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Том Сториз

Английский язык для средней школы: тематический практикум

Учебные тексты и упражнения



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**Английский язык для средней
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«Издательские решения»

Сториз Т.

Английский язык для средней школы: тематический практикум.
Учебные тексты и упражнения / Т. Сториз — «Издательские
решения»,

Учебное пособие предназначено для учащихся средней школы уровня В1 и направлено на развитие навыков чтения, говорения и расширение словарного запаса. Книга включает тематические тексты, отражающие повседневные ситуации, а также полезные выражения, речевые модели и практические задания. Материал способствует формированию уверенного владения английским языком и развитию самостоятельности в его использовании.

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Введение

Данная книга предназначена для учащихся средней школы, изучающих английский язык на уровне B1. Её основная цель заключается в развитии навыков чтения, расширении словарного запаса и формировании способности использовать язык в реальных жизненных ситуациях. Материал построен на основе тем, которые близки и понятны подросткам, что позволяет сделать процесс обучения более осмысленным и практичным.

Каждая глава посвящена отдельной теме повседневной жизни, включая обучение, личные интересы, социальные ситуации, здоровье, технологии и планы на будущее. Тексты написаны в естественной, современной форме и отражают типичные ситуации, с которыми учащиеся могут сталкиваться в реальной жизни. Особое внимание уделяется сочетанию простых и более сложных языковых конструкций, что способствует постепенному развитию языковой компетенции.

После каждого текста представлены полезные выражения с переводом, а также речевые модели, которые помогают учащимся использовать изученный материал в собственной устной и письменной речи. Дополнительно включены вопросы для саморефлексии и упражнения на закрепление лексики, что позволяет не только понимать текст, но и активно применять язык.

Структура книги направлена на последовательное развитие навыков и формирование уверенности в использовании английского языка. Материал может использоваться как для самостоятельного изучения, так и в рамках учебного процесса под руководством преподавателя.

My Daily Routine

I usually wake up at 7 a.m. when my alarm clock starts ringing. At first, I often feel tired and want to stay in bed a little longer, especially in winter when it is still dark outside. But I know that I have to get up, so I slowly open my eyes and try to start the day in a positive way.

The first thing I do is check my phone. I know it is not the best habit, but I still do it almost every morning. I look at messages, social media updates, and sometimes the weather. After that, I finally get out of bed and go to the bathroom to wash my face and brush my teeth. It helps me feel more awake and ready for the day.

Breakfast is an important part of my morning routine. I usually eat something simple, like eggs, bread, or cereal, and drink tea or coffee. While I am eating, I sometimes listen to music or watch short videos, but I try not to spend too much time on my phone because I don't want to be late for school.

Then I get dressed and prepare my school bag. I always check if I have all my books, notebooks, and homework. I don't like forgetting things because it makes me feel stressed during the day. Before leaving home, I often take a quick look in the mirror and make sure I look okay.

I usually leave home at around 8 a.m. The way to school takes about 20—30 minutes. Sometimes I walk, and sometimes I take a bus. On the way, I like to listen to music or just think about the day ahead. It helps me feel more relaxed before lessons start.

School is always busy. We have different lessons, short breaks, and conversations with friends. Some lessons are interesting, but others can be a bit difficult. During breaks, I usually talk with my classmates or go to the cafeteria to buy something small to eat. Time at school passes quickly, especially when I am busy.

After school, I go back home. I usually feel a bit tired, so I take a short rest. Then I do my homework. I try to finish it early because I like to have free time in the evening. Sometimes it is easy, but sometimes I need more time, especially if there is a lot of writing or reading.

In the evening, I like to relax. I might watch a series, play games, or chat with friends. Dinner is usually around 7 or 8 p.m., and we often eat together as a family. This is the time when we talk about our day and share small stories.

Before going to bed, I try to prepare for the next day. I check my bag again, set my alarm, and sometimes read a little. I don't always fall asleep immediately because I think about the day or plan tomorrow in my head. Slowly, I feel tired and finally fall asleep, ready to start everything again the next day.

