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ТОМ СТОРИЗ

**АНГЛИЙСКИЙ
ДЛЯ
ПОВСЕДНЕВНОЙ
ЖИЗНИ
ПОДРОСТКОВ**

ТЕКСТЫ УРОВНЯ B1–B2
НА РЕАЛЬНЫЕ ТЕМЫ



Том Сториз

**Английский для повседневной
жизни подростков. Тексты
уровня В1–В2 на реальные темы**

«Издательские решения»

Сториз Т.

Английский для повседневной жизни подростков. Тексты уровня В1–В2 на реальные темы / Т. Сториз — «Издательские решения»,

Данная книга представляет собой сборник коротких текстов на английском языке уровня В1–В2, предназначенных для подростков. Материалы основаны на повседневных ситуациях и направлены на развитие навыков чтения, расширение словарного запаса и освоение разговорных выражений. Каждый раздел включает текст, полезные фразы, речевые модели и вопросы для самостоятельной практики. Книга подходит для систематического изучения и повторения языка.

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жизни подростков
Тексты уровня В1—В2 на реальные темы**

Том Сториз

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Введение

Данная книга представляет собой сборник коротких текстов, предназначенных для изучающих английский язык на уровне В1—В2. Основная цель материала заключается в развитии навыков понимания письменной речи, расширении словарного запаса и формировании умения использовать распространённые разговорные выражения в естественных контекстах.

Каждый текст построен вокруг повседневных ситуаций, с которыми регулярно сталкиваются подростки и молодые люди. Темы отобраны таким образом, чтобы отражать типичные элементы ежедневного опыта, включая учебу, общение, бытовые действия, использование цифровых устройств и взаимодействие с окружающей средой.

Структура каждого раздела включает основной текст, список полезных выражений с переводом, языковые конструкции для практического использования, вопросы для самостоятельного осмысления темы и примеры ответов. Такой подход направлен на последовательное закрепление лексики и развитие навыков устной и письменной речи.

Языковой материал подобран с учетом частотности употребления в современном английском языке. Особое внимание уделено сочетаниям слов и устойчивым выражениям, которые характерны для повседневного общения. Это позволяет обучающимся не только запоминать отдельные слова, но и осваивать готовые речевые модели.

Книга может использоваться как для самостоятельного изучения, так и в рамках учебного процесса. Она ориентирована на систематическую работу с текстом и постепенное расширение языковых возможностей обучающегося без усложнения грамматической структуры сверх уровня В1—В2.

Материалы не требуют предварительной подготовки и могут быть использованы в любом порядке в зависимости от образовательных задач и индивидуальных потребностей учащегося.

Waking Up Late Again

The alarm started ringing at 7:00 a.m., just like every weekday. I heard it, of course. I even opened one eye and looked at the screen. «Five more minutes,» I thought, as usual. It felt like the most natural decision in the world. The room was still a bit dark, the blanket was warm, and I didn't feel ready to leave my bed.

Five minutes turned into ten. Then into twenty.

The next time I opened my eyes, the sunlight was already stronger. I grabbed my phone and suddenly sat up. 7:48.

«Oh no.»

My heart started beating faster because I knew I didn't have much time. I jumped out of bed and almost tripped over my backpack, which I had left on the floor the night before. I didn't even remember doing that. Everything felt messy, but there was no time to think about it.

I rushed to the bathroom, brushed my teeth quickly, and looked at myself in the mirror. My hair was going in different directions, and I looked half asleep. «Great,» I said quietly, although nothing about the situation was great.

Back in my room, I tried to find something to wear. Of course, I couldn't find my favorite hoodie. I checked the chair, the bed, even the floor. Nothing. In the end, I just grabbed the first clean thing I saw. It didn't match, but at least it was comfortable.

There was no time for breakfast, so I took an apple from the kitchen and put it in my bag. My mom said something as I was leaving, but I didn't catch it. I just said, «Bye!» and closed the door.

Outside, the air was cold, which helped me wake up a little. I started walking fast, then faster, and finally I was almost running. I checked the time again. If I hurried, I might still catch the bus.

I turned the corner and saw it — the bus was already there.

«No, no, no...»

I ran as fast as I could, but the doors closed right in front of me. The driver didn't even look at me. The bus slowly drove away, and I just stood there, breathing heavily and feeling a mix of anger and disappointment.

For a moment, I thought about going back home. It was so tempting. I could say I wasn't feeling well, go back to bed, and forget about the whole day. But I knew it wasn't a good idea. I had a test, and I had already missed too many classes.

So I started walking to school.

At first, I was annoyed. Everything felt unfair, although I knew it was my fault. I kept thinking about the alarm, about those «five more minutes.» Why did I always do that?

But after a few minutes, I started to calm down. The streets were quiet, and there weren't many people around. I could hear my own steps and the sound of cars passing by. It wasn't so bad.

I took a bite of my apple while walking. It wasn't the breakfast I wanted, but at least it was something. I even started to feel a bit more awake.

By the time I got to school, I was still late, but not too late. I walked into the classroom quietly and tried not to draw attention. The teacher looked at me for a second but didn't say anything.

