friend listens, understands, and supports you. Trust is also very important.

I like both, but I often talk when I feel stressed. It helps me relax.

My friends listen to me and try to understand me. It changes my mood and helps me feel better.

Yes, I think it's important to be honest. Even when it's difficult, it helps the friendship.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I have a close friend I can always talk to. When I feel sad, I call them and share my thoughts and feelings. It helps me feel better because they listen and support me.

Practice: Complete the Sentences

I can always talk to my _____ when I feel sad.

A good friend always _____ and does not judge.

When I have a problem, I like to _____ and get advice.

It feels good to _____ and not keep everything inside.

Trust and understanding are important to _____.

A Friend Who Is Always Late

Text

Everyone has at least one friend who is always late. I also have a friend like this, and it is both funny and sometimes a little frustrating.

We usually agree to meet at a certain time, for example at 5 o'clock. I always try to come on time, but my friend is almost never ready. I arrive at the meeting place and start waiting. Sometimes I wait for 10 minutes, sometimes for 30 minutes, and sometimes even longer.

When I call them, they always say the same thing: «I'm almost there» or «I'll be there in five minutes.» But in reality, it usually takes much longer. Because of this, I learned to bring something with me, like my phone or headphones, so I don't feel bored while waiting.

At first, I felt annoyed because I don't like being late. I think being on time is a sign of respect. But now I understand that my friend is not doing it on purpose. They are just slow in the morning and often lose track of time.

When my friend finally arrives, they always look a bit stressed and tired. They quickly say sorry, and we continue our plans. After a few minutes, everything becomes normal again, and we start enjoying our time together.

Even though my friend is always late, I still like spending time with them. They are funny, kind, and always have interesting stories to tell. When we meet, we laugh a lot and forget about the waiting time.

Sometimes I try to help my friend be on time. I tell them to set alarms or prepare things in advance. It works a little, but not always. So I just accept it as part of their personality.

I think everyone has small habits like this. Nobody is perfect. The most important thing is understanding and friendship. Even if my friend is late, I still value our time together.

Now I usually plan my own time better when I meet them. I bring something to do and don't stress about waiting. It helps me stay calm and enjoy the meeting more.

Key Vocabulary and Expressions

be late — опаздывать

agree to meet — договориться встретиться

on time — вовремя

wait for someone — ждать кого-то
meeting place — место встречи
feel bored — скучать
feel annoyed — раздражаться
a sign of respect — знак уважения
lose track of time — терять ощущение времени
be stressed — быть в стрессе
say sorry — извиняться
continue plans — продолжать планы
spend time together — проводить время вместе
funny stories — смешные истории
set alarms — ставить будильники
prepare in advance — готовиться заранее
personality — характер
value time — ценить время
stay calm — оставаться спокойным
enjoy the meeting — наслаждаться встречей

Useful Patterns

My friend is always... — Мой друг всегда...

I usually wait for... — Я обычно жду...

At first, I felt... but now I... — Сначала я чувствовал..., но теперь я...

When they arrive, we... — Когда они приходят, мы...

I think it's important to... — Я думаю, важно...

I try to... so that... — Я стараюсь..., чтобы...

It helps me... — Это помогает мне...

Even though..., I still... — Хотя..., я всё равно...

Practice: Answer the Questions

Do you have a friend who is always late?

How do you feel when someone is late?

What do you usually do while waiting for someone?

Do you prefer to be early, on time, or late? Why?

Is being late a big problem for you? Why or why not?

How do you help your friends be on time?

Do you think being late is a habit or a personality trait?

Model Answers

Yes, I have a friend who is always late. I usually wait for them at the meeting place.

I feel a little annoyed, but I try to stay calm. I don't like waiting too much.

While waiting, I check my phone or listen to music. It helps me not feel bored.

I prefer to be on time because I think it is a sign of respect.

It is not a very big problem, but I don't like it. I prefer people to be on time.

I remind my friends to set alarms and prepare in advance.

I think it is more of a habit, because people can learn to manage their time.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I have a friend who is always late. I usually wait for them and try to stay calm. For example, I listen to music or check my phone so I don't feel bored while waiting.

Practice: Complete the Sentences

My friend is always _____ and never arrives on time.

I usually _____ for my friend at the meeting place.

While waiting, I listen to music so I don't feel _____.

I try to _____ in advance so I am not late.

Конец ознакомительного фрагмента.

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