

12+

ДЖОНАС ТИЧЕРМАН

Английский язык в реальных ситуациях

ТЕМЫ, ВЫРАЖЕНИЯ
И УПРАЖНЕНИЯ ДЛЯ УРОВНЯ А2



Джонас Тичерман
**Английский язык в реальных
ситуациях. Темы, выражения
и упражнения для уровня A2**

<https://litres.ru/74234879>

ISBN 9785007042512

Аннотация

Данное учебное пособие предназначено для изучающих английский язык на уровне A2. Материал основан на повседневных ситуациях и направлен на развитие навыков говорения и письма. Каждая тема включает связный текст, ключевую лексику, речевые шаблоны и практические задания. Пособие помогает расширить словарный запас, улучшить понимание языка и научиться уверенно использовать английский в реальном общении. Подходит для самостоятельного изучения и занятий с преподавателем.

Содержание

Введение	5
My real daily routine	7
A lazy day at home	12
A stressful day	17
A productive day	23
My morning chaos (when everything goes wrong)	28
My evening relaxation routine	33
My habits that I want to change	38
Life without phone for one day	43
My comfort zone	49
Конец ознакомительного фрагмента.	50

**Английский язык в
реальных ситуациях
Темы, выражения и
упражнения для уровня A2**

Джонас Тичерман

© Джонас Тичерман, 2026

ISBN 978-5-0070-4251-2

Создано в интеллектуальной издательской системе Ridero

Введение

Данная книга представляет собой учебно-практический материал, предназначенный для изучающих английский язык на уровне А2. Основной целью издания является развитие навыков устной и письменной речи через работу с темами, связанными с повседневной жизнью, личным опытом и типичными ситуациями общения.

Материал организован по тематическим главам, каждая из которых содержит связный текст, список ключевой лексики и выражений, речевые шаблоны, а также практические задания для закрепления изученного. Такой подход позволяет не только расширить словарный запас, но и сформировать умение использовать устойчивые выражения в реальной коммуникации.

Особое внимание уделяется развитию навыков самостоятельного высказывания. Вопросы и задания направлены на то, чтобы обучающийся мог строить собственные ответы, опираясь на предложенные языковые конструкции, а не заучивать готовые фразы. Это способствует более устойчивому усвоению языкового материала.

Темы подобраны таким образом, чтобы отражать ситуа-

ции, с которыми человек сталкивается в повседневной жизни: общение с друзьями, использование технологий, бытовые трудности, личные привычки и опыт. Это обеспечивает практическую направленность материала и повышает его применимость в реальных условиях.

Данное издание может быть использовано как для самостоятельного изучения, так и в рамках занятий с преподавателем. Оно ориентировано на постепенное развитие языковых навыков и формирование уверенности при использовании английского языка в простых коммуникативных ситуациях.

My real daily routine

Main text

My daily routine is not perfect and it is not always the same, but I want to describe a real typical day in my life. I usually wake up at around seven o'clock in the morning, although sometimes I wake up later because I feel tired. The first thing I do is check my phone for messages and notifications, but I try not to spend too much time on it because I need to get ready for the day.

After that I get out of bed and go to the bathroom. I wash my face, brush my teeth and try to wake myself up. Then I go to the kitchen to have breakfast. I usually eat something simple like bread with cheese or eggs. I also drink tea or coffee because it helps me feel more active in the morning.

When I finish breakfast, I get dressed. I usually choose comfortable clothes because I want to feel relaxed during the day. If I have work or study, I leave the house at about eight or nine o'clock. I often take the bus or sometimes I walk if the weather is nice.

My morning is usually busy. I study or work for several hours. I try to stay focused but sometimes I get distracted, especially

when I am tired. I usually take a short break to drink water or eat a snack. During this time I also talk to friends or check social media for a few minutes.

At lunch time I eat something at home or near my workplace. I do not always eat healthy food, but I try to choose better options when I can. After lunch I continue working or studying. In the afternoon I feel a bit tired, so I drink coffee or take a short rest.

In the evening I go back home. This is my favorite part of the day because I can relax. I usually watch videos, listen to music or talk with my family. Sometimes I go for a walk outside because it helps me clear my mind.

Later I have dinner. My dinner is usually simple, like soup, rice or pasta. After dinner I spend time on hobbies or personal activities. I might read something, watch a series or just scroll on my phone.