I sat down, took out my notebook, and finally took a deep breath.

Next time, I told myself, I'll get up on the first alarm.

But I've said that before.

Here are some useful expressions you might have noticed:

five more minutes — ещё пять минут
turn into — превращаться в
suddenly sit up — резко сесть
not have much time — не иметь много времени
jump out of bed — вскочить с кровати
in a hurry — в спешке
look half asleep — выглядеть полусонным
grab the first thing — схватить первое попавшееся
there is no time for — нет времени на
catch the bus — успеть на автобус
run as fast as I could — бежать изо всех сил
right in front of me — прямо передо мной
feel a mix of — чувствовать смесь (эмоций)
think about going back — думать вернуться
not a good idea — плохая идея
at first — сначала
my fault — моя вина
calm down — успокоиться
not so bad — не так уж плохо
take a bite — откусить
feel more awake — чувствовать себя бодрее
try not to draw attention — стараться не привлекать внимание

You can use patterns like these in your own speech:

I didn't have much time, so I... — У меня было мало времени, поэтому я...

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

At first, I felt..., but then... — Сначала я чувствовал..., но потом...

I thought about..., but I decided... — Я подумал о..., но решил...

There was no time for..., so I... — Не было времени на..., поэтому я...

I started to..., and then... — Я начал..., а потом...

By the time I..., I was already... — К тому времени, как я..., я уже...

Now think about your own experience:

Do you often wake up late? Why or why not?

What do you usually do first in the morning?

Have you ever missed something important because you were late?

What helps you wake up faster?

Do you like mornings or evenings more? Why?

What is your perfect morning like?

Here are some possible answers:

I sometimes wake up late because I stay up too late and say «five more minutes» in the morning. For example, I often scroll my phone before sleep, so it's hard to get up early.

I usually check my phone first, although I know it's not a good idea. Then I jump out of bed and try to get ready quickly because I don't have much time.

Yes, I once missed an important class because I overslept. I felt a mix of stress and disappointment, and I knew it was my fault.

Cold water and fresh air help me feel more awake. For example, I open the window and wash my face, and it really helps me calm down and focus.

I like evenings more because I feel more relaxed and productive. In the morning, I usually look half asleep and need time to wake up.

My perfect morning is calm and not in a hurry. I have time for breakfast, listen to music, and don't need to run as fast as I could to catch the bus.

Complete the sentences:

I didn't have much time, so I _____.

I said «five more minutes,» and it turned into _____.

There was no time for breakfast, so I _____.

I tried to catch the bus, but _____.

At first, I felt annoyed, but then _____.

Scrolling Your Phone Before Sleep

I told myself I would go to bed early tonight. No excuses, no «just one more video,» no late-night scrolling. I even put my phone on the table and turned off the lights at 11:00 p.m. It felt like a good start.

For about two minutes.

Then I picked up my phone again.

«I'll just check one thing,» I thought. Maybe someone sent a message, or something interesting happened online. It didn't feel like a big decision at the time. Just a quick look.

I opened one app, then another. A few messages, a couple of short videos, some random posts. Nothing special, but somehow I couldn't stop. Every time I thought about putting my phone down, something new appeared on the screen.

«Okay, this is the last one,» I said.

But it wasn't.

Ten minutes passed. Then twenty. I changed my position in bed because my arm started to feel uncomfortable. The room was quiet, and the light from my phone was the only thing I could see clearly.

At some point, I noticed the time.

11:47.

«Seriously?»

I put the phone on my chest and looked at the ceiling. I was tired, but at the same time, my brain felt active. It was like I wasn't ready to sleep anymore. I kept thinking about random things — something I saw online, something I forgot to do, something I wanted to say to someone.

After a minute, I picked up the phone again.

This time, I didn't even try to explain it. It just felt automatic.

More videos, more scrolling. Some of them were funny, some were boring, but I kept going anyway. It was like my finger knew what to do without asking me.

When I finally checked the time again, it was already 12:32.

I sat up.

«Why do I always do this?»

I knew I would feel tired in the morning. I knew I would press snooze again and again. I knew the whole day would be harder because of this. But in that moment, it didn't seem important enough to stop.

I locked my phone and put it away, this time a bit further from the bed. The room suddenly felt darker and quieter. I closed my eyes and tried to relax.

But it wasn't easy.

My mind was still full of noise. Short videos, messages, thoughts — everything mixed together. I turned from one side to another, trying to find a comfortable position, but sleep didn't come.

After a while, I opened my eyes again and looked at the ceiling. It felt like I had wasted time, although I couldn't even remember what I watched.

I reached for my phone... and stopped.

«No,» I said quietly. «Not again.»

I put my hand back under the blanket and closed my eyes. This time, I tried to focus on my breathing. Slowly, the thoughts started to disappear, and my body began to relax.

It took some time, but eventually I fell asleep.

Somewhere between «just one more video» and «I really need to sleep,» I realized it's not about the phone. It's about that small moment when you decide what to do next — and how easy it is to choose the wrong thing without even thinking.

