

12+ ДЖОНАС ТИЧЕРМАН

Бытовой английский для ежедневной практики

ФРАЗЫ И ТЕКСТЫ ДЛЯ
УВЕРЕННОГО ОБЩЕНИЯ



Джонас Тичерман
Бытовой английский для
ежедневной практики.
Фразы и тексты для
уверенного общения

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Аннотация

Пособие предназначено для изучающих английский язык на уровне A2–B1 и направлено на развитие навыков повседневного общения. Материал охватывает бытовые ситуации, простые социальные взаимодействия и разговорные конструкции. В каждой главе представлены тематические тексты, базовая лексика, устойчивые выражения и речевые модели. Упражнения помогают закрепить материал и развить уверенность в устной и письменной речи.

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Бытовой английский для ежедневной практики Фразы и тексты для уверенного общения

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Введение

Настоящее пособие предназначено для изучающих английский язык на уровнях А2-В1 и направлено на развитие базовых навыков устной и письменной речи. Материал книги организован по тематическому принципу и охватывает ситуации, связанные с повседневной жизнью, домашними обязанностями, бытовыми действиями, а также простыми социальными взаимодействиями.

Каждая глава содержит связный текст, составленный в разговорно-объяснительном стиле, что позволяет учащемуся познакомиться с естественными языковыми конструкциями, характерными для современного английского языка. Тексты дополняются лексическим минимумом, включающим устойчивые выражения и коллокации, а также речевыми моделями, которые могут быть использованы в самостоятельной устной практике.

Особое внимание уделяется развитию навыка построения простых и сложных предложений с использованием базовых союзов и связующих слов. Это способствует формированию более уверенного и грамотного выражения мыслей на английском языке.

Также в пособие включены задания для самопроверки, направленные на закрепление изученного материала. Они помогают развивать способность к самостоятельному использованию лексики и грамматических структур в личных высказываниях.

Цель данного пособия заключается в систематическом расширении словарного запаса, развитии речевых навыков и формировании устойчивой языковой базы, необходимой для дальнейшего изучения английского языка на более высоких уровнях.

My Daily Routine at Home

Text

My daily routine at home is quite simple, but it helps me stay organized and feel comfortable during the day. I usually wake up at around 7:00 a.m. on weekdays, although sometimes I stay in bed a bit longer if I don't have anything urgent to do. The first thing I do after waking up is check my phone, but I try not to spend too much time on it because I want to start my day in a productive way.

After that, I get out of bed and make my bed. It sounds like a small thing, but it really helps me feel more organized and ready for the day. Then I go to the bathroom, wash my face, brush my teeth, and get dressed. I usually choose comfortable clothes because I study or work from home.

For breakfast, I usually eat something simple like eggs, toast, or cereal. I also drink tea or coffee because it helps me wake up properly. While eating, I sometimes watch short videos or listen to music, but I try not to get distracted because I want to start my day in a focused way.

After breakfast, I begin my work or study tasks. I usually sit

at my desk and make a to-do list. This helps me stay focused because I know exactly what I need to do. Although I sometimes feel a bit lazy in the morning, I try to start with the most important tasks first.

In the middle of the day, I take a short break. I might walk around the house, stretch my body, or watch something light on TV. It is important to relax because working for a long time without rest can make me tired and less productive. Sometimes I also help my family with small tasks, like cleaning or cooking.

For lunch, I usually eat homemade food. After that, I continue my work or studies. I try to stay productive, but if I feel tired, I take another short break to recharge.

In the evening, I finish my tasks and focus on relaxing. I often watch a series, read a book, or talk with my family. Spending time with family is very important for me because it helps us stay close and share our thoughts.

Before going to bed, I usually prepare things for the next day. I check my schedule and make sure everything is ready. I also try not to use my phone too much because it can affect my sleep. I usually go to bed around 11:00 p.m., but sometimes it depends on how busy my day was.

Overall, my daily routine at home is balanced. It includes work, rest, and personal time, so I feel productive but also relaxed and comfortable.