Before going to bed I try to prepare for the next day. I check what I need to do and sometimes I make a small plan. I go to bed around eleven o'clock, although sometimes I sleep later if I am not tired.

My routine is not perfect, but it works for me. Some days are more productive and some days are more relaxed. I think it is

normal because life is not always the same every day.

Key Vocabulary and Expressions

daily routine — распорядок дня

wake up — просыпаться

get ready — собираться

feel tired — чувствовать усталость

check messages — проверять сообщения

stay focused — оставаться сосредоточенным

take a break — делать перерыв

have breakfast — завтракать

get dressed — одеваться

feel relaxed — чувствовать себя расслабленно

eat a snack — перекусить

clear my mind — очистить мысли

go back home — возвращаться домой

spend time — проводить время

personal activities — личные дела

make a plan — составлять план

productive day — продуктивный день

Useful Patterns

I usually wake up at ... — Я обычно просыпаюсь в...

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

I try to... but sometimes I ... — Я стараюсь... но иногда я...

Because it helps me ... — Потому что это помогает мне...

After that I ... — После этого я...

I feel a bit... so I ... — Я чувствую себя немного... поэтому я...

This is my favorite part because ... — Это моя любимая часть потому что...

I spend time on ... — Я провожу время за...

Before going to bed I ... — Перед сном я...

Practice Questions

What time do you usually wake up?

What do you eat for breakfast?

What do you do in the morning?

How do you spend your free time?

What do you do in the evening?

Do you have a busy or relaxed routine?

Model Answers

I usually wake up at around seven o'clock. I feel a bit tired in the morning, but I try to get ready quickly and start my day.

For breakfast I usually eat something simple like bread or eggs. I also drink tea because it helps me feel more active.

In the morning I study or work and try to stay focused. Sometimes I take a short break because I get tired.

In my free time I watch videos or listen to music. I also like talking with my friends because it helps me relax.

In the evening I go back home and spend time with my family.

I also watch videos or go for a walk outside.

My routine is quite busy but also flexible. Some days I am more productive and other days I just rest and relax.

Expand Your Answer

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

Example answer

I usually spend time on personal activities in the evening because it helps me relax after a busy day. For example I watch videos or listen to music to clear my mind and feel better.

Complete the Sentences

In the morning I usually...

I feel tired so I...

After breakfast I...

In the evening I spend time on...

Before going to bed I...

A lazy day at home

Main text

Sometimes I have a lazy day at home, and honestly, I think it is completely normal. On these days I do not follow a strict routine because I just want to relax and take a break from everything. I usually wake up late, around nine or even ten oclock, because I do not set an alarm. I stay in bed for a while, scroll on my phone and slowly start my day.

I do not rush in the morning. I get up when I feel ready and go to the kitchen. I usually make something very simple for breakfast, like toast, cereal or just tea with biscuits. I eat slowly and sometimes I watch videos while I am eating. It is not very healthy or productive, but it feels comfortable.

After breakfast I often go back to my room or sit on the sofa. I might watch a series, listen to music or just relax without doing anything important. I do not feel guilty because I think everyone needs days like this. Although I sometimes plan to do something useful, I usually end up staying lazy for a while longer.

During the day I may do small things like cleaning my room or answering messages, but I do not do anything difficult. I also

like to take short breaks and just lie down. It helps me clear my mind and feel more relaxed. Sometimes I even fall asleep again in the afternoon.

For lunch I eat something quick, like sandwiches, soup or leftovers from yesterday. I do not cook anything special because I do not have much energy on lazy days. After lunch I usually continue relaxing. I might watch videos, play games or scroll on social media for a long time.

In the afternoon I sometimes go outside for a short walk, but only if I feel like it. Fresh air helps me feel better, although I do not always leave the house. If I stay home, I continue my quiet activities.

In the evening I feel a bit more active, so I tidy up a little or prepare for the next day. I also talk with my family or friends. This is a nice part of the day because I feel more connected after spending time alone.

Later I have dinner. It is usually simple, like pasta, rice or something quick. After dinner I relax again, maybe watch a film or listen to music. I try not to think about stress or work.

Before going to bed I check my phone, set my alarm and get ready for sleep. Even on lazy days I try to sleep at a normal time

because I do not want to mess up my routine too much.

A lazy day at home is not very productive, but I think it is important. It helps me rest, recharge my energy and feel better for the next days.

