

12+Джонас Тичерман

Разговорный английский: базовый уровень

Повседневные темы, полезные
выражения



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Аннотация

Данное пособие представляет собой сборник практических текстов и заданий по английскому языку уровня А2. Материалы охватывают повседневные темы: быт, городская жизнь, свободное время, общение и покупки. Каждый раздел включает текст, полезную лексику, речевые конструкции и упражнения для закрепления. Книга направлена на развитие разговорных навыков, расширение словарного запаса и формирование уверенности в использовании английского языка в реальных ситуациях.

Содержание

Введение	5
My Real Morning Routine	7
What I Usually Do After Work/Study	12
A Normal Day at Home	18
My Room and My Things	24
Helping at Home	30
Cooking Simple Meals	36
When I Have No Energy	42
My Evening Routine	48
Small Problems at Home	54
Конец ознакомительного фрагмента.	58

**Разговорный английский:
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Джонас Тичерман

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Введение

Настоящее издание представляет собой учебно-практический сборник текстов и заданий, направленных на развитие базовых навыков английского языка на уровне А2. Материалы книги организованы вокруг повседневных тем, связанных с личной жизнью, бытом, свободным временем, городскими ситуациями и социальным взаимодействием.

Основная цель данного пособия заключается в формировании у обучающихся устойчивых речевых навыков, необходимых для простого и уверенного общения на английском языке в типичных жизненных ситуациях. Особое внимание уделяется расширению активного словарного запаса, освоению часто используемых речевых конструкций, а также развитию навыков построения связных высказываний.

Каждая тема включает текст, составленный в разговорно-объяснительном стиле, список ключевой лексики с переводом, речевые модели, а также практические задания для закрепления материала. Такой подход позволяет не только понимать содержание прочитанного, но и использовать изученные выражения в собственной речи.

Структура материалов построена по принципу постепен-

ного усложнения и повторяемости языковых единиц, что способствует более эффективному усвоению. Темы подобраны с учётом повседневного опыта обучающихся и отражают наиболее распространённые коммуникативные ситуации.

Данное пособие может быть использовано как для самостоятельного изучения английского языка, так и в рамках дополнительных занятий под руководством преподавателя. Оно ориентировано на формирование практической языковой компетенции и развитие уверенности при использовании английского языка в устной и письменной форме.

My Real Morning Routine

Text

My morning routine is quite simple, but it is very important for my day. I usually wake up at 7 o'clock in the morning because I need to go to school or work on time. The alarm on my phone rings, and sometimes I feel tired, but I still get up. I often stay in bed for a few minutes and check my phone, although I know it is not a good habit. Then I take a deep breath and start my day. I try not to press snooze, because it makes me late sometimes. I also open the window to get fresh air and feel more awake. On weekdays my routine is strict, but on weekends I wake up later and feel more relaxed. I also avoid checking social media too much because it can distract me from starting my day in a good mood.

After that, I go to the bathroom and wash my face. I brush my teeth carefully and try to wake up completely. I like to listen to music while I get ready, because it makes me feel more energetic. Then I choose my clothes for the day. Sometimes I cannot decide quickly, so I ask my family or just pick something simple. I also wash my hands and sometimes take a quick shower if I have extra time. After that, I feel more fresh and ready for the day. I try to keep my bathroom routine quick but effective so I do not waste

too much time. I feel that a consistent routine helps me save time and reduces morning stress.

Breakfast is my favorite part of the morning. I usually eat something easy like bread, eggs, or cereal. I also drink tea or coffee. While I eat, I sometimes watch short videos or talk with my family. This helps me feel relaxed before a busy day. Although I do not always have much time, I try not to skip breakfast because it gives me energy. Sometimes I prepare a sandwich or fruit when I want something healthier. I try to drink enough water in the morning. I enjoy my breakfast because it gives me energy and helps me think better during the morning. I usually try to keep a positive attitude while eating.

Then I prepare to leave home. I check my bag to make sure I have everything I need, like books, notebook, or my laptop. I say goodbye to my family and go outside. I usually walk to the bus stop or take public transport. The morning air feels fresh, and I like this quiet time before my day really starts. If the weather is bad, I take an umbrella or wear a jacket. I also listen to podcasts during my trip. I sometimes meet friends on the way, and we talk a little before going to our places. I like this part of the morning because it gives me a chance to think about the day ahead and feel peaceful.

When I arrive at school or work, I feel ready to begin my day.

Even if I am a little sleepy, I know that my morning routine helps me stay organized and calm. It is not perfect every day, but it is my habit, and it makes my life easier and more structured. I also reflect on my goals while traveling, which helps me stay motivated throughout the day. I try to improve my routine step by step because small changes can make a big difference. I also try to avoid stress by planning my morning the night before.

Key Vocabulary and Expressions

morning routine — утренняя рутина

wake up — просыпаться

stay in bed — оставаться в постели

press snooze — откладывать будильник

fresh air — свежий воздух

feel awake — чувствовать себя бодрым

get ready — собираться

feel energetic — чувствовать энергию

pick clothes — выбирать одежду

quick shower — быстрый душ

consistent routine — постоянный распорядок

save time — экономить время

morning stress — утренний стресс

skip breakfast — пропускать завтрак

feel relaxed — чувствовать расслабление

take a bus — ехать на автобусе

public transport — общественный транспорт

check my bag — проверять сумку
fresh morning air — свежий утренний воздух
stay organized — быть организованным

Useful Patterns

I usually... — Я обычно...