Here are some useful expressions you might have noticed:

wake up — просыпаться

stay in bed — оставаться в кровати

feel tired — чувствовать усталость

get out of bed — вставать с кровати

brush my teeth — чистить зубы

feel more awake — чувствовать себя бодрее

morning routine — утренняя рутина
check my phone — проверять телефон
social media updates — обновления в соцсетях
get dressed — одеваться
prepare my school bag — собирать школьную сумку
take a bus — ехать на автобусе
think about the day ahead — думать о предстоящем дне
feel relaxed — чувствовать себя расслабленным
take a short rest — немного отдыхать
do homework — делать домашнее задание
spend free time — проводить свободное время
fall asleep — засыпать

You can use patterns like these in your own speech:

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

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

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

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

I like to spend time... — Мне нравится проводить время...

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

Now think about your own experience:

1. What time do you usually wake up?

I usually wake up around 7 a.m. because I have school in the morning. I try not to stay in bed too long, although sometimes it is difficult in winter.

2. What do you do first in the morning?

The first thing I do is check my phone and then wash my face. This helps me feel more awake and ready for the day.

3. What do you eat for breakfast?

I usually eat something simple like cereal or eggs. It gives me energy for the morning and helps me start the day better.

4. How do you go to school?

I usually take a bus or sometimes walk. While going to school, I like to think about the day ahead or listen to music.

5. What do you do after school?

After school, I take a short rest and then do my homework. I try to finish it early so I can spend free time in the evening.

6. How do you spend your evenings?

In the evening, I relax by watching series or talking with friends. It helps me feel relaxed after a busy day.

Complete the sentences:

I usually _____ at 7 a.m. and feel tired at first.

The first thing I do is _____ my phone and check messages.

I try to _____ my school bag carefully before leaving home.

After school, I take a short _____ and then do my homework.

Before going to bed, I _____ about the next day.

My School Day

My school day usually starts early in the morning, and I often don't feel fully awake when I leave home. I know that school is important, so even when I feel a bit sleepy, I try to focus on the day ahead. The morning is usually busy, because I have to get ready, eat breakfast, and not forget anything important like my books or homework.

When I arrive at school, I usually meet my friends near the entrance or in the hallway. We talk a little about the morning, sometimes about homework, and sometimes just about random things. These small conversations help me feel more relaxed before lessons begin.

The first lesson is often the hardest for me because my mind is still waking up. However, some subjects are more interesting than others, so I try to pay attention even if I feel tired. Teachers usually start the lesson by checking homework or explaining new topics. Sometimes I understand everything quickly, but sometimes I need more time, especially in subjects like math or science.

During lessons, we do different activities. We read texts, write exercises, listen to explanations, and sometimes work in pairs or groups. I like group work because it gives me a chance to talk and share ideas, although it can also be a bit noisy and distracting. When the teacher gives us a task, I try to finish it carefully and on time.

Break time is one of the best parts of the school day. We can leave the classroom, stretch our legs, and relax for a few minutes. I usually go to the cafeteria or stay with my friends in the corridor. We talk, laugh, and sometimes plan what we will do after school. These short breaks help me feel more energetic for the next lessons.

Not all lessons are easy or interesting. Sometimes I feel bored or tired, especially when the topic is difficult or when the lesson is long. But I know that every subject is useful in some way, so I try not to give up. Even if I don't like a lesson, I still try to do my best and understand at least the main idea.

At lunchtime, I usually eat something simple and spend time with my classmates. This is a good moment to rest and talk without pressure. We often share food, stories, or jokes. After lunch, I usually feel more active and ready for the rest of the school day.

The last lessons of the day are sometimes easier because I know that school is almost finished. However, if I am already tired, it can be difficult to concentrate. I try to stay focused and finish the day properly because I don't want to miss important information.

After school, I usually feel a mix of tiredness and relief. I go home, take a short rest, and then start thinking about homework or other plans. Sometimes I feel happy that the school day is over, but I also know that tomorrow will be similar, with new lessons, new tasks, and new conversations.

Here are some useful expressions you might have noticed:

school day — школьный день

feel awake — чувствовать себя бодрым

get ready — готовиться

focus on the day ahead — сосредоточиться на предстоящем дне

meet my friends — встречать друзей

random things — разные, случайные вещи
pay attention — обращать внимание
new topics — новые темы
work in pairs — работать в парах
group work — групповая работа
share ideas — делиться идеями
finish on time — закончить вовремя
break time — перемена
stretch my legs — размяться
feel more energetic — чувствовать себя более энергичным
feel bored — скучать
do my best — стараться изо всех сил
lunch break — обеденный перерыв
mix of tiredness and relief — смесь усталости и облегчения
miss important information — пропустить важную информацию

You can use patterns like these in your own speech:
My school day usually starts... — Мой школьный день обычно начинается...
I try to focus on... because... — Я стараюсь сосредоточиться на..., потому что...
One of the best parts is... — Одна из лучших частей — это...
I find it difficult when... — Мне сложно, когда...
I like it when we... — Мне нравится, когда мы...
After school, I usually... — После школы я обычно...