Key Vocabulary and Expressions

lazy day — ленивый день

stay in bed — оставаться в постели

scroll on my phone — листать телефон

take a break — делать перерыв

feel comfortable — чувствовать себя комфортно

do not rush — не спешить

simple breakfast — простой завтрак

watch a series — смотреть сериал

lie down — лежать

clear my mind — очистить мысли

fall asleep — заснуть

leftovers — остатки еды

scroll on social media — листать соцсети

fresh air — свежий воздух

tidy up — убираться немного

feel more active — чувствовать себя более активным

recharge my energy — восстановить энергию

not productive — непродуктивный

Useful Patterns

I usually wake up at ... — Я обычно просыпаюсь в...

I do not feel like ... — Мне не хочется...

I end up ... — В итоге я...

It helps me ... — Это помогает мне...

Although I... I still ... — Хотя я... я всё равно...

I might... if I feel like it — Я могу... если захочу

This is a nice part because ... — Это приятная часть потому что...

I try not to ... — Я стараюсь не...

It helps me feel ... — Это помогает мне чувствовать себя...

Practice Questions

Do you have lazy days at home?

What do you usually do on a lazy day?

Do you feel guilty when you do nothing?

What do you eat on a relaxed day?

Do you prefer active days or lazy days?

How do lazy days help you?

Model Answers

Yes, I sometimes have lazy days at home. I do not follow a strict routine and I just relax and rest.

On a lazy day I usually stay in bed, watch videos and scroll on my phone. I do small things but I do not work hard.

No, I do not feel guilty because I think everyone needs rest. It

helps me feel better and recharge my energy.

I usually eat simple food like sandwiches or leftovers. I do not cook anything difficult on these days.

I prefer a balance. I like active days but I also need lazy days to relax and clear my mind.

Lazy days help me relax and recharge my energy. After that I feel more active and ready to work again.

Expand Your Answer

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

Example answer

I usually have lazy days when I feel tired because it helps me recharge my energy. For example I stay in bed, watch a series and just relax without stress.

Complete the Sentences

On a lazy day I usually...

I do not feel like... so I...

I spend time on...

It helps me...

Before going to bed I...

A stressful day

Main text

A stressful day usually starts from the morning, and I can feel it even before I get out of bed. Sometimes I wake up late because I do not hear my alarm or I turn it off and fall asleep again. Then I suddenly realize that I am already late, so I quickly get up and start rushing.

In the morning I do everything very fast. I wash my face, brush my teeth and get dressed in a hurry. I do not really have time for a proper breakfast, so I usually just drink tea or coffee and maybe eat something small. While I am getting ready, I keep checking the time and I start feeling nervous because I do not want to be late.

When I leave the house, I often feel stressed because everything seems to go wrong. Sometimes the bus is late or there is traffic, so I worry even more. I try to stay calm, but it is not easy. I listen to music on my phone because it helps me forget stress a little bit.

At work or school the day is usually very busy. I have many tasks to do and I try to stay focused, but I often feel pressure

because there is not enough time. I move from one task to another without really resting. Sometimes I take a short break, but even then I think about what I still need to finish.

At lunch I do not really relax. I eat quickly and maybe check messages or plan my next tasks. I know it is not healthy to be stressed all the time, but on busy days it is hard to slow down.

In the afternoon I usually feel tired and mentally exhausted. I try to drink water or coffee to stay active, but my energy is low. I just wait for the day to end.

When I finally finish work or study, I feel a big relief. Going back home is one of the best moments because I can finally relax. Even though I am tired, I feel happy that the stressful part of the day is over.

In the evening I usually do something calming. I might take a shower, listen to music or watch something light on TV. I try not to think about problems from the day because I need to clear my mind.

After dinner I spend time doing simple things like scrolling on my phone or talking to my family. I do not do anything difficult because I need rest. Before going to bed I try to relax and prepare for sleep.

A stressful day is not pleasant, but it is a part of life. It teaches me to manage my time better and appreciate calm days more.

Key Vocabulary and Expressions

stressful day — стрессовый день

wake up late — просыпаться поздно

get up in a hurry — вставать в спешке

feel nervous — чувствовать нервозность

check the time — проверять время

be late — опоздать

traffic — пробка

stay calm — оставаться спокойным

feel pressure — чувствовать давление

busy day — занятый день

take a short break — сделать короткий перерыв

mentally exhausted — морально уставший

feel tired — чувствовать усталость

big relief — большое облегчение

clear my mind — очистить мысли

calm activities — спокойные занятия

manage time — управлять временем

slow down — замедлиться

Useful Patterns

I wake up and immediately feel ... — Я просыпаюсь и сразу

чувствую...