I like to... because... — Мне нравится... потому что...

Sometimes I... — Иногда я...

I try not to... — Я стараюсь не...

It helps me... — Это помогает мне...

Before I..., I... — Перед тем как..., я...

I feel more... when I... — Я чувствую себя более... когда я...

Practice: Answer the Questions

What time do you usually wake up?

Model answer: I usually wake up at 7 o'clock in the morning.

It helps me start my day on time and feel more organized.

What do you do first in the morning?

Model answer: First, I check my phone and then I wash my face. After that, I try to wake up completely.

Do you eat breakfast every day?

Model answer: Yes, I usually eat breakfast because it gives me energy. I feel better and more active during the morning.

How do you go to school or work?

Model answer: I usually take public transport or walk to the

bus stop. It is a quiet time for thinking.

Do you like your morning routine?

Model answer: Yes, I like it because it helps me stay organized. Even if I am tired, it makes my day easier.

What do you do to feel more awake?

Model answer: I open the window for fresh air and listen to music. It helps me feel more energetic.

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:

I usually wake up early and try not to stay in bed too long because I want to save time. For example, I open the window and get fresh air, which helps me feel awake and start the day better.

Practice: Complete the Sentences

I usually _____ at 7 o'clock in the morning.

I feel more _____ when I drink coffee in the morning.

I try not to _____ breakfast because it is important.

My morning routine helps me stay _____ and calm.

I take a bus or use _____ transport to go to work.

What I Usually Do After Work/Study

Text

After a long day at school or work, I usually feel a bit tired, but also relieved because the main part of the day is over. My after-work routine is not very strict, but it still has some regular habits that help me relax and feel better. I think this time of the day is important because it helps me switch from «work mode» to «rest mode» and recover my energy.

When I come home, the first thing I usually do is take off my shoes and change into comfortable clothes. It immediately makes me feel more relaxed. Then I often wash my hands and drink some water because I feel thirsty after a busy day. Sometimes I just sit on the sofa for a few minutes and do nothing. I enjoy this small break because it helps me calm down and forget about stress from school or work.

After that, I usually have a snack or dinner. I like simple food in the evening, such as soup, pasta, or sandwiches. While I eat, I sometimes watch videos or listen to music. It makes the meal more enjoyable and helps me relax. Although I try not to use my phone too much, I still check messages or social media because I want to stay in touch with my friends. However, I try to control

my screen time so I do not waste the whole evening online.

After eating, I decide what to do next. If I have homework or tasks, I usually try to finish them first. I focus better in the evening because the environment is quiet. I make a small plan and start with the easiest tasks so I do not feel stressed. Sometimes I study for one or two hours, but I take short breaks in between. This helps me stay productive and not get too tired. I think it is better to finish work early so I can enjoy the rest of the evening.

If I do not have much work, I spend time doing things I enjoy. I might watch a movie, play games, read a book, or go for a walk. Walking outside in the evening is one of my favorite activities because the air is fresh and it helps me clear my mind. Sometimes I meet friends or talk with my family. These small conversations make me feel connected and happy. I also enjoy listening to music while relaxing because it helps me feel calm.

Later in the evening, I start preparing for the next day. I check my bag, plan my clothes, and think about what I need to do tomorrow. This habit helps me feel more organized and reduces morning stress. I also try to avoid using my phone too late because it affects my sleep. Instead, I prefer to read something light or just relax quietly.

Before going to bed, I usually take a shower and brush my

teeth. Then I lie in bed and think about my day. Sometimes I reflect on what went well and what I can improve. I think this is a good habit because it helps me grow and become more disciplined. Finally, I fall asleep and get ready for a new day.

Overall, my after-work routine is a mix of rest, small responsibilities, and personal time. It is not perfect every day, but it helps me balance work and relaxation in a healthy way.

Key Vocabulary and Expressions

after-work routine — распорядок после работы/учёбы

feel relieved — чувствовать облегчение

switch to rest mode — перейти в режим отдыха

take off shoes — снимать обувь

comfortable clothes — удобная одежда

calm down — успокоиться

have a snack — перекусить

stay in touch — оставаться на связи

screen time — время за экраном

waste time — тратить время впустую

finish tasks — завершать задачи

stay productive — оставаться продуктивным

take short breaks — делать короткие перерывы

clear my mind — очистить мысли

go for a walk — пойти на прогулку

feel connected — чувствовать связь с другими

prepare for tomorrow — готовиться к завтрашнему дню
reduce stress — уменьшить стресс
go to bed — ложиться спать
reflect on my day — анализировать свой день

Useful Patterns

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

It helps me to... — Это помогает мне...

I try not to... — Я стараюсь не...

I like to... because... — Мне нравится... потому что...

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

If I have time, I... — Если у меня есть время, я...

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

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

Practice: Answer the Questions

What do you usually do when you come home after study or work?

Model answer: When I come home, I usually change my clothes and drink some water. It helps me relax and feel more comfortable.