Key Vocabulary and Expressions

daily routine — ежедневный распорядок

stay organized — оставаться организованным

feel comfortable — чувствовать себя комфортно

get out of bed — вставать с кровати

make my bed — заправлять постель

get dressed — одеваться

work from home — работать из дома

simple breakfast — простой завтрак

get distracted — отвлекаться

stay focused — оставаться сосредоточенным

to-do list — список дел

important tasks — важные задачи

take a break — делать перерыв

stretch my body — размяться

homemade food — домашняя еда

stay productive — оставаться продуктивным

feel tired — чувствовать усталость

recharge — восстановить силы

relax in the evening — расслабляться вечером

spend time with family — проводить время с семьёй

prepare for the next day — готовиться к следующему дню

affect my sleep — влиять на мой сон

balanced routine — сбалансированный распорядок

Useful Patterns

I usually + verb — Я обычно + глагол

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

After that, I... — После этого я...

I try to + verb — Я стараюсь + глагол

Although I sometimes..., I... — Хотя иногда я..., я...

It helps me + verb — Это помогает мне + глагол

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

I spend time + -ing — Я провожу время, делая...

It is important to... — Важно...

Practice: Answer the Questions

What time do you usually wake up?

What do you do first in the morning?

Do you prefer working from home or outside? Why?

How do you usually spend your breaks?

What do you do to relax in the evening?

Do you think your routine is balanced? Why?

What would you like to change in your daily routine?

Model Answers

1. What time do you usually wake up?

I usually wake up at around 7 a.m. because I like starting my day early. It helps me feel more productive and organized.

2. What do you do first in the morning?

The first thing I do is check my phone, but I try not to stay on it too long. After that, I make my bed and get ready for the day.

3. Do you prefer working from home or outside? Why?

I prefer working from home because it is more comfortable and quiet. It also helps me stay focused and manage my time better.

4. How do you usually spend your breaks?

During breaks, I usually stretch or walk around the house. It helps me relax and recharge my energy.

5. What do you do to relax in the evening?

In the evening, I watch a series or read a book. I also spend time with my family, which makes me feel happy and relaxed.

6. Do you think your routine is balanced? Why?

Yes, I think my routine is balanced because it includes work, rest, and family time. This helps me stay productive without feeling too tired.

7. What would you like to change in your daily routine?

I would like to exercise more often in the morning. I think it would give me more energy and improve my health.

Practice: Complete the Sentences

I usually make a _____ in the morning to plan my day.

After lunch, I take a short _____ because I feel a bit tired.

I try to stay _____ while I am working, so I don't get distracted.

In the evening, I like to _____ with my family and talk about our day.

A good daily routine helps me stay _____ and feel more organized.

My Morning at Home

Text

My morning at home usually starts quite early and sets the tone for the rest of my day. I wake up at around 7:00 a.m., although sometimes I wake up a bit later if I went to bed late the night before. The first thing I do is turn off my alarm and check the time. I don't like to stay in bed for too long because I feel more energetic when I start my day quickly.

After that, I get out of bed and make my bed. It is a small habit, but it helps me feel more organized and ready for the day. Then I go to the bathroom, wash my face, and brush my teeth. This simple routine helps me wake up properly and feel fresh.

Next, I go to the kitchen to prepare breakfast. I usually eat something simple like toast, eggs, or cereal. I also drink tea or coffee because it helps me feel more awake. While having breakfast, I sometimes listen to music or watch short videos, but I try not to get distracted because I want to start my day in a calm and focused way.

After breakfast, I usually plan my day. I make a short to-do list, which helps me stay organized and not forget important

tasks. Although I sometimes feel a bit sleepy in the morning, I try to start with the most important work first because it helps me be more productive later.

Sometimes I also take a few minutes to stretch or walk around my room. It helps me feel more active and ready to start working or studying. I think it is important to have a slow and peaceful morning because it affects the rest of the day.

Before I begin my main tasks, I check my messages or emails. After that, I finally start my work or study. My morning is not very complicated, but it is important because it helps me build a good and balanced day.

Overall, my morning at home is simple, calm, and structured. It gives me energy and helps me feel prepared for everything I need to do during the day.