I get up in a hurry because ... — Я встаю в спешке потому что...

I do not have time for ... — У меня нет времени на...

I try to stay calm but ... — Я стараюсь оставаться спокойным, но...

It helps me forget ... — Это помогает мне забыть...

I feel pressure because ... — Я чувствую давление потому что...

I take a short break to ... — Я делаю короткий перерыв чтобы...

When I finally... I feel ... — Когда я наконец... я чувствую...

I try not to think about ... — Я стараюсь не думать о...

Practice Questions

Do you often have stressful days?

What usually makes your day stressful?

How do you feel when you are late?

What do you do to stay calm?

Do you like busy days or calm days more?

How do you relax after a stressful day?

Model Answers

Yes, sometimes I have stressful days, especially when I have many tasks and not enough time.

My day becomes stressful when I wake up late or when I have too many things to do.

When I am late, I feel nervous and stressed, but I try to stay calm and move faster.

To stay calm I listen to music or take a short break. It helps me clear my mind.

I prefer calm days because I feel more relaxed and productive when I am not under pressure.

After a stressful day I relax by watching something or listening to music. It helps me feel better.

Expand Your Answer

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

Example answer

I usually feel stressed when I have a busy day because I feel pressure and I do not have time to relax. For example I get up in a hurry and try to manage my time, but I still feel nervous.

Complete the Sentences

In the morning I feel stressed when...

I get up in a hurry because...

I do not have time for...

I feel pressure when...

After a stressful day I...

A productive day

Main text

A productive day is a day when I feel that I really use my time well and finish many useful things. It does not mean that I am busy all the time, but I feel focused and satisfied with what I do.

I usually wake up early on a productive day, around seven o'clock. I do not stay in bed too long because I already have a plan in my head. I get up, wash my face, brush my teeth and quickly get ready. I try not to waste time in the morning because I want to start the day in a good way.

For breakfast I usually eat something simple but healthy, like eggs, yogurt or oatmeal. I also drink coffee or tea because it helps me feel more active and focused. While I eat, I sometimes think about my goals for the day.

After breakfast I start my main tasks. This can be studying, working or doing personal projects. I try to stay focused and avoid distractions like my phone or social media. I usually work for one or two hours, then take a short break. During the break I stretch, drink water or just relax for a few minutes.

In the middle of the day I feel very productive. I can complete many tasks and I feel motivated. Sometimes I listen to music because it helps me concentrate better. I like this part of the day because I feel that I am moving forward and not wasting time.

At lunch I take a proper break. I eat something healthy and I try not to rush. I also talk with friends or family sometimes. This helps me relax a little before continuing my work.

In the afternoon I continue with my tasks. I may feel a bit tired, but I try to stay disciplined. If I feel low energy, I take a short walk or drink coffee. It helps me refresh my mind and continue working.

In the evening I usually finish my main tasks and feel a strong sense of satisfaction. This is one of the best feelings because I know I used my time well. I go back home and relax.

After dinner I spend time on light activities like watching videos, reading or talking with family. I do not do anything too stressful because I want to rest after a productive day.

Before going to bed I often make a small plan for the next day. I check what I achieved and what I still need to do. Then I go to sleep feeling calm and satisfied.

A productive day helps me feel confident and motivated. I think it is important to have days like this because they help me reach my goals step by step.

Key Vocabulary and Expressions

productive day — продуктивный день

use my time well — хорошо использовать время

feel focused — чувствовать сосредоточенность

set goals — ставить цели

get ready — собираться

waste time — тратить время впустую

stay focused — оставаться сосредоточенным

avoid distractions — избегать отвлечений

take a short break — делать короткий перерыв

feel motivated — чувствовать мотивацию

move forward — двигаться вперёд

complete tasks — выполнять задачи

feel low energy — чувствовать низкую энергию

refresh my mind — освежить разум

sense of satisfaction — чувство удовлетворения

light activities — лёгкие занятия

make a plan — составлять план

reach goals — достигать целей

Useful Patterns

I usually wake up at ... — Я обычно просыпаюсь в...