Do you prefer resting or doing tasks first?

Model answer: I prefer doing tasks first because then I can relax without stress. It helps me stay organized.

What do you usually eat in the evening?

Model answer: I usually eat something simple like soup or sandwiches. It is easy and makes me feel full.

How do you relax after a busy day?

Model answer: I relax by watching videos or going for a walk. It helps me clear my mind and reduce stress.

Do you spend a lot of time on your phone?

Model answer: Sometimes I use my phone, but I try not to waste too much screen time. I want to be more productive.

What do you do before going to bed?

Model answer: Before bed, I prepare for tomorrow and think about my day. It helps me feel organized.

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:

After I come home, I usually take off my shoes and have a snack because it helps me feel comfortable and calm. For example, I might go for a walk later to clear my mind and reduce stress after a busy day.

Practice: Complete the Sentences

When I come home, I usually _____ my shoes and relax.

I like to go for a _____ because it helps me clear my mind.

I try not to waste too much _____ time in the evening.

I often _____ tasks before I relax.

Before going to bed, I _____ for tomorrow.

A Normal Day at Home

Text

A normal day at home for me is usually calm and quite simple. It is not very exciting, but I like it because it helps me rest, organize my thoughts, and spend time in a comfortable environment. My daily routine at home depends on whether it is a weekday or a weekend, but some activities are almost always the same.

In the morning, I usually wake up and spend a few minutes in bed before I get up. I often check the time and think about what I need to do during the day. Then I slowly get out of bed and start my morning routine. I wash my face, brush my teeth, and change into comfortable clothes. If I have time, I also eat breakfast at home. I like simple food like eggs, bread, or cereal. While I eat, I sometimes listen to music or watch short videos, but I try not to stay on my phone too long.

After breakfast, I usually clean my room a little bit. I make my bed, put things in order, and sometimes do light cleaning. I feel better when my space is tidy because it helps me think clearly. Then I start my main activities of the day. If it is a weekday, I usually study or do homework. I try to focus for one or two hours,

but I also take short breaks because it is hard to concentrate for a long time. During breaks, I drink water, stretch, or just relax.

Sometimes I study at my desk, but other times I prefer sitting on the sofa or near a window. A quiet environment helps me stay focused, but I also like having soft background music. It makes studying less boring and more comfortable. Although I do not always feel motivated, I try to remind myself that small steps are still progress.

In the afternoon, I usually have lunch. It can be something simple like soup, rice, or leftovers from yesterday. After eating, I often feel a bit sleepy, so I rest for a short time. Sometimes I lie down and scroll on my phone, but I try not to waste too much time. If I feel energetic, I continue studying or start doing house chores like washing dishes or helping my family.

Later in the day, I have some free time. This is my favorite part of the day because I can relax and do things I enjoy. I might watch movies, play games, read books, or listen to music. Sometimes I talk with my family or friends. These conversations make me feel happy and connected. If the weather is good, I also go outside for a short walk. Fresh air helps me feel refreshed and clear my mind.

In the evening, I usually have dinner with my family. We talk about our day and share small stories. I like this moment because

it brings us closer together. After dinner, I help clean the kitchen or tidy up the house a little bit. Then I prepare for the next day by organizing my things, checking my bag, and thinking about my plans.

Before going to bed, I usually take a shower and relax. I might read something light or listen to calm music. I try to avoid using my phone too much because it can make it harder to fall asleep. Finally, I lie in bed, think about my day, and slowly fall asleep.

Overall, a normal day at home is simple but important for me. It helps me balance rest, study, and personal time, and it gives me a feeling of comfort and stability.

Key Vocabulary and Expressions

normal day — обычный день

stay at home — оставаться дома

calm environment — спокойная обстановка

organize my thoughts — организовать мысли

morning routine — утренний распорядок

comfortable clothes — удобная одежда

tidy room — аккуратная комната

put things in order — наводить порядок

concentrate — концентрироваться

take short breaks — делать короткие перерывы

background music — фоновая музыка

stay motivated — оставаться мотивированным
waste time — тратить время впустую
free time — свободное время
feel refreshed — чувствовать себя обновлённым
clear my mind — очистить мысли
spend time with family — проводить время с семьёй
share stories — делиться историями
prepare for tomorrow — готовиться к завтрашнему дню
fall asleep — засыпать

Useful Patterns

My day usually starts with... — Мой день обычно начинается с...

I like to... because... — Мне нравится... потому что...

If I have time, I... — Если у меня есть время, я...

It helps me to... — Это помогает мне...

I try not to... — Я стараюсь не...

During the day, I usually... — В течение дня я обычно...

In the evening, I prefer to... — Вечером я предпочитаю...

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

Practice: Answer the Questions

What do you usually do at home in the morning?

Model answer: In the morning, I usually wake up, wash my face, and have breakfast. It helps me start the day calmly.

Do you clean your room regularly?

Model answer: Yes, I try to keep my room tidy. It helps me organize my thoughts and feel better.

How do you spend your free time at home?

Model answer: I spend my free time watching movies or listening to music. It helps me relax and feel refreshed.

Do you study at home?

Model answer: Yes, I usually study at home for one or two hours. I take short breaks to stay focused.