Key Vocabulary and Expressions

morning routine — утренний распорядок

set the tone — задавать настроение

wake up early — просыпаться рано

turn off alarm — выключить будильник

get out of bed — вставать с кровати

make my bed — заправлять постель

wash my face — умываться

brush my teeth — чистить зубы
feel fresh — чувствовать себя свежим
simple routine — простой распорядок
prepare breakfast — готовить завтрак
feel awake — чувствовать бодрость
get distracted — отвлекаться
calm and focused — спокойный и сосредоточенный
plan my day — планировать день
to-do list — список дел
stay organized — оставаться организованным
important tasks — важные задачи
feel sleepy — чувствовать сонливость
stretch my body — размяться
stay active — оставаться активным
check messages — проверять сообщения
start working — начинать работать
balanced day — сбалансированный день

Useful Patterns

I usually + verb — Я обычно + глагол
The first thing I do is... — Первое, что я делаю, это...
After that, I... — После этого я...
I try to + verb — Я стараюсь + глагол
Although I sometimes..., I... — Хотя иногда я..., я...
It helps me + verb — Это помогает мне + глагол
Because it helps me... — Потому что это помогает мне...

I spend time + -ing — Я провожу время, делая...

It is important to... — Важно...

This helps me + verb — Это помогает мне + глагол

Practice: Answer the Questions

What time do you usually wake up in the morning?

What is the first thing you do after waking up?

Do you prefer a slow or fast morning? Why?

What do you usually eat for breakfast?

Do you make a to-do list in the morning?

How do you feel in the morning — sleepy or energetic?

What would you like to change in your morning routine?

Model Answers

1. What time do you usually wake up in the morning?

I usually wake up at around 7 a.m. because I like starting my day early. It helps me feel more energetic and organized.

2. What is the first thing you do after waking up?

The first thing I do is turn off my alarm and check the time. After that, I get out of bed and make my bed.

3. Do you prefer a slow or fast morning? Why?

I prefer a calm morning because it helps me feel relaxed and focused. If I rush too much, I get stressed.

4. What do you usually eat for breakfast?

I usually eat simple food like toast or eggs. I also drink tea or coffee because it helps me feel awake.

5. Do you make a to-do list in the morning?

Yes, I usually make a to-do list. It helps me stay organized and remember my important tasks.

6. How do you feel in the morning — sleepy or energetic?

At first, I feel a bit sleepy, but after breakfast I become more energetic. Stretching also helps me wake up.

7. What would you like to change in your morning routine?

I would like to wake up a bit earlier and use my phone less in the morning. I think it would make my day more productive.

Practice: Complete the Sentences

I usually make a _____ in the morning to organize my tasks.

After waking up, I try not to stay in bed for too long because I want to feel _____.

I always drink coffee because it helps me feel more _____.

A calm morning helps me stay _____ during the day.

It is important to have a _____ morning to start the day well.

My Evening at Home

Text

My evening at home is usually the most relaxing part of my day. After finishing my work or studies, I finally feel that I can slow down and enjoy my free time. I usually finish my main tasks around 6 or 7 p.m., although sometimes I finish later if I have a lot of work.

The first thing I do in the evening is take a short break. I might sit on the sofa, drink some tea, or just rest for a few minutes. This helps me switch from «work mode» to «rest mode». After that, I often help my family with small tasks, like cooking dinner or cleaning the kitchen. It is a nice way to spend time together and feel useful at the same time.

For dinner, we usually eat homemade food. I like simple meals because they make me feel comfortable and not too full. While eating, we often talk about our day. I think this is very important because it helps us stay close and understand each other better.

After dinner, I finally have free time. I usually watch a series, scroll through social media, or read a book. Although I sometimes spend a bit too much time on my phone, I try to

control it because I know it can affect my sleep and mood.

Sometimes I also go for a short walk or just move around the house to relax my body. It helps me feel more peaceful and less stressed after a long day. I think it is important to find a balance between screen time and real rest.

Later in the evening, I start preparing for the next day. I check my schedule, make a to-do list, and think about what I need to do tomorrow. This habit helps me stay organized and reduces morning stress.

Before going to bed, I try to avoid bright screens and drink something warm like tea. I usually go to bed around 11 p.m. because I want to get enough sleep and feel fresh in the morning.

Overall, my evening at home is calm, balanced, and relaxing. It helps me recover after a busy day and get ready for the next one.

Key Vocabulary and Expressions

relaxing part of the day — самая расслабляющая часть дня

finish my work — заканчивать работу

slow down — замедляться, расслабляться

free time — свободное время

take a short break — сделать короткий перерыв

switch from work mode to rest mode — переключиться с работы на отдых

help my family — помогать семье

homemade food — домашняя еда

simple meals — простые блюда

spend time together — проводить время вместе

stay close — оставаться близкими

free time activities — занятия в свободное время

scroll through social media — листать соцсети

control my time — контролировать своё время

affect my sleep — влиять на сон

go for a walk — пойти на прогулку

feel peaceful — чувствовать спокойствие

reduce stress — снижать стресс

screen time — время перед экраном

prepare for the next day — готовиться к следующему дню

to-do list — список дел

stay organized — оставаться организованным

warm drink — тёплый напиток

get enough sleep — высыпаться

Useful Patterns

I usually + verb — Я обычно + глагол

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

After that, I... — После этого я...

I try to + verb — Я стараюсь + глагол

Although I sometimes..., I... — Хотя иногда я..., я...

It helps me + verb — Это помогает мне + глагол

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

I spend time + -ing — Я провожу время, делая...

It is important to... — Важно...

This helps me + verb — Это помогает мне + глагол

Practice: Answer the Questions

What time do you usually finish your day?

What do you do first when your work is done?

How do you usually spend your evenings?

Do you spend time with your family in the evening? How?

What do you usually eat for dinner?

Do you use your phone a lot in the evening? Why/why not?

How do you prepare for the next day?

Model Answers

1. What time do you usually finish your day?

I usually finish my day around 6 or 7 p.m. because that is when I complete my main tasks. After that, I can finally relax.

2. What do you do first when your work is done?

The first thing I do is take a short break. I sit down, drink tea, and switch from work mode to rest mode.

3. How do you usually spend your evenings?

I usually spend my evenings watching a series or reading a book. I also relax and do simple activities that help me feel calm.

4. Do you spend time with your family in the evening? How?

Yes, I often spend time with my family during dinner. We talk about our day and share our thoughts.

5. What do you usually eat for dinner?

I usually eat homemade food like soup or rice with vegetables. I prefer simple meals because they make me feel comfortable.

6. Do you use your phone a lot in the evening? Why/why not?

I sometimes use my phone, but I try not to spend too much time on it. It can affect my sleep, so I try to control it.

7. How do you prepare for the next day?

I usually make a to-do list and check my schedule. This helps me stay organized and reduce stress in the morning.

Practice: Complete the Sentences

In the evening, I usually _____ from work mode to rest mode.

I like to spend time with my family because it helps us stay _____.

A short walk helps me feel more _____ after a long day.

I try to control my _____ because too much of it can affect my sleep.

Before bed, I always _____ for the next day.

My Bedroom

Text

My bedroom is my personal space where I can relax, study, and spend time alone. I like it because it feels comfortable and quiet, which helps me focus and rest after a busy day. It is not very big, but it has everything I need.

When you enter my room, you can see my bed on the left side and my desk near the window. I usually keep my bed clean and tidy because it helps me feel more organized. I also try to make my bed every morning, although sometimes I forget when I am in a hurry.

My desk is very important to me because I use it for studying and working. I have my laptop, notebooks, and pens there. I also keep a small lamp on the desk because it helps me see better in the evening. I try to keep my workspace clean, but sometimes papers and books are everywhere when I am busy.

There is also a wardrobe in my room where I keep my clothes. I try to organize it, but it often becomes messy because I don't always have time to fold everything properly. However, I know that a clean room helps me feel more relaxed and productive.

On the walls, I have a few simple decorations like posters and photos. They make the room feel more personal and interesting. I also like soft lighting because it makes the atmosphere calm, especially in the evening when I want to relax.

I spend a lot of time in my bedroom, especially when I study or watch videos. Although it is sometimes difficult to stay focused, I try to create a good environment for learning. I think a comfortable space is very important because it affects my mood and productivity.

Before going to bed, I usually tidy up my room a little and prepare things for the next day. I also like to make my bed and turn off bright lights so I can sleep better.

Overall, my bedroom is simple but comfortable. It is my favorite place in the house because I can rest, think, and feel like myself there.

Key Vocabulary and Expressions

personal space — личное пространство

feel comfortable — чувствовать себя комфортно

quiet room — тихая комната

focus on work — сосредоточиться на работе

tidy room — аккуратная комната

make my bed — заправлять постель
in a hurry — в спешке
study desk — письменный стол
workspace — рабочее место
keep things clean — поддерживать чистоту
get messy — становиться беспорядочным
fold clothes — складывать одежду
wardrobe — шкаф для одежды
simple decorations — простые украшения
posters and photos — постеры и фотографии
soft lighting — мягкое освещение
calm atmosphere — спокойная атмосфера
spend time alone — проводить время одному
stay focused — оставаться сосредоточенным
learning environment — учебная среда
improve mood — улучшать настроение
tidy up — убирать
prepare for the next day — готовиться к следующему дню
fall asleep — засыпать

Useful Patterns

I usually + verb — Я обычно + глагол

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

After that, I... — После этого я...

I try to + verb — Я стараюсь + глагол

Although I sometimes..., I... — Хотя иногда я..., я...

It helps me + verb — Это помогает мне + глагол

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

I spend time + -ing — Я провожу время, делая...

It is important to... — Важно...

This makes me + adjective — Это делает меня + прилагательное

тельное

Practice: Answer the Questions

Do you have your own bedroom?

What do you like most about your room?

Is your room usually clean or messy? Why?

Where do you study or work in your room?

What things are important in your bedroom?

Do you decorate your room? How?

How does your bedroom make you feel?

Model Answers

1. Do you have your own bedroom?

Yes, I have my own bedroom. It is a small but comfortable space where I can relax and study.

2. What do you like most about your room?

I like that my room is quiet and peaceful. It helps me focus and feel comfortable after a busy day.

3. Is your room usually clean or messy? Why?

My room is usually clean, but sometimes it gets messy when I am busy. I try to tidy it up regularly.

4. Where do you study or work in your room?

I study at my desk near the window. It is a good place because there is natural light and it helps me stay focused.

5. What things are important in your bedroom?

My bed, desk, and lamp are the most important things. They help me rest, study, and work comfortably.

6. Do you decorate your room? How?

Yes, I have a few posters and photos on the wall. They make my room feel more personal and nice.

7. How does your bedroom make you feel?

My bedroom makes me feel calm and relaxed. It is a place where I can be myself and recharge.

Practice: Complete the Sentences

My bedroom is my personal _____ where I can relax and think.

I try to keep my room _____ because it helps me feel better.

I study at my _____ near the window.

A clean room helps me stay _____ and focused.

Before sleeping, I usually _____ my room a little.

Cleaning My Room

Text

Cleaning my room is not my favorite activity, but I know it is necessary because it helps me feel more comfortable and organized. I usually clean my room once or twice a week, although sometimes I do small cleaning every day so the mess doesn't build up.

The first thing I do is open the window to let fresh air in. I think it is important because it makes the room feel fresh and improves the atmosphere. After that, I start by making my bed. It is a simple task, but it immediately makes the room look cleaner and more organized.

Then I pick up clothes and put them in the wardrobe or laundry basket. Sometimes I forget to do this during the week, so there is often a lot of clothes to deal with. Although it can be a bit annoying, I try to stay patient and finish everything step by step.

Next, I clean my desk. I remove books, papers, and anything that is not in the right place. I also wipe the surface to remove dust. I like having a clean workspace because it helps me stay focused when I study or work.

After that, I vacuum or sweep the floor. This part takes more effort, but it makes a big difference. A clean floor always makes the room feel completely different — more fresh and comfortable.

Sometimes I also organize small things like chargers, pens, and notebooks. These things can easily get lost or mixed up, so I try to keep them in one place. It helps me avoid stress when I need them later.

Although cleaning takes time, I always feel good when I finish. My room looks better, and I feel more relaxed. It also helps me think more clearly and stay productive.

In the end, I usually sit down, look around, and enjoy the clean space for a few minutes. I think cleaning my room is not just about hygiene, but also about creating a peaceful environment for my daily life.

Key Vocabulary and Expressions

clean my room — убирать комнату

necessary activity — необходимое занятие

feel comfortable — чувствовать себя комфортно

once or twice a week — один или два раза в неделю

fresh air — свежий воздух

open the window — открывать окно
make my bed — заправлять постель
look cleaner — выглядеть чище
pick up clothes — собирать одежду
laundry basket — корзина для белья
stay patient — оставаться терпеливым
step by step — шаг за шагом
clean my desk — убирать стол
wipe the surface — протирать поверхность
remove dust — убирать пыль
clean workspace — чистое рабочее место
vacuum the floor — пылесосить пол
sweep the floor — подметать пол
make a big difference — сильно менять ситуацию
organize things — организовывать вещи
get lost — теряться
stay productive — оставаться продуктивным
feel relaxed — чувствовать расслабление
peaceful environment — спокойная обстановка

Useful Patterns

I usually + verb — Я обычно + глагол

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

After that, I... — После этого я...

I try to + verb — Я стараюсь + глагол

Although I sometimes..., I... — Хотя иногда я..., я...

It helps me + verb — Это помогает мне + глагол

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

I spend time + -ing — Я провожу время, делая...

It is important to... — Важно...

This makes me + adjective — Это делает меня + прилагательное

тельное

Practice: Answer the Questions

How often do you clean your room?

Do you like cleaning your room? Why/why not?

What do you clean first in your room?

Do you clean your room alone or with help?

What is the most difficult part of cleaning?

How do you feel after cleaning your room?

Why is it important to keep your room clean?

Model Answers

1. How often do you clean your room?

I usually clean my room once or twice a week. Sometimes I also do small cleaning every day.

2. Do you like cleaning your room? Why/why not?

I don't really like cleaning, but I know it is important. It helps me feel more comfortable and organized.

3. What do you clean first in your room?

The first thing I do is make my bed. It makes the room look cleaner immediately.

4. Do you clean your room alone or with help?

I usually clean my room alone. I prefer doing it myself because I can organize everything the way I like.

5. What is the most difficult part of cleaning?

The most difficult part is picking up clothes and organizing everything. It takes time and patience.

6. How do you feel after cleaning your room?

I feel relaxed and satisfied after cleaning. My room looks nice, and I feel more productive.

7. Why is it important to keep your room clean?

It is important because a clean room helps me think clearly and feel comfortable. It also reduces stress.

Practice: Complete the Sentences

I usually clean my room _____ or twice a week.

The first thing I do is _____ my bed.

I try to stay _____ while cleaning, even if it takes time.

A clean room helps me feel more _____ and focused.

Cleaning my room makes a big _____ in how I feel.

Doing Housework

Text

Doing housework is a normal part of my daily life at home. I don't always enjoy it, but I understand that it is important because it helps keep the house clean and comfortable for everyone. I usually help with housework in the morning or in the evening, depending on my schedule.

There are different types of housework that I do. For example, I sometimes clean my room, wash the dishes, or help with cooking. I also take out the trash when it is full. These tasks are simple, but they are necessary because they keep the house organized and pleasant to live in.

One of the most common things I do is washing the dishes. I usually do it after meals. Although it can be a bit boring, I try to finish it quickly so I can move on to other activities. I think it is easier when I listen to music or think about something else while doing it.

Sometimes I also help with cooking. I don't cook very difficult meals, but I can prepare simple food like salads or sandwiches. I like cooking with my family because it gives us a chance to spend

time together and talk about our day.

Another important task is cleaning different parts of the house. I might sweep the floor, wipe surfaces, or organize things in the living room. Even small tasks make a big difference because they improve the overall atmosphere of the house.

Although housework is not very exciting, I feel satisfied when everything is clean and in order. It also helps me understand responsibility and teamwork, especially when I help other family members.

In general, doing housework is part of my routine, and I try to do it regularly. It may not be fun all the time, but it makes our home a better place to live.

Key Vocabulary and Expressions

housework — домашние дела

daily life — повседневная жизнь

keep the house clean — поддерживать дом в чистоте

feel comfortable — чувствовать себя комфортно

help with housework — помогать по дому

schedule — расписание

wash the dishes — мыть посуду

take out the trash — выносить мусор

necessary tasks — необходимые задачи

organized home — организованный дом
pleasant to live in — приятный для жизни
finish quickly — быстро закончить
move on to other activities — перейти к другим делам
listen to music — слушать музыку
help with cooking — помогать готовить
simple meals — простые блюда
spend time together — проводить время вместе
clean the house — убирать дом
wipe surfaces — протирать поверхности
sweep the floor — подметать пол
make a big difference — сильно влиять на результат
overall atmosphere — общая атмосфера
feel satisfied — чувствовать удовлетворение
responsibility and teamwork — ответственность и команд-
ная работа

Useful Patterns

I usually + verb — Я обычно + глагол

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

After that, I... — После этого я...

I try to + verb — Я стараюсь + глагол

Although I sometimes..., I... — Хотя иногда я..., я...

It helps me + verb — Это помогает мне + глагол

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

I spend time + -ing — Я провожу время, делая...

It is important to... — Важно...

This makes me + adjective — Это делает меня + прилагательное

Practice: Answer the Questions

Do you do housework at home?

What housework do you usually do?

Do you like doing housework? Why/why not?

What is the easiest housework for you?

What is the most difficult housework for you?

Do you help your family with cooking? How?

Why is housework important?

Model Answers

1. Do you do housework at home?

Yes, I do housework at home. I help my family because it is important to keep the house clean.

2. What housework do you usually do?

I usually wash the dishes, clean my room, and sometimes take out the trash.

3. Do you like doing housework? Why/why not?

I don't really like it, but I know it is necessary. It helps our home stay clean and organized.

4. What is the easiest housework for you?

The easiest housework for me is taking out the trash. It takes only a few minutes.

5. What is the most difficult housework for you?

Washing a lot of dishes is the most difficult because it takes time and can be boring.

6. Do you help your family with cooking? How?

Yes, I help with cooking by preparing simple meals like salads or sandwiches.

7. Why is housework important?

Housework is important because it keeps the home clean and comfortable. It also teaches responsibility.

Practice: Complete the Sentences

I usually help with _____ after meals.

Housework is important because it keeps the house _____.

I try to finish tasks _____ so I can relax later.

I sometimes listen to music while doing _____.

Doing housework makes me feel more _____ and responsible.

Helping at Home

Text

Helping at home is a normal part of my daily life, and I think it is important because it makes family life easier and more organized. I don't always have a lot of free time, but I try to help my family whenever I can.

In the morning or evening, I usually do small tasks around the house. For example, I clean my room, wash the dishes, or help prepare meals. These things are not very difficult, but they are useful because they save time for my family.

One of the most common things I do is helping in the kitchen. Sometimes I cut vegetables, wash fruits, or set the table before dinner. I also help clean up after meals. Although it can feel a bit boring, I know that it is part of daily responsibility.

I also help with cleaning. I might vacuum the floor, wipe surfaces, or organize things in the living room. When everyone helps a little, the house becomes clean much faster, so it doesn't feel like a big job for one person.

Sometimes I also help with shopping. I go to the shop with my

family or bring small things from the store. It is a simple task, but it is useful because it supports the whole family routine.

Although I sometimes feel tired after school or work, I still try to help because I know it is important. It also makes me feel useful and responsible. I think helping at home teaches good habits for life.

In general, helping at home is not just about cleaning or cooking. It is about supporting each other and making life easier for everyone in the family.

Key Vocabulary and Expressions

help at home — помогать дома

daily life — повседневная жизнь

family life — семейная жизнь

organized — организованный

free time — свободное время

small tasks — небольшие задания

wash the dishes — мыть посуду

prepare meals — готовить еду

set the table — накрывать на стол

clean up — убирать

daily responsibility — ежедневная обязанность

kitchen work — работа на кухне

cut vegetables — резать овощи

wash fruits — мыть фрукты
vacuum the floor — пылесосить пол
wipe surfaces — протирать поверхности
organize things — организовывать вещи
living room — гостиная
go shopping — ходить за покупками
support the family — поддерживать семью
feel tired — чувствовать усталость
feel useful — чувствовать себя полезным
good habits — хорошие привычки
make life easier — делать жизнь легче

Useful Patterns

I usually + verb — Я обычно + глагол

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

After that, I... — После этого я...

I try to + verb — Я стараюсь + глагол

Although I sometimes..., I... — Хотя иногда я..., я...

It helps me + verb — Это помогает мне + глагол

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

I spend time + -ing — Я провожу время, делая...

It is important to... — Важно...

This makes me + adjective — Это делает меня + прилагательное

тельное

Practice: Answer the Questions

Do you help at home?

What tasks do you usually do at home?

Do you help in the kitchen? How?

Do you like helping at home? Why/why not?

Do you help your family with shopping?

How do you feel after helping at home?

Why is it important to help at home?

Model Answers

1. Do you help at home?

Yes, I help at home whenever I have time. I think it is important for family life.

2. What tasks do you usually do at home?

I usually wash dishes, clean my room, and sometimes help with cooking.

3. Do you help in the kitchen? How?

Yes, I help by cutting vegetables, washing fruits, and setting the table.

4. Do you like helping at home? Why/why not?

I don't always like it, but I know it is important. It helps my family and makes life easier.

5. Do you help your family with shopping?

Yes, sometimes I go shopping with my family or bring small things from the store.

6. How do you feel after helping at home?

I feel useful and satisfied because I have done something helpful.

7. Why is it important to help at home?

It is important because it supports the family and teaches responsibility.

Practice: Complete the Sentences

I usually help my family with _____ at home.

Helping at home makes life more _____ for everyone.

I sometimes help in the _____ by preparing food.

When I help, I feel more _____ and responsible.

Helping at home is part of my daily _____.

My Busy Morning

Text

My busy morning usually starts earlier than I expect, and I often feel like I don't have enough time to do everything slowly. I wake up around 7:00 a.m., but sometimes I wake up later and then I have to hurry. The moment I open my eyes, I already think about all the things I need to do.

The first thing I do is turn off my alarm and quickly get out of bed. I don't stay in bed for long because I know I might become even more late. I wash my face, brush my teeth, and get dressed as fast as possible. Although I try to stay calm, I often feel a bit stressed in the morning.

After that, I go to the kitchen and prepare a very quick breakfast. Usually, I eat something simple like toast or cereal because I don't have much time. I also drink coffee or tea to feel more awake. Sometimes I eat while checking my phone, but I try not to get distracted too much.

Then I make a quick plan for my day. I check my schedule and think about my most important tasks. It helps me stay organized, even when I am in a hurry. Although I don't always follow the

plan perfectly, it still gives me a clear direction.

Before leaving home or starting work, I quickly tidy up my room. I make my bed, put things in place, and check if everything is ready. This small routine helps me feel more in control, even on busy mornings.

Sometimes I also forget things because I am rushing, so I try to double-check everything before I leave. I think a busy morning can be stressful, but it also helps me become more responsible and disciplined.

In the end, I usually leave home or start my work feeling a bit tired but ready for the day. Even if the morning is busy, I try to stay positive because I know every day is a new opportunity.

Key Vocabulary and Expressions

busy morning — занятое утро

wake up early — просыпаться рано

feel in a hurry — чувствовать спешку

turn off alarm — выключить будильник

get out of bed — вставать с кровати

wash my face — умываться

brush my teeth — чистить зубы

get dressed quickly — быстро одеваться

feel stressed — чувствовать стресс

quick breakfast — быстрый завтрак
simple food — простая еда
feel more awake — чувствовать бодрость
get distracted — отвлекаться
make a plan — составлять план
check my schedule — проверять расписание
important tasks — важные задачи
stay organized — оставаться организованным
in a hurry — в спешке
tidy up — убирать
put things in place — класть вещи на место
double-check — перепроверять
feel in control — чувствовать контроль
be responsible — быть ответственным
stay positive — оставаться позитивным

Useful Patterns

I usually + verb — Я обычно + глагол
The first thing I do is... — Первое, что я делаю, это...
After that, I... — После этого я...
I try to + verb — Я стараюсь + глагол
Although I sometimes..., I... — Хотя иногда я..., я...
It helps me + verb — Это помогает мне + глагол
Because it helps me... — Потому что это помогает мне...
I spend time + -ing — Я провожу время, делая...
It is important to... — Важно...

This makes me + adjective — Это делает меня + прилагательное

Practice: Answer the Questions

Do you have busy mornings?

What time do you usually wake up?

What do you do first when you wake up?

Do you eat breakfast in a hurry?

How do you stay organized in the morning?

Do you feel stressed in the morning? Why?

What helps you have a better morning?

Model Answers

1. Do you have busy mornings?

Yes, I sometimes have busy mornings when I don't have enough time. I need to do everything quickly.

Конец ознакомительного фрагмента.

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