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

I start my day by ... — Я начинаю день с...

It helps me feel ... — Это помогает мне чувствовать...

I stay focused on ... — Я сосредотачиваюсь на...

I take a short break to ... — Я делаю короткий перерыв чтобы...

This helps me ... — Это помогает мне...

I feel satisfied because ... — Я чувствую удовлетворение потому что...

Before going to bed I ... — Перед сном я...

Practice Questions

What does a productive day mean for you?

Do you usually wake up early or late?

How do you stay focused during the day?

What helps you feel motivated?

Do you make plans for your day?

How do you feel after a productive day?

Model Answers

A productive day for me means a day when I complete many useful tasks and use my time well.

I usually wake up early because I feel more active and ready to start my day.

I stay focused by avoiding distractions and taking short breaks when I need them.

I feel motivated when I see my progress and complete my tasks step by step.

Yes, I usually make a small plan because it helps me organize my time better.

After a productive day I feel satisfied and calm because I know I achieved my goals.

Expand Your Answer

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

Example answer

I feel motivated on a productive day because I can complete tasks and move forward with my goals. For example I avoid distractions, stay focused and take short breaks to refresh my mind.

Complete the Sentences

In a productive day I usually...

I stay focused by...

I take a short break when...

I feel motivated because...

Before going to bed I...

My morning chaos (when everything goes wrong)

Main text

Sometimes my morning is completely chaotic, and nothing goes the way I planned. It usually starts when I wake up late and realize that I do not have enough time to get ready. I quickly open my eyes, look at the clock and immediately feel stressed because I understand that I am already behind schedule.

I get out of bed in a hurry and start doing everything very fast. I wash my face, brush my teeth and try to get dressed as quickly as possible. But on these mornings, small problems always happen. I cannot find my clothes, or I choose the wrong shirt and then I have to change it again. It makes me even more nervous.

While I am getting ready, I keep checking the time again and again. I feel like the minutes are disappearing too fast. I often skip breakfast or just drink coffee because I do not have time to sit and eat properly. I know it is not healthy, but I just want to leave the house as soon as possible.

Then something else usually goes wrong. I cannot find my

keys, or my phone is not charged, or I forget something important like my wallet. I run around the house trying to fix everything at the last moment. It feels like a small disaster every time.

When I finally leave the house, I often feel out of breath and stressed. Sometimes I miss the bus, or there is traffic on the road, so I get even more anxious. I try to stay calm, but it is not easy because I already feel late and worried.

During the ride I usually sit and think about my morning mistakes. I tell myself that tomorrow I will wake up earlier, but sometimes the same thing happens again. I listen to music to calm down, because it helps me forget the chaos for a few minutes.

When I arrive at work or school, I feel tired and a bit frustrated. It takes time to focus because my morning was so stressful. I usually need a few minutes just to sit quietly and organize my thoughts.

Later in the day everything becomes normal again, but I still remember the chaotic morning. It always reminds me that I should prepare better in the evening, like checking my clothes, charging my phone and going to bed earlier.

Even though these mornings are stressful, they also teach me something important. I understand that good preparation can

save a lot of time and stress.

Key Vocabulary and Expressions

morning chaos — утренний хаос

wake up late — просыпаться поздно

behind schedule — не успевать по графику

in a hurry — в спешке

feel stressed — чувствовать стресс

get dressed — одеваться

small problems — мелкие проблемы

check the time — проверять время

skip breakfast — пропускать завтрак

leave the house — выходить из дома

forget something — забыть что-то

last moment — последний момент

miss the bus — опоздать на автобус

feel out of breath — задыхаться

traffic on the road — пробка на дороге

stay calm — оставаться спокойным

calm down — успокоиться

organize my thoughts — организовать мысли

Useful Patterns

I wake up and immediately realize ... — Я просыпаюсь и сразу понимаю...

I get up in a hurry because ... — Я встаю в спешке потому

что...

I do not have time to ... — У меня нет времени...

I keep checking ... — Я постоянно проверяю...

Something goes wrong when ... — Что-то идёт не так когда...

I try to stay calm but ... — Я стараюсь оставаться спокойным, но...

I feel stressed because ... — Я чувствую стресс потому что...

I finally manage to ... — Я наконец-то успеваю...

It reminds me that ... — Это напоминает мне что...

Practice Questions

Do you often have chaotic mornings?

What usually goes wrong in your morning?