Now think about your own experience:

1. What time does your school day usually start?

My school day usually starts in the morning around 8 a.m. I often feel a bit sleepy, but I try to get ready quickly so I am not late.

2. What do you usually do before lessons begin?

Before lessons begin, I usually talk with my friends. It helps me relax and forget about morning tiredness.

3. Which lessons are easy or difficult for you?

Some lessons like English are easier for me, but subjects like math can be more difficult. I need more time to understand new topics.

4. What do you usually do during breaks?

During breaks, I usually stay with my friends and talk or go to the cafeteria. It helps me rest and feel more energetic.

5. How do you feel after school?

After school, I usually feel tired but also relieved. I take a short rest and then start thinking about homework.

6. What helps you stay focused during lessons?

I try to stay focused by paying attention to the teacher and taking notes. It helps me understand the lesson better.

Complete the sentences:

My school day usually starts in the _____ and I feel a bit sleepy.

During lessons, we often work in _____ or groups.

Break time helps me feel more _____ before the next lesson.

I try to _____ attention even when I feel tired.

After school, I usually feel a mix of tiredness and _____.

My Family

My family is one of the most important parts of my life. I don't think I always notice it in everyday moments, but when I stop and reflect, I understand how much they influence my mood, my habits, and even the way I think about the world.

I live with my parents and sometimes with other relatives who visit us on weekends or holidays. Our home is usually quite busy, because everyone has their own schedule, but we still try to spend time together when we can. In the morning, things can be a bit chaotic, especially when everyone is in a hurry. My parents are getting ready for work, and I am preparing for school, so we often talk quickly while eating breakfast or just moving around the kitchen.

My mother is the person who usually makes sure everything is organized. She reminds me about important things, like homework, clothes, or appointments. Sometimes I don't like being reminded all the time, but I understand that she just wants to help me stay responsible. My father is a bit more relaxed, but he is always ready to help when something goes wrong. He often gives advice, especially when I have problems or difficult decisions to make.

We don't always have long conversations during the week, because everyone is busy. However, in the evening, we sometimes sit together and talk about our day. These moments are simple, but they feel important. We share small stories, talk about school or work, and sometimes laugh about funny situations that happened during the day.

At weekends, our family life feels different. There is more time, and the atmosphere is calmer. We might go shopping together, visit relatives, or just stay at home and relax. I like weekends because I feel less pressure and more freedom. Sometimes we cook together, and even simple meals become more enjoyable when everyone is involved.

Of course, not everything in family life is perfect. Sometimes we have misunderstandings or small arguments. For example, I might forget something important, or my parents might not agree with my plans. These situations can be stressful, but usually they don't last long. After a while, we talk and solve the problem. I think that is normal in every family.

What I find most important is support. When I have a difficult day or feel stressed, I know that my family is there for me. Even if they don't always say the perfect words, their presence is enough to make me feel safer and more confident.

I also notice that I learn many things from my family without even realizing it. I learn responsibility from my mother, patience from my father, and communication from everyday conversations. These small lessons are not written in books, but they are part of real life.

Sometimes I imagine how my life would be without this constant connection, and it feels strange. Even when I want more independence, I still appreciate having people who care about me and know me well.

In the end, family is not only about living in the same place. It is also about shared experiences, small habits, and the feeling that someone is always connected to you, even when you are not in the same room.

Here are some useful expressions you might have noticed:

family life — семейная жизнь
important part of my life — важная часть моей жизни
reflect on something — задумываться о чём-то
influence my mood — влиять на моё настроение
daily routine — повседневная рутина
in a hurry — в спешке
get ready for work/school — готовиться к работе/школе
remind me about something — напоминать мне о чём-то
be responsible — быть ответственным
give advice — давать совет
have conversations — вести разговоры
spend time together — проводить время вместе
feel pressure — чувствовать давление
misunderstandings — недопонимания
solve a problem — решать проблему
feel supported — чувствовать поддержку
make me feel confident — делать меня уверенным
without realizing it — не осознавая этого
shared experiences — общие переживания
care about someone — заботиться о ком-то

You can use patterns like these in your own speech:

My family is... — Моя семья...

We usually spend time together when... — Мы обычно проводим время вместе, когда...

One person who... is... — Один человек, который..., это...

I sometimes feel... when... — Я иногда чувствую..., когда...

It helps me because... — Это помогает мне, потому что...

In my family, we often... — В моей семье мы часто...

Now think about your own experience:

1. Who do you live with?

I live with my parents and sometimes with other relatives. Our home is usually busy, but I like the feeling of being together.

2. Who do you talk to the most in your family?

I talk the most with my mother because she asks about my school day and daily routine. We have short but regular conversations.

3. What do you usually do together as a family?

We often eat dinner together or spend time at home on weekends. These moments help us stay connected.

4. Do you have any family traditions?

Yes, on weekends we sometimes cook together or visit relatives. It makes our family life more interesting and warm.

5. What do you like about your family?

I like that my family supports me and gives advice when I need it. Even small conversations make me feel more confident.

6. Do you sometimes have disagreements?

Yes, sometimes we have small misunderstandings, but we usually solve them quickly by talking and explaining our thoughts.

Complete the sentences:

My family is an important _____ of my life.

We often spend time together at _____ or on weekends.

My mother usually _____ me about important things.

We sometimes have small _____, but we solve them quickly.

I feel more _____ when my family supports me.

My Free Time

Free time is something I always look forward to, especially after a busy school day. When I finish my lessons and homework, I finally feel that I can relax and do things I actually enjoy. It is not always the same, because sometimes I am tired, but I still try to use my free time in a way that makes me feel better.

On weekdays, my free time is usually limited. After school, I often take a short rest, and then I decide what to do next. Sometimes I spend time on my phone, watching videos or talking to friends. It is easy to lose track of time when I am online, so I try not to spend the whole evening on social media, even though it is tempting.

One of my favourite ways to spend free time is watching films or series. I like it because it helps me escape from daily routine and think about something different. Sometimes I watch alone, and sometimes with my family. When we watch together, we usually comment on what is happening, and it feels more interactive.

Another activity I enjoy is listening to music. Music helps me relax, especially when I feel stressed or tired. I usually choose different types of music depending on my mood. For example, calm music helps me focus or rest, while more energetic songs make me feel motivated.

Reading is also something I try to do, although I don't always have enough time. When I read something interesting, I can easily forget about everything around me. I prefer short stories or articles because they are easier to finish in one sitting. Sometimes I read before going to bed, and it helps me fall asleep more peacefully.

On weekends, my free time feels completely different. I have more freedom, so I can plan my day more flexibly. Sometimes I go outside with friends, walk around the city, or just sit in a café and talk. These simple activities are not very special, but they help me feel connected and relaxed.

There are also days when I don't want to do anything at all. On those days, I just stay at home, rest, and do very simple things. At first, it feels a bit boring, but later I realize that rest is also important. It helps me recharge and feel more energetic for the next week.

Of course, I sometimes feel that I don't manage my free time very well. I might spend too much time on my phone or postpone important things. When that happens, I try to think about how I can improve it next time. I understand that free time is not just about relaxing, but also about doing things that are useful or meaningful.

In the end, free time is a balance between rest, entertainment, and small personal activities. Even simple moments, like listening to music or talking with a friend, can make a normal day feel better.

Here are some useful expressions you might have noticed:

free time — свободное время

look forward to — с нетерпением ждать

busy school day — загруженный школьный день

take a short rest — немного отдохнуть

lose track of time — потерять счёт времени
social media — социальные сети
spend time online — проводить время в интернете
daily routine — повседневная рутина
escape from routine — отвлечься от рутины
feel stressed — чувствовать стресс
different types of music — разные виды музыки
depending on my mood — в зависимости от настроения
fall asleep — засыпать
spend time with friends — проводить время с друзьями
go outside — выходить на улицу
feel connected — чувствовать связь с другими
recharge energy — восстановить энергию
postpone things — откладывать дела
meaningful activities — значимые занятия
balance between things — баланс между вещами

You can use patterns like these in your own speech:

In my free time, I usually... — В свободное время я обычно...

One of my favourite activities is... — Одно из моих любимых занятий — это...

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

When I feel tired, I prefer to... — Когда я устаю, я предпочитаю...

I enjoy spending time... because... — Мне нравится проводить время..., потому что...

On weekends, I often... — По выходным я часто...

Now think about your own experience:

1. What do you usually do in your free time?

In my free time, I usually watch videos or listen to music. It helps me relax after school and forget about stress.

2. Do you prefer staying at home or going outside?

I sometimes prefer staying at home because I can rest, but I also like going outside to meet my friends and change my environment.

3. What is your favourite hobby?

My favourite hobby is watching films or series because it is entertaining and helps me relax after a long day.

4. How do you feel after school in your free time?

After school, I often feel tired, so I like to take a short rest before doing anything else.

5. Do you think you use your free time well?

Sometimes yes, but sometimes I spend too much time on my phone. I try to improve it by planning my time better.

6. What would you like to do more often in your free time?

I would like to read more books or spend more time outside because it would be more useful and healthy.

Complete the sentences:

In my free time, I usually _____ music or watch videos.

I sometimes lose _____ of time when I am online.

One of my favourite activities is spending time with _____.

On weekends, I like to go _____ and relax.

Free time helps me _____ energy after a busy day.

My Hometown

My hometown is the place where I grew up, and even though I sometimes think about living somewhere else in the future, it will always feel familiar to me. It is not a huge city, but it has everything I need for daily life, and I know many streets, buildings, and places very well.

In my hometown, life has its own rhythm. Some parts of the city are always busy, especially in the morning when people go to work or school. Other areas are much quieter, where you can walk without hearing much noise. I like this contrast because it makes the city feel alive but not overwhelming.

The centre of my hometown is the most active place. There are shops, cafés, and public transport stops, and it is usually full of people. I often go there with friends or family, especially on weekends. We walk around, buy something small, or just sit and talk. Even simple activities feel interesting in a familiar place.

One thing I like about my hometown is that I know how to move around without thinking too much. I don't need a map for most places because I already know the streets. This gives me a feeling of comfort and confidence. At the same time, I sometimes notice small changes, like new buildings or renovated streets, which remind me that the city is slowly developing.

Of course, my hometown is not perfect. There are things I don't like, such as traffic jams, crowded places, or noise in some areas. Sometimes it can feel a bit stressful, especially during rush hours. However, I think every city has its own problems, so I try not to focus only on the negative sides.

The weather also influences how I feel about my hometown. In winter, everything looks colder and more quiet, while in summer the city feels more active and alive. I especially like spring, when the streets become more comfortable for walking and people spend more time outside.

My school and home are both located in my hometown, so most of my daily life happens here. Because of that, I have many memories connected to different places. For example, certain streets remind me of walking with friends, and certain parks remind me of family visits. These small memories make the city feel more personal.

Sometimes I imagine what it would be like to live in a different city or country. It sounds exciting, because I could discover new places and cultures. But at the same time, I know I would probably miss the familiar environment, the people I know, and the simple routines I am used to.

I think a hometown is not just a place on a map. It is a mix of experiences, emotions, and habits that slowly become part of who you are. Even if you leave it one day, it stays in your memory in a special way.

Here are some useful expressions you might have noticed:

hometown — родной город

grow up — расти, взрослеть

daily life — повседневная жизнь

familiar place — знакомое место

life has its own rhythm — у жизни есть свой ритм

busy areas — оживлённые районы
quiet areas — тихие районы
public transport stops — остановки общественного транспорта
go around the city — гулять по городу
feel comfortable — чувствовать себя комфортно
move around — передвигаться
traffic jams — пробки
crowded places — многолюдные места
rush hours — часы пик
feel stressed — чувствовать стресс
weather influences — погода влияет
spend time outside — проводить время на улице
develop over time — развиваться со временем
remind me of something — напоминать о чём-то
familiar environment — привычная среда

You can use patterns like these in your own speech:

My hometown is... — Мой родной город...

I grew up in... — Я вырос (ла) в...

One thing I like about my hometown is... — Одна вещь, которая мне нравится в моём городе...

There are some problems such as... — Есть некоторые проблемы, такие как...

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

I often go to... with... — Я часто хожу в... с...

Now think about your own experience:

1. Where is your hometown?

My hometown is where I live and study. It is not very big, but it has everything I need for daily life.

2. What do you like about your hometown?

I like that I know many places and feel comfortable moving around. It gives me a sense of confidence and safety.

3. Where do you usually go in your city?

I usually go to the city centre or local parks. These places are good for meeting friends and relaxing.

4. What problems does your hometown have?

Sometimes there are traffic jams and crowded places. It can be stressful during rush hours.

5. How does your hometown change in different seasons?

In summer it feels more active, while in winter it is quieter. I like spring the most because the weather is comfortable.

6. Would you like to live in another city?

Yes, I might like to try living in another city, but I would probably miss my familiar environment and friends.

Complete the sentences:

My hometown is a _____ place where I grew up.

The city centre is usually very _____ and full of people.

I feel more _____ when I know the streets well.

There are sometimes traffic _____ during rush hours.

My hometown gives me many _____ and memories.

Friendship

Friendship is something that becomes more important the older I get. When I was younger, I thought friends were just people to play with, but now I understand that real friendship is much deeper. It is about trust, support, and the feeling that someone understands you even without many words.

I have a few close friends, and I think this is better than having a large group of people I don't really know well. We met at school, so we spend a lot of time together during lessons and breaks. At first, we just talked about simple things like homework or teachers, but over time our conversations became more personal and meaningful.

One thing I like about my friends is that I can be myself around them. I don't feel pressure to act in a different way or pretend to be someone else. We can laugh at small things, share our opinions, and sometimes even disagree, but it never destroys our friendship. We usually talk about problems openly and try to understand each other.

Of course, friendship is not always perfect. Sometimes we misunderstand each other or say things we don't really mean. There are moments when someone feels upset or ignored. However, what matters is how we solve these situations. Most of the time, we talk honestly, explain our feelings, and move on without holding grudges.

We also support each other in difficult situations. For example, when someone has a stressful day at school or feels nervous about exams, we try to encourage each other. Even a simple message or short conversation can make a big difference. I think this kind of support is one of the most valuable parts of friendship.

In my free time, I often spend time with friends outside of school. We might walk around the city, sit in a café, or just talk about random topics. These moments are not always special or planned, but they feel important because we share them together. Sometimes we also do nothing in particular, just enjoy being in the same place.

I also notice that friendship changes over time. Some people become closer, while others slowly drift apart because of different interests or schedules. It is a natural process, even if it sometimes feels a bit sad. But I believe that real friendships can survive distance and time if both people care enough.

Another interesting thing is that friends influence each other. I have learned new ideas, habits, and ways of thinking from my friends. Sometimes this influence is positive, like becoming more active or confident. Other times it can be less helpful, but it still teaches me something about myself.

I think friendship is not only about fun moments, but also about being there when it is necessary. A true friend is someone who stays with you not only in good times but also when things are difficult.

Even though I don't always say it, I value my friends a lot. They are part of my daily life, my memories, and my growth. Without them, many ordinary days would feel completely different.

Here are some useful expressions you might have noticed:

close friends — близкие друзья

real friendship — настоящая дружба

trust and support — доверие и поддержка
spend time together — проводить время вместе
meaningful conversations — содержательные разговоры
be myself — быть собой
feel pressure — чувствовать давление
disagree with someone — не соглашаться с кем-то
solve problems — решать проблемы
hold grudges — держать обиду
support each other — поддерживать друг друга
stressful situation — стрессовая ситуация
make a big difference — иметь большое значение
random topics — случайные темы
drift apart — отдаляться друг от друга
shared moments — общие моменты
influence each other — влиять друг на друга
good and bad times — хорошие и плохие времена
value someone — ценить кого-то
be there for someone — быть рядом с кем-то

You can use patterns like these in your own speech:

My friends are... — Мои друзья...

I met my friends when... — Я познакомился (лась) с друзьями, когда...

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

One thing I like about my friends is... — Одна вещь, которая мне нравится в моих друзьях...

We usually spend time together by... — Мы обычно проводим время вместе,...

When we have problems, we... — Когда у нас проблемы, мы...

Now think about your own experience:

1. How many close friends do you have?

I have a few close friends. I prefer a small group because it is easier to trust and understand each other.

2. Where did you meet your friends?

I met most of my friends at school. We started talking during lessons and breaks, and slowly became closer.

3. What do you usually do with your friends?

We usually talk, walk around the city, or spend time in cafés. Sometimes we just talk about random topics and relax.

4. What makes a good friend?

A good friend is someone who supports you, listens to you, and does not judge you. Trust is very important.

5. Have you ever had a misunderstanding with a friend?

Yes, sometimes we misunderstand each other, but we usually solve problems by talking honestly and explaining our feelings.

6. Do your friends influence you?

Yes, my friends influence me in different ways. Sometimes they help me become more confident and active.

Complete the sentences:

Real friendship is based on _____ and support.

I like friends with whom I can be _____.

We sometimes solve problems by talking _____.

Good friends support each other in _____ situations.

Friendship can change over _____, but it is still important.

Meeting New People

Meeting new people has always felt a bit uncomfortable for me, especially in situations where I don't know anyone. At the same time, I understand that it is an important part of life, because we cannot always stay in the same circle of friends. New people bring new ideas, new experiences, and sometimes even new opportunities.

Usually, I meet new people at school, during group activities, or when I attend different events. At first, it is often a bit awkward because I don't know what to say. I worry about making a good impression, and I sometimes think too much about small details, like how I sound or what topic to start with. However, after a few minutes, the conversation usually becomes easier.

One of the simplest ways to start a conversation is to ask basic questions. For example, I might ask where someone is from, what school subjects they like, or how they spend their free time. These questions are not very deep, but they help break the silence and make the situation more natural.

I also notice that body language is important. When someone smiles, makes eye contact, and speaks in a friendly way, it becomes much easier to relax. On the other hand, if someone seems closed or uninterested, the conversation can quickly become difficult. That is why first impressions matter, even if they are not always completely accurate.

Sometimes I meet new people through friends. In this case, it feels easier because there is already a shared connection. We don't have to start from zero, and we can talk about common experiences. For example, we might discuss school, teachers, or activities we do together. This creates a more comfortable atmosphere.

There are also moments when I meet new people outside school, for example during trips or in public places. These situations are less predictable, but sometimes more interesting. You never know who you will meet or what kind of conversation you will have. Some of these meetings are short and casual, while others can turn into longer conversations.

Of course, not every meeting leads to friendship. Sometimes we talk for a few minutes and then never see each other again. That is completely normal. But even short interactions can be useful, because they help develop communication skills and make me more confident over time.

I also think that meeting new people helps me understand different points of view. Everyone has their own background, opinions, and experiences. When I listen to others, I sometimes realize that there are many ways to see the same situation. This makes me more open-minded.

Even though I still feel a bit shy in new situations, I try not to avoid them. I believe that communication becomes easier with practice. The more people you meet, the more natural it feels to start conversations and keep them going.

In the end, meeting new people is not only about talking. It is also about learning how to connect, how to listen, and how to adapt to different situations. Each new meeting is a small experience that can teach something useful, even if it seems simple at first.

Here are some useful expressions you might have noticed:

meet new people — знакомиться с новыми людьми
feel uncomfortable — чувствовать себя некомфортно
social circle — круг общения
make a good impression — произвести хорошее впечатление
start a conversation — начать разговор
break the silence — нарушить тишину
small talk — лёгкий разговор
body language — язык тела
eye contact — зрительный контакт
first impressions — первое впечатление
shared connection — общая связь
common experiences — общие переживания
casual conversation — непринуждённый разговор
turn into — превращаться во что-то
short interaction — короткое общение
communication skills — навыки общения
different points of view — разные точки зрения
open-minded — открытый к новому
feel shy — чувствовать себя застенчивым
adapt to situations — адаптироваться к ситуациям

You can use patterns like these in your own speech:

I usually meet new people when... — Я обычно знакомлюсь с новыми людьми, когда...

At first, I feel... because... — Сначала я чувствую..., потому что...

One way to start a conversation is... — Один способ начать разговор — это...

It becomes easier when... — Это становится легче, когда...

I think first impressions are... — Я думаю, первое впечатление...

Meeting new people helps me... — Знакомство с новыми людьми помогает мне...

Now think about your own experience:

1. Do you like meeting new people?

I sometimes feel shy, but I understand that meeting new people is useful. It helps me improve communication skills and become more confident.

2. Where do you usually meet new people?

I usually meet new people at school or during group activities. These situations make it easier to start a conversation.

3. What do you say first when you meet someone new?

I usually ask simple questions like where they are from or what they like to do. It helps break the silence.

4. Do you feel nervous in new social situations?

Yes, at first I sometimes feel nervous because I worry about making mistakes. But after a while, I relax and talk more naturally.

5. What helps you feel more comfortable when meeting new people?

Smiling and friendly body language help me feel more comfortable. Also, talking about simple topics makes it easier.

6. Can short conversations be useful?

Yes, even short conversations are useful because they improve communication skills and help me understand different people.

Complete the sentences:

I usually meet new people at _____ or during activities.

At first, I feel a bit _____ in new situations.

One way to start a conversation is to ask _____ questions.

Body language and eye contact help make a good _____.

Meeting new people improves my communication _____.

Talking on the Phone

Talking on the phone is something I do almost every day, but my attitude toward it has changed over time. When I was younger, I didn't like phone calls very much because they felt a bit stressful. I never knew exactly what to say, and I worried about making mistakes or sounding awkward. Now it feels more natural, but I still prefer texting in some situations.

Most of the time, I use my phone to communicate with friends and family. With friends, we usually call each other when we want to make plans or discuss something quickly. It is faster than writing long messages, especially when we need a clear answer. For example, if we are deciding where to meet or what time to go somewhere, a phone call saves time.

When I receive a call, I usually look at the screen first to see who is calling. If it is someone I know, I answer quite quickly. If it is an unknown number, I sometimes hesitate because I am not sure if it is important. This is a common situation for many people, I think.

During a phone conversation, tone of voice is very important. Even if you don't see the other person, you can understand their mood by the way they speak. Sometimes a short pause or a change in voice can show that someone is tired, excited, or stressed. This makes phone communication different from texting, where emotions are not always clear.

I also notice that some conversations are easier on the phone, while others are better in person. Simple things like arranging plans or asking short questions are easy by phone. However, if the topic is serious or emotional, it is usually better to talk face to face. That way, misunderstandings are less likely.

Sometimes I feel a bit uncomfortable when I have to make an important call, for example to ask for information or speak to someone I don't know. In these situations, I usually prepare in advance. I think about what I want to say and try to keep it simple. This helps me feel more confident when the call starts.

There are also moments when phone calls can be annoying, especially when they interrupt something important. If I am busy or focused, I don't always want to answer immediately. However, I also understand that some calls cannot wait, so I try to balance it.

One interesting thing about phone conversations is that they can feel more personal than messages. When you hear someone's voice, it feels more direct and real. It is easier to connect emotionally, even if the conversation is short.

In everyday life, talking on the phone has become a normal habit. It helps people stay in touch, organize plans, and solve problems quickly. Even though there are many modern ways to communicate, phone calls are still useful and sometimes necessary.

In the end, I think phone communication is a skill. The more you use it, the more natural it becomes, even if at first it feels a little uncomfortable.

Here are some useful expressions you might have noticed:
phone call — телефонный звонок

receive a call — получить звонок
unknown number — неизвестный номер
hesitate — сомневаться, колебаться
tone of voice — тон голоса
make plans — строить планы
save time — экономить время
clear answer — чёткий ответ
in advance — заранее
feel confident — чувствовать уверенность
face to face — лично, лицом к лицу
misunderstandings — недопонимания
arrange plans — договориться о планах
interrupt something — прерывать что-то
stay in touch — поддерживать связь
personal conversation — личный разговор
emotional connection — эмоциональная связь
awkward situation — неловкая ситуация
important information — важная информация
communication skill — навык общения

You can use patterns like these in your own speech:

I usually call when... — Я обычно звоню, когда...
It is easier to... because... — Это проще..., потому что...
I sometimes hesitate when... — Я иногда сомневаюсь, когда...
Phone calls help me... — Телефонные звонки помогают мне...
I prefer texting when... — Я предпочитаю переписку, когда...
Before making a call, I... — Перед звонком я...

Now think about your own experience:

1. Do you like talking on the phone?

I don't always like phone calls, but I understand they are useful. Sometimes I prefer texting because it feels easier.

2. When do you usually make phone calls?

I usually make phone calls when I need to make plans or talk quickly. It helps save time.

3. How do you feel when someone calls you unexpectedly?

At first, I sometimes feel surprised or unsure. If I know the person, I answer more confidently.

4. What is difficult about phone conversations?

Sometimes it is difficult because you cannot see the other person's reactions. This can lead to misunderstandings.

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