What do you do with your family at home?

Model answer: I usually have dinner and talk with my family. We share stories about our day.

How do you relax in the evening?

Model answer: I relax by reading or listening to calm music. It helps me clear my mind before sleep.

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:

At home, I usually try to keep my room tidy because it helps me organize my thoughts and stay focused. For example, after I put things in order, I feel more relaxed and can study better without distractions.

Practice: Complete the Sentences

My day usually starts with my morning _____.

I like to keep my room _____ so I can think clearly.

I take short _____ when I study for a long time.

In the evening, I spend time with my _____.

Before going to bed, I try to _____ my mind.

My Room and My Things

Text

My room is my personal space where I spend a lot of time every day. It is not very big, but it is comfortable and feels like my own little world. I like my room because it helps me relax, study, and have some privacy. Even when I am tired or stressed, my room makes me feel safe and calm.

When you enter my room, you can see a bed near the wall, a desk for studying, and a small wardrobe for my clothes. I try to keep everything in order, although sometimes it gets messy during a busy week. I usually clean my room once or twice a week. When my room is tidy, I feel more focused and motivated, but when it is messy, I feel a bit stressed.

My bed is my favorite place in the room. After a long day, I like to lie down and rest for a few minutes. Sometimes I scroll on my phone, but I also try to relax without screens. I have soft pillows and a warm blanket, so it is very comfortable. In the morning, I always make my bed because it helps me start the day in a better mood.

Next to my bed, I have a desk where I study and do homework.

I keep my books, notebook, and pen there. I also have a lamp that helps me study in the evening. I try to keep my desk clean, but sometimes papers and small things build up. When that happens, I spend a few minutes organizing everything. A clean workspace helps me concentrate better and finish tasks faster.

In my wardrobe, I keep my clothes. I have different types of clothes for school, home, and going outside. Sometimes I find it hard to choose what to wear, especially in the morning, but I try to pick simple and comfortable outfits. I also try to organize my clothes by type, so it is easier to find things. This saves time and makes my morning routine smoother.

I also have small personal things in my room that are important to me. For example, I have photos, books, headphones, and some small gifts from friends or family. These things are not expensive, but they have emotional value. They remind me of good memories and make my room feel more personal.

One of my favorite things in the room is my headphones. I use them almost every day to listen to music, podcasts, or sometimes videos. Music helps me relax when I am tired and also helps me focus when I study. I usually listen to calm music in the evening because it helps me clear my mind.

I also try to keep my room organized because it affects my

mood. When everything is in place, I feel more peaceful and productive. But when my room is messy, I feel distracted and less motivated. That is why I try to clean small things every day instead of waiting for a big mess.

Sometimes I decorate my room a little bit. I move things around, add new pictures, or change small details. These small changes make my room feel fresh and more interesting. I think it is important to have a space that feels comfortable and reflects your personality.

Overall, my room is not just a place to sleep. It is where I study, relax, think, and spend time with myself. It helps me stay organized and gives me comfort after a long day. I like my room because it feels like my own safe space where I can be myself.

Key Vocabulary and Expressions

personal space — личное пространство

feel comfortable — чувствовать себя комфортно

keep in order — поддерживать порядок

tidy room — аккуратная комната

messy room — беспорядочная комната

stay focused — оставаться сосредоточенным

study desk — письменный стол

workspace — рабочее место

concentrate better — лучше концентрироваться

wardrobe — шкаф для одежды
choose clothes — выбирать одежду
organize things — организовывать вещи
save time — экономить время
emotional value — эмоциональная ценность
good memories — хорошие воспоминания
relax — расслабляться
calm mind — спокойный ум
decorate room — украшать комнату
personal items — личные вещи
safe space — безопасное место

Useful Patterns

My room is... — Моя комната...

I like it because... — Мне это нравится, потому что...

I usually keep... — Я обычно храню...

It helps me to... — Это помогает мне...

When my room is..., I feel... — Когда моя комната..., я чувствую...

I try to... every day — Я стараюсь... каждый день

I use it for... — Я использую это для...

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

Practice: Answer the Questions

What does your room look like?

Model answer: My room is small but comfortable. It has a

bed, a desk, and a wardrobe.

Do you like your room? Why?

Model answer: Yes, I like it because it is my personal space. It helps me relax and feel calm.

How often do you clean your room?

Model answer: I clean my room once or twice a week. It helps me stay organized.

What is your favorite thing in your room?

Model answer: My favorite thing is my headphones because I use them to listen to music every day.

Do you study in your room?

Model answer: Yes, I study at my desk in my room. It helps me concentrate better.

How do you feel when your room is messy?

Model answer: I feel a bit stressed when my room is messy. I prefer a tidy space.

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:

I like my room because it is my personal space and helps me feel comfortable. For example, when my room is tidy, I can stay focused and concentrate better on my studies without

distractions.

Practice: Complete the Sentences

My room is my personal _____ where I relax.

I try to keep everything in _____.

A tidy room helps me stay _____.

My desk is my main _____ space.

I keep small things that have emotional _____.

Helping at Home

Text

Helping at home is a normal part of my daily life, and I think it is important because it makes our home more comfortable and organized. I do not always enjoy house chores, but I understand that everyone in the family should help. When we share responsibilities, life becomes easier for everyone.

Usually, I help my family with small tasks during the day or in the evening. When I come home from school or work, I sometimes start with simple things like tidying my room or putting my things in order. After that, I often help in the kitchen or around the house. These small actions do not take a lot of time, but they make a big difference.

One of the most common tasks I do is washing dishes. It is not very difficult, but it can be a bit boring. However, I try to do it quickly so I can move on to other things. Sometimes I listen to music while doing it, and this makes the task more enjoyable. I think it is better to do chores with a positive attitude because it feels less stressful.

I also help with cleaning the house. This can include sweeping

the floor, wiping tables, or taking out the trash. I usually do these tasks when I see that something needs to be done. I do not wait for someone to tell me, because I think it is better to be responsible. A clean home makes everyone feel more comfortable and relaxed.

Sometimes I help with cooking. I am not a professional cook, but I can do simple things like cutting vegetables, making sandwiches, or preparing tea. I like helping in the kitchen because it is a good way to spend time with my family. While cooking, we often talk about our day, share stories, and laugh together. These moments are very valuable to me.

Another thing I do is organizing my own space. I clean my desk, arrange my books, and make sure my clothes are in order. This helps me save time later and makes my daily routine easier. When everything is in the right place, I feel more calm and focused.

Although housework can sometimes feel tiring, I try to remember that it is part of life. If everyone helps a little, no one feels too much pressure. I think teamwork is very important at home. It also teaches responsibility and discipline, which are useful skills for the future.

On weekends, I usually help more because I have more free

time. I might help with bigger cleaning tasks like vacuuming, washing the floor, or organizing different parts of the house. Sometimes we clean together as a family, and it feels faster and more fun. We also play music while cleaning, which makes the atmosphere more positive.

I think helping at home is not just about cleaning or doing tasks. It is also about caring for the place where you live and the people you live with. When I help, I feel useful and more connected to my family. It also gives me a sense of responsibility and independence.

In the future, I want to become even more helpful and improve my skills at home. I think small habits, like cleaning regularly and helping with simple tasks, can make life much easier. Helping at home is not always exciting, but it is important, and it teaches me valuable life lessons.

Key Vocabulary and Expressions

house chores — домашние дела

share responsibilities — делить обязанности

tidy up — убирать, приводить в порядок

put things in order — наводить порядок

wash dishes — мыть посуду

take out the trash — выносить мусор

sweep the floor — подметать пол

wipe the table — вытирать стол
do chores — делать домашние дела
positive attitude — позитивный настрой
feel responsible — чувствовать ответственность
clean home — чистый дом
spend time together — проводить время вместе
organize space — организовать пространство
save time — экономить время
daily routine — ежедневная рутина
feel relaxed — чувствовать расслабление
teamwork — командная работа
valuable time — ценное время
helpful — полезный, помогающий

Useful Patterns

I usually help with... — Я обычно помогаю с...
It is important because... — Это важно, потому что...
I try to... every day — Я стараюсь... каждый день
Sometimes I also... — Иногда я также...
It helps me to... — Это помогает мне...
I think it is better to... — Я думаю, лучше...
When I help, I feel... — Когда я помогаю, я чувствую...
We often... together — Мы часто... вместе

Practice: Answer the Questions

What house chores do you usually do?

Model answer: I usually wash dishes and tidy my room. It helps keep the house clean and organized.

Do you like helping at home?

Model answer: Yes, I like helping at home because it makes me feel responsible and useful.

What is your least favorite chore?

Model answer: My least favorite chore is washing dishes because it can be boring, but I still do it.

Do you help your family in the kitchen?

Model answer: Yes, I sometimes help with cooking simple meals. It is fun and we talk together.

How do you feel when the house is clean?

Model answer: I feel relaxed and comfortable when the house is clean. It helps me think better.

Do you think teamwork is important at home?

Model answer: Yes, teamwork is very important because it makes housework easier for everyone.

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:

I usually help at home by washing dishes and tidying up my room because it helps keep everything in order. For example,

when we share responsibilities as a family, the house becomes clean faster and we all feel more relaxed.

Practice: Complete the Sentences

I usually help with house _____ after school.

I try to put things in _____ in my room.

Washing _____ is one of my daily tasks.

We often spend time _____ as a family.

Teamwork makes housework easier for _____.

Cooking Simple Meals

Text

Cooking simple meals is something I do sometimes at home, and I find it both useful and enjoyable. I am not a professional cook, but I can prepare easy dishes for myself and my family. I think cooking is an important life skill because it helps you become more independent and take care of yourself.

Usually, I cook simple meals when I am hungry and there is nothing ready at home, or when I want to help my family. I do not cook complicated dishes, but I can make basic food like sandwiches, pasta, eggs, rice, or salads. These meals are quick and do not require many ingredients, so they are perfect for everyday life.

Before I start cooking, I always check what ingredients I have. I open the fridge and look for vegetables, eggs, or other food. If something is missing, I try to find a simple alternative. Then I wash my hands and prepare a clean space in the kitchen. I think it is important to stay organized while cooking because it makes everything easier and safer.

One of my favorite simple meals is scrambled eggs. It is very easy to make. I break the eggs into a bowl, add a little salt, and

mix them. Then I heat the pan and cook the eggs for a few minutes. While cooking, I try to stir them carefully so they do not burn. In just a few minutes, the meal is ready. I like it because it is fast, tasty, and gives me energy.

Sometimes I also make sandwiches. I take bread, add cheese, vegetables, or meat, and then close it. It is a very simple meal, but it can be quite filling. I like experimenting with different combinations because it makes cooking more interesting. Even small changes in ingredients can create a new taste.

Another easy dish I can prepare is pasta. I boil water, add pasta, and wait until it is soft. Then I mix it with sauce or vegetables. It does not take much effort, but it tastes good and is perfect for lunch or dinner. While waiting for the food to cook, I usually clean the kitchen a little or prepare the table.

Although cooking is not always exciting, I enjoy it because it gives me a sense of responsibility. When I cook for myself, I feel more independent. It also saves money and helps me understand the value of food. I try not to waste food and only take what I need.

Sometimes I cook with my family. These moments are very fun because we talk, laugh, and share tasks. Someone cuts vegetables, someone cooks, and someone cleans. Working

together makes cooking faster and more enjoyable. I think teamwork in the kitchen is very important.

I also make mistakes sometimes, like burning food or adding too much salt. But I see these mistakes as a learning experience. Each time I cook, I get a little better and more confident. I think practice is the most important thing in cooking.

In the future, I want to learn more recipes and improve my cooking skills. I would like to prepare more healthy and tasty meals. For now, I am happy with simple dishes because they are easy and practical for my daily life.

Key Vocabulary and Expressions

simple meals — простые блюда

cooking skills — навыки готовки

prepare food — готовить еду

ingredients — ингредиенты

check the fridge — проверять холодильник

stay organized — быть организованным

clean space — чистое пространство

scrambled eggs — яичница-болтунья

heat the pan — нагреть сковороду

stir carefully — аккуратно мешать

boil water — кипятить воду

fill me up — насыщать (быть сытным)

experiment with food — экспериментировать с едой
save money — экономить деньги
waste food — выбрасывать еду
sense of responsibility — чувство ответственности
cooking experience — опыт готовки
improve skills — улучшать навыки
family meal — семейная еда
easy recipe — простой рецепт

Useful Patterns

I usually cook... — Я обычно готовлю...

It is easy because... — Это легко, потому что...

I like it because... — Мне это нравится, потому что...

Before I start, I... — Перед тем как начать, я...

While cooking, I... — Во время готовки я...

It helps me to... — Это помогает мне...

I feel more... when I cook — Я чувствую себя более... когда

готовлю

In the future, I want to... — В будущем я хочу...

Practice: Answer the Questions

Do you cook at home?

Model answer: Yes, I sometimes cook simple meals like eggs or sandwiches. It is easy and useful.

What is your favorite simple meal?

Model answer: My favorite simple meal is scrambled eggs

because it is quick and tasty.

Do you like cooking? Why?

Model answer: Yes, I like cooking because it helps me feel independent and responsible.

Do you cook with your family?

Model answer: Yes, sometimes we cook together. It is fun and we work as a team.

What do you usually cook?

Model answer: I usually cook simple food like pasta, eggs, or sandwiches.

Do you make mistakes when cooking?

Model answer: Yes, sometimes I make mistakes, but I learn from them and improve.

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:

I like cooking simple meals because it helps me improve my cooking skills and feel more independent. For example, when I make scrambled eggs, I carefully heat the pan and stir the eggs, which gives me a sense of responsibility.

Practice: Complete the Sentences

I usually prepare simple _____ at home.

Before cooking, I check the _____.

I like to _____ carefully while cooking.

Cooking helps me save _____.

I want to improve my cooking _____ in the future.

When I Have No Energy

Text

Sometimes I have days when I have no energy at all. I wake up and feel tired, even if I slept enough. On these days, everything feels a bit harder than usual. I move slowly, think slowly, and I do not feel very motivated. But I have learned that this is normal, and everyone has such days sometimes.

When I feel like this, the first thing I do is try not to pressure myself too much. I remind myself that it is okay to be tired. Instead of forcing myself to do everything at once, I focus on small and simple tasks. For example, I might just make my bed, drink water, or wash my face. These small actions help me start the day gently.

I also try to understand why I feel low energy. Sometimes it is because I did not sleep well, sometimes because I had a busy week, and sometimes I just need rest. When I know the reason, it is easier to manage my day. I try to listen to my body instead of ignoring it.

On low-energy days, I usually avoid difficult tasks. If I have homework or work, I break it into small parts. I do one small

task, then take a break, then continue. This helps me not feel overwhelmed. I think it is better to do a little bit than to do nothing at all. Even small progress is still progress.

Food also helps me feel better. I try to eat something simple but healthy, like fruit, soup, or yogurt. I also drink more water because dehydration can make me feel even more tired. Sometimes a small snack gives me enough energy to continue my day.

Another thing that helps me is fresh air. I sometimes open the window or go outside for a short walk. Even a 10—15 minute walk can make a big difference. It helps me clear my mind and feel more awake. Although I do not always feel like going outside, I know it is useful.

When I have no energy, I also try to reduce screen time. If I spend too much time on my phone, I feel even more tired. Instead, I prefer listening to calm music, lying down, or just resting quietly. Rest is very important because it helps my body recover.

Sometimes I also take a short nap during the day. Even 20—30 minutes of sleep can help me feel better. After that, I usually feel a bit more refreshed and ready to continue my day. However, I try not to sleep too long because it can affect my night sleep.

On these days, I also try to be kind to myself. I do not expect to be very productive or perfect. I understand that energy levels change, and it is okay to slow down. This attitude helps me feel less stressed and more balanced.

In the evening, I usually do something relaxing. I might watch a movie, read something easy, or just lie in bed. I try to avoid heavy thinking or stressful tasks. Before going to sleep, I reflect on the day and tell myself that tomorrow might be better.

Overall, when I have no energy, I focus on rest, small steps, and self-care. I do not try to fight it too much. Instead, I accept it and take care of myself until my energy comes back.

Key Vocabulary and Expressions

no energy — нет сил

feel tired — чувствовать усталость

low energy day — день без энергии

feel motivated — чувствовать мотивацию

pressure myself — давить на себя

small tasks — маленькие задачи

take a break — сделать перерыв

feel overwhelmed — чувствовать перегруз

listen to my body — слушать своё тело

manage my day — управлять днём

eat healthy food — есть здоровую еду
drink water — пить воду
go for a walk — пойти на прогулку
fresh air — свежий воздух
reduce screen time — уменьшить время за экраном
calm music — спокойная музыка
take a nap — вздремнуть
feel refreshed — чувствовать себя отдохнувшим
self-care — забота о себе
slow down — замедляться

Useful Patterns

Sometimes I feel... — Иногда я чувствую...

When I have no energy, I... — Когда у меня нет сил, я...

I try not to... — Я стараюсь не...

It helps me to... — Это помогает мне...

I focus on... — Я сосредотачиваюсь на...

Instead of..., I... — Вместо..., я...

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

It is okay to... — Это нормально...

Practice: Answer the Questions

What do you do when you feel tired?

Model answer: When I feel tired, I rest and do small tasks like drinking water or making my bed.

Do you have low-energy days often?

Model answer: Sometimes I have low-energy days, especially after a busy week. I try to take care of myself.

What helps you feel more energetic?

Model answer: Fresh air and a short walk help me feel more energetic and refreshed.

Do you take naps during the day?

Model answer: Yes, sometimes I take a short nap. It helps me feel better and more awake.

Do you use your phone when you are tired?

Model answer: I try not to use my phone too much because it makes me feel more tired.

How do you relax on these days?

Model answer: I relax by listening to calm music or watching something easy.

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:

When I have no energy, I try not to pressure myself and focus on small tasks because it helps me manage my day better. For example, I might go for a short walk to get fresh air and feel more refreshed.

Practice: Complete the Sentences

When I have no energy, I feel very _____.

I try not to _____ myself too much.

A short walk gives me fresh _____.

I take a short _____ to feel better.

It is important to listen to my _____.

My Evening Routine

Text

My evening routine is the time when I finally slow down after a busy day. I usually feel tired, but also calm because I know I can rest soon. I think the evening is very important because it helps me relax, recover my energy, and prepare for the next day.

When I come to the evening, the first thing I usually do is finish any remaining tasks. If I have homework or small responsibilities, I try to complete them first. I focus better in the evening because the house is quiet and there are fewer distractions. Although I sometimes feel lazy, I remind myself that finishing tasks early makes the rest of the evening more enjoyable.

After that, I start to relax. I usually change into comfortable clothes and sit down for a while. I might drink tea or water and just rest for a few minutes. This small break helps me switch from «working mode» to «relaxing mode». Sometimes I listen to calm music because it helps me feel peaceful and reduce stress.

In the evening, I often have dinner with my family. This is one of my favorite parts of the day. We sit together, eat,

and talk about what happened during the day. I like these conversations because they help me feel connected to my family. We sometimes share funny stories or discuss small problems. It makes the atmosphere warm and friendly.

After dinner, I usually help clean the kitchen or tidy up the house a little bit. I think it is important to share responsibilities at home.

When everything is clean, I feel more comfortable and relaxed. It does not take much time, especially when everyone helps together.

Then I finally have free time. This is when I do things I enjoy. I might watch a movie, play games, read a book, or scroll on my phone. I try to be careful with screen time because I do not want to waste the whole evening online. Sometimes I also go for a short walk if I feel like it. The evening air is fresh and quiet, and it helps me clear my mind.

I also like to do small relaxing activities. For example, I might listen to music, draw, or just lie down and think. These simple moments help me feel calm and happy. Although I do not always do something special, I enjoy the feeling of peace at home.

Later in the evening, I start preparing for the next day. I check my bag, organize my things, and think about what I need to do

tomorrow. This habit helps me feel more organized and reduces morning stress. I also try to plan my clothes so I do not waste time in the morning.

Before going to bed, I usually take a shower and brush my teeth. Then I try to avoid my phone and screens because they can make it harder to sleep. Instead, I prefer reading something light or listening to soft music. It helps my mind calm down.

Finally, I lie in bed and think about my day. I sometimes reflect on what went well and what I can improve. Then I slowly fall asleep and get ready for a new day.

Overall, my evening routine is a balance between responsibilities and relaxation. It helps me finish my day in a peaceful way and feel ready for tomorrow.

Key Vocabulary and Expressions

evening routine — вечерний распорядок

slow down — замедляться

feel relaxed — чувствовать расслабление

finish tasks — завершать задачи

remaining tasks — оставшиеся задачи

reduce stress — уменьшать стресс

comfortable clothes — удобная одежда

switch to relaxing mode — переключиться в режим отдыха

calm music — спокойная музыка
family dinner — семейный ужин
share stories — делиться историями
spend time together — проводить время вместе
clean the kitchen — убирать кухню
share responsibilities — делить обязанности
free time — свободное время
screen time — время за экраном
go for a walk — пойти на прогулку
clear my mind — очистить мысли
prepare for tomorrow — готовиться к завтра
fall asleep — засыпать

Useful Patterns

In the evening, I usually... — Вечером я обычно...

After that, I... — После этого я...

I like to... because... — Мне нравится... потому что...

It helps me to... — Это помогает мне...

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

I try not to... — Я стараюсь не...

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

I spend time... — Я провожу время...

Practice: Answer the Questions

What do you usually do in the evening?

Model answer: In the evening, I usually finish my tasks and relax at home. It helps me feel calm after a busy day.

Do you have dinner with your family?

Model answer: Yes, I usually have dinner with my family. We talk and share stories about our day.

How do you relax in the evening?

Model answer: I relax by listening to music or watching a movie. It helps me reduce stress.

Do you prepare for the next day?

Model answer: Yes, I usually prepare my things and plan my clothes for tomorrow. It helps me stay organized.

Do you use your phone at night?

Model answer: I try not to use my phone too much because it can affect my sleep.

What do you do before going to bed?

Model answer: Before bed, I take a shower and read something light. Then I fall asleep.

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:

In the evening, I usually finish my tasks and then switch to relaxing mode because it helps me reduce stress. For example,

I might go for a walk or listen to calm music to clear my mind after a busy day.

Practice: Complete the Sentences

In the evening, I usually _____ my tasks.

I like to spend time with my _____.

I try to reduce screen _____ before bed.

Walking helps me clear my _____.

Before sleeping, I prepare for _____.

Small Problems at Home

Text

Small problems at home happen almost every day, and they are a normal part of life. They are not very serious, but they can be a bit annoying. I think everyone has situations like this, so I try not to stress too much when they happen. Instead, I try to solve them calmly and move on.

One common problem at home is when things are messy or not in the right place. Sometimes I cannot find my keys, my phone, or my notebook. This can be stressful, especially when I am in a hurry. When this happens, I usually take a deep breath and try to think carefully. Most of the time, I find the missing item in a simple place, like my desk or my bag.

Another small problem is when I forget to do something important, like taking out the trash or finishing a task. I sometimes write reminders on my phone, but I still forget things. When I realize it, I just do it immediately instead of waiting. I think it is better to fix small problems quickly so they do not become bigger.

Internet or Wi-Fi problems are also quite common.

Sometimes the connection is slow or stops working. This can be very frustrating, especially when I need the internet for studying or watching something. In this situation, I usually restart the router or wait a few minutes. If it does not work, I try to do something offline, like reading a book or organizing my room.

Noise is another small problem at home. Sometimes it is too loud to concentrate, especially when other people are talking or watching TV. When I need to focus, I try to go to a quieter place or use headphones. Calm music or silence helps me concentrate better and finish my tasks.

A very common issue is small household messes. For example, dirty dishes in the kitchen, clothes on the chair, or a messy desk. These things are not serious, but they can make the space feel uncomfortable. When I see a mess, I usually try to clean it right away. It does not take much time, and it makes the environment more pleasant.

Sometimes there are small misunderstandings in the family. For example, someone forgets to pass a message or there is confusion about plans. In these cases, we usually talk about it and fix the problem quickly. I think communication is very important because it helps avoid bigger conflicts.

Another small problem is when I feel lazy and do not want

to do house chores. This happens sometimes, especially after a long day. However, I try to motivate myself by starting with small steps. For example, I might just clean one small area, and then I continue. Usually, once I start, it becomes easier.

Even though these problems are small, I think they teach me how to be patient and responsible. Life is not always perfect, and small issues will always appear. The important thing is how we react to them. I try to stay calm, solve problems step by step, and not worry too much.

Overall, small problems at home are a normal part of daily life. They are not dangerous, but they help me learn how to manage situations better and stay organized in my everyday routine.

Key Vocabulary and Expressions

small problems — маленькие проблемы

daily life — повседневная жизнь

feel stressed — чувствовать стресс

take a deep breath — сделать глубокий вдох

solve problems — решать проблемы

be in a hurry — торопиться

missing item — потерянная вещь

write reminders — писать напоминания

fix quickly — быстро исправить

internet connection — интернет-соединение

restart the router — перезагрузить роутер
feel frustrated — чувствовать раздражение
go offline — перейти в офлайн
stay focused — оставаться сосредоточенным
household mess — бытовой беспорядок

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