How do you feel when you are late?

What do you do when you forget something?

Do you skip breakfast when you are in a hurry?

How do you calm down during a stressful morning?

Model Answers

Sometimes I have chaotic mornings when I wake up late and everything goes wrong.

Usually I cannot find my things or I do not have enough time to get ready properly.

When I am late, I feel stressed and nervous, but I try to stay

calm.

When I forget something, I go back quickly or try to fix the problem as fast as possible.

Yes, I often skip breakfast because I do not have time to eat when I am in a hurry.

I calm down by listening to music and telling myself that the rest of the day will be better.

Expand Your Answer

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

Example answer

I sometimes have chaotic mornings when I wake up late and feel behind schedule. For example I get dressed in a hurry, skip breakfast and try to leave the house quickly, but I still feel stressed.

Complete the Sentences

In the morning chaos I usually...

I feel stressed when...

I get up in a hurry because...

I sometimes forget...

I try to stay calm by...

My evening relaxation routine

Main text

My evening relaxation routine is very important for me because it helps me calm down after a long and sometimes stressful day. When I come back home in the evening, I usually feel tired, so I try to slow down and change my mood.

The first thing I do is take off my shoes and change into comfortable clothes. I like this moment because I finally feel free from the outside world. After that I usually wash my hands and face, and I spend a few minutes just sitting quietly. It helps me leave all the stress behind.

Then I often have dinner. My dinner is usually simple, like soup, rice, pasta or something light. I do not rush while eating because I want to enjoy the moment. Sometimes I eat while watching something relaxing, like a series or funny videos.

After dinner I start my real relaxation time. I usually sit on the sofa or lie down on my bed. I might scroll on my phone, listen to music or watch videos. This is my favorite part of the evening because I do not need to think about work or study.

Sometimes I talk to my family or friends in the evening. It is nice to share small stories about the day and feel connected. Although I am tired, these conversations make me feel better.

If I feel a bit active, I sometimes go for a short walk outside. The fresh air helps me clear my mind and relax my body. Even a 10—15 minute walk can improve my mood.

Later in the evening I try to do something calm and quiet. I might read a book, watch a light show or just listen to music in a low volume. I avoid stressful activities because I want my mind to rest.

Before going to bed I usually prepare for the next day. I check what I need to do, set my alarm and sometimes lay out my clothes. This helps me feel organized and less stressed in the morning.

Finally I go to bed and try to fall asleep peacefully. I do not always fall asleep immediately, but I try to relax, breathe slowly and think about good things.

My evening relaxation routine is simple, but it helps me a lot. It gives me balance, reduces stress and prepares me for a new day.

Key Vocabulary and Expressions

evening relaxation routine — вечерняя рутина отдыха

calm down — успокоиться

slow down — замедлиться

change my mood — изменить настроение

feel tired — чувствовать усталость

comfortable clothes — удобная одежда

leave stress behind — оставить стресс позади

have dinner — ужинать

light meal — лёгкая еда

enjoy the moment — наслаждаться моментом

scroll on my phone — листать телефон

relax my mind — расслабить разум

feel connected — чувствовать связь

fresh air — свежий воздух

clear my mind — очистить мысли

low volume — тихая громкость

fall asleep — заснуть

set my alarm — поставить будильник

feel organized — чувствовать организованность

reduce stress — уменьшать стресс

Useful Patterns

When I come back home I usually ... — Когда я прихожу домой я обычно...

I like this moment because ... — Мне нравится этот момент

ПОТОМУ ЧТО...

It helps me ... — Это помогает мне...

I try not to ... — Я стараюсь не...

After that I usually ... — После этого я обычно...

This is my favorite part because ... — Это моя любимая часть потому что...

If I feel like it I ... — Если мне хочется я...

It helps me feel ... — Это помогает мне чувствовать...

Before going to bed I ... — Перед сном я...

Practice Questions

What do you usually do in the evening?

How do you relax after a long day?

Do you prefer quiet or active evenings?

What helps you calm down the most?

Do you talk to your family in the evening?

Do you prepare for the next day before sleeping?

Model Answers

In the evening I usually come home, have dinner and relax by watching videos or listening to music.

I relax after a long day by changing into comfortable clothes and spending time quietly at home.

I prefer quiet evenings because they help me calm down and reduce stress.

Listening to music or going for a short walk helps me calm

down the most.

Yes, I often talk to my family in the evening because it makes me feel connected.

Yes, I usually prepare for the next day by setting my alarm and planning small tasks.

Expand Your Answer

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

Example answer

I usually relax in the evening by changing into comfortable clothes and listening to music because it helps me calm down after a busy day. For example I sometimes go for a short walk to clear my mind and reduce stress.

Complete the Sentences

In the evening I usually...

I like this moment because...

It helps me...

I feel relaxed when...

Before going to bed I...

My habits that I want to change

Main text

Everyone has habits that are not perfect, and I am not an exception. I also have some habits that I want to change because they sometimes make my life more stressful or less productive. I think it is normal, but I also believe that small changes can improve daily life.

One of my main habits is using my phone too much. I often scroll on social media without noticing how much time I spend on it. Sometimes I plan to use my phone for only a few minutes, but I end up spending much longer. Because of this, I waste time that I could use for studying, working or resting properly. I want to reduce this habit and use my time more wisely.

Another habit I want to change is going to bed too late. I sometimes watch videos or use my phone at night, and I do not realize how late it becomes. As a result, I wake up feeling tired and not ready for the day. I know that good sleep is very important, so I want to improve my sleep schedule and go to bed earlier.

I also have a habit of procrastinating. When I have tasks to

do, especially difficult ones, I sometimes delay them and do something easier instead. For example, I might clean my room or check messages instead of starting my work. This makes me feel more stressed later because I still have unfinished tasks. I want to learn how to stay focused and start tasks on time.

Another thing I want to change is skipping breakfast when I am in a hurry. In the morning, I sometimes do not have enough time, so I just drink coffee and leave the house. Although it saves time, I feel less energetic during the day. I think having a simple breakfast would help me feel better and more active.

Sometimes I also want to improve how I manage my time. I do not always make a clear plan for the day, so I can get distracted easily. When I do not organize my tasks, I feel like the day passes quickly without doing enough important things. I want to start planning my day better and setting clear goals.

Even though these habits are not very serious, I believe they affect my life. I am trying to change them step by step, not all at once. I know that it takes time and effort, but I want to become more disciplined and balanced.

Changing habits is not easy, but I think it is possible if I stay consistent. Even small improvements can make a big difference in my daily routine and overall well-being.

Key Vocabulary and Expressions

habit — привычка

scroll on social media — листать соцсети

waste time — тратить время впустую

use time wisely — использовать время с умом

go to bed late — ложиться поздно

sleep schedule — режим сна

feel tired — чувствовать усталость

procrastination — прокрастинация

delay tasks — откладывать задачи

stay focused — оставаться сосредоточенным

skip breakfast — пропускать завтрак

energy level — уровень энергии

manage time — управлять временем

make a plan — составлять план

set goals — ставить цели

get distracted — отвлекаться

step by step — шаг за шагом

stay consistent — быть последовательным

improve life — улучшить жизнь

Useful Patterns

One of my habits is ... — Одна из моих привычек...

I want to change it because ... — Я хочу изменить это потому что...

I often end up ... — В итоге я часто...

This makes me feel ... — Это заставляет меня чувствовать...

I want to learn how to ... — Я хочу научиться...

Although it helps, it also ... — Хотя это помогает, это также...

I believe that ... — Я считаю, что...

I am trying to... step by step — Я стараюсь... шаг за шагом

It takes time to ... — Нужно время чтобы...

Practice Questions

What habits do you want to change?

Do you use your phone too much?

Do you often procrastinate?

How do you manage your time?

Do you have a good sleep schedule?

What helps you improve your habits?

Model Answers

I want to change my habit of using my phone too much and going to bed late.

Yes, I sometimes use my phone too much and spend a lot of time on social media.

Yes, I sometimes procrastinate, especially when tasks are difficult or boring.

I try to manage my time by making small plans, but I need

to improve it.

My sleep schedule is not perfect, but I am trying to go to bed earlier.

Small daily changes and staying consistent help me improve my habits.

Expand Your Answer

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

Example answer

I want to change my habit of procrastination because I often delay tasks and get distracted. For example I scroll on social media instead of staying focused, so I try to improve step by step.

Complete the Sentences

One habit I want to change is...

I often waste time when...

I get distracted by...

I want to improve my habit of...

I am trying to change step by step because...

Life without phone for one day

Main text

Living without a phone for one day sounds easy, but in reality it can feel very different from a normal day. I decided to try it because I wanted to see how much I depend on my phone and how I spend my time without it.

In the morning I usually wake up and immediately check my phone, but on this day I could not do that. At first it felt strange because I did not know the time or any messages. I had to rely on my own routine instead of notifications. I got up, washed my face and brushed my teeth without any distractions.

Breakfast was also different. I did not scroll on social media while eating, so I paid more attention to my food. It felt slower, but also more peaceful. I noticed that I actually enjoy simple moments more when I am not distracted.

After breakfast I did not know what to do at first because I usually use my phone for entertainment. So I decided to clean my room and organize my things. It was surprising, but I felt more productive than usual. I also read a book for a while, which I normally do not do often.

During the day I felt a mix of feelings. Sometimes I felt bored because I could not check messages or watch videos. But at the same time I felt more focused. I could think more clearly and I did not get distracted all the time. I even went for a long walk outside and really noticed my surroundings.

Lunch was simple, but I ate slowly and without rushing. I also had more time to think and relax. I realized that without a phone, time feels different. Sometimes it feels slower, but more real.

In the afternoon I continued reading and doing small tasks at home. I also wrote some notes and made a small plan for the next days. I felt like I had more control over my time, even though I did not have my phone.

In the evening I spent time talking with my family. It was actually very nice because we had longer conversations without interruptions. We laughed more and shared more stories than usual.

Before going to bed I felt calm but also a little curious. I wondered how many times I normally check my phone without thinking. I realized that my phone is a big part of my daily life, but I can live without it for a while.

This experience taught me that life without a phone can be more peaceful and productive, even if it feels unusual at first. It helped me understand that sometimes it is good to disconnect and focus on real life.

Key Vocabulary and Expressions

live without phone — жить без телефона

depend on — зависеть от

notifications — уведомления

feel strange — чувствовать странно

distractions — отвлечения

peaceful moment — спокойный момент

pay attention — обращать внимание

feel bored — чувствовать скуку

feel focused — чувствовать сосредоточенность

think clearly — думать ясно

surroundings — окружающая обстановка

long walk — долгая прогулка

time feels different — время ощущается иначе

control over time — контроль над временем

spend time — проводить время

real life — реальная жизнь

disconnect — отключиться

experience — опыт

curious — любопытный

productive — продуктивный

Useful Patterns

I decided to... because ... — Я решил... потому что...

At first it felt ... — Сначала это ощущалось...

I could not... so I ... — Я не мог... поэтому я...

It felt strange because ... — Это было странно потому что...

I felt more... than usual — Я чувствовал себя более... чем обычно

I realized that ... — Я понял что...

It helped me ... — Это помогло мне...

I had more time to ... — У меня было больше времени что-бы...

This experience taught me ... — Этот опыт научил меня...

Practice Questions

Can you live without your phone for one day?

What do you usually use your phone for?

Do you feel stressed without notifications?

What would you do without a phone for a day?

Do you think phones distract people?

How often do you check your phone?

Model Answers

I think I can live without my phone for one day, but it would feel strange at first.

I usually use my phone for social media, messages and

watching videos.

Yes, at first I might feel stressed because I am used to checking notifications.

Without a phone I would read, go for a walk and spend more time with family.

Yes, I think phones distract people and make it harder to stay focused.

I check my phone many times a day, sometimes without even thinking about it.

Expand Your Answer

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

Example answer

I think I can live without my phone for one day because I want to disconnect and focus on real life. For example I would go for a long walk and pay attention to my surroundings instead of checking notifications.

Complete the Sentences

Without my phone I feel...

I usually use my phone for...

At first it felt... because...

I realized that...

This experience taught me that...

My comfort zone

Main text

My comfort zone is the place where I feel safe, relaxed and free from stress. It is not only a physical place, but also a way of living and thinking. I usually feel in my comfort zone when I am at home, in my room, doing simple and familiar things.

Конец ознакомительного фрагмента.

Текст предоставлен ООО «Литрес».

Прочитайте эту книгу целиком, [купив полную легальную версию](#) на Литрес.

Безопасно оплатить книгу можно банковской картой Visa, MasterCard, Maestro, со счета мобильного телефона, с платежного терминала, в салоне МТС или Связной, через PayPal, WebMoney, Яндекс.Деньги, QIWI Кошелек, бонусными картами или другим удобным Вам способом.