Here are some useful expressions you might have noticed:

go to bed early — лечь спать рано

no excuses — без оправданий

pick up the phone — взять телефон

just check one thing — просто проверить кое-что

at the time — в тот момент

a quick look — быстрый взгляд

couldn't stop — не мог остановиться

put my phone down — отложить телефон

the last one — последний (раз/видео)

pass (time) — проходить (о времени)

at some point — в какой-то момент

notice the time — заметить время

feel active — чувствовать себя активным

not ready to sleep — не готов спать

pick up again — снова взять

without asking me — без «разрешения»

check the time again — снова проверить время

feel tired in the morning — чувствовать усталость утром

press snooze — нажимать повтор сигнала

put it away — убрать

not easy — нелегко
full of noise — полно шума (мыслей)
turn from one side to another — ворочаться
fall asleep — заснуть
waste time — тратить время

You can use patterns like these in your own speech:
I told myself I would..., but... — Я сказал себе, что..., но...
I'll just..., and then... — Я просто..., а потом...
Every time I..., I... — Каждый раз, когда я..., я...
I knew I would..., but... — Я знал, что..., но...
It felt like..., although... — Это было как будто..., хотя...
After a while, I... — Через некоторое время я...
I tried to..., but it wasn't easy — Я пытался..., но это было нелегко

Now think about your own experience:
Do you use your phone before sleep? What do you usually do?
How much time do you spend on your phone at night?
Is it easy or difficult for you to stop scrolling? Why?
How do you feel the next morning after using your phone late?
Have you ever tried to change this habit? What happened?
What helps you fall asleep faster?

Here are some possible answers:

Yes, I usually use my phone before sleep because I want to relax. I just check one thing, but then I watch videos and couldn't stop.

I often spend about one hour on my phone, although I plan to go to bed early. Time passes very quickly, and I don't notice it.

It is difficult to stop because every time I try to put my phone down, I see something new. It feels automatic, and I don't think about it.

I feel tired in the morning and press snooze many times. It's not a good idea, but I still do it.

Yes, I tried to put my phone away earlier, and it helped a little. For example, I didn't pick it up again, and it was easier to fall asleep.

Listening to calm music and not using my phone helps me. After a while, my mind is not full of noise, and I can relax.

Complete the sentences:

I told myself I would go to bed early, but _____.

I just wanted to check one thing, and then _____.

Every time I tried to put my phone down, _____.

I knew I would feel tired in the morning, but _____.

After a while, I finally _____.

What to Wear Today?

I opened my eyes and immediately knew it was going to be one of those mornings. The alarm had already gone off twice, and the room felt slightly cold. I checked my phone — 7:12. Not too late, but not enough time to relax either.

I sat up slowly and looked at the chair next to my bed. It was already full of clothes. There was a hoodie I wore two days ago, a T-shirt I kind of liked, and jeans that didn't feel very comfortable anymore. The usual mess.

«Okay... what am I going to wear today?» I asked myself, even though nobody was listening.

I stood there for a minute, just staring. It sounds simple, but it never is. Today I had school, maybe after-school activities, and I knew I would be outside for a while. The weather looked cold, but not freezing. Still, I didn't fully trust it.

I picked up the hoodie first. Then I put it back. It felt too casual. Then I grabbed a black T-shirt and held it in front of the mirror. Not bad, but a bit boring. I sighed and sat back on the bed.

«Why is this so difficult?»

I opened my wardrobe again, hoping something new would magically appear. Of course, nothing changed. Just the same clothes I always wear, arranged in the same messy way.

I started mixing things in my head: hoodie with jeans, jacket with sneakers, T-shirt with... something. I tried to imagine how I would look, but it didn't help much. Everything felt either too warm or too light.

After a few minutes, I realized I was running out of time. I still needed to brush my teeth, eat something, and catch the bus.

«Okay, just pick something,» I said to myself.

In the end, I chose something simple — a grey hoodie, black jeans, and my usual sneakers. Nothing special, but at least it worked. I looked at myself in the mirror again. It wasn't perfect, but it was fine.

«Good enough,» I said, grabbing my backpack.

But then I stopped.

Something felt off.

I went back and added a jacket. Just in case. The weather always changes when I'm not ready for it.

As I was leaving the room, I noticed how much time I had spent just deciding what to wear. It felt a bit funny. Ten minutes, maybe more, for something I forget about five minutes after leaving the house.

Downstairs, my mom looked at me and said, «You're still thinking about clothes?»

«Not anymore,» I said, although I wasn't completely sure.

On the way to school, I noticed other people too. Some looked like they spent hours planning their outfits. Others looked like they just threw something on and left. And honestly, no one really seemed to care that much.

I started thinking that maybe it's not really about clothes. It's about feeling ready for the day, even if nothing feels perfect. Because most mornings aren't perfect anyway.

I adjusted my jacket and kept walking.

It was just another ordinary day, after all.

Here are some useful expressions you might have noticed:

one of those mornings — одно из тех утр

sit up slowly — медленно сесть

not too late — не слишком поздно

what am I going to wear — что мне надеть

stare at — смотреть, уставиться

pick up / put back — взять / положить обратно

hold in front of the mirror — держать перед зеркалом

a bit boring — немного скучно

run out of time — не хватать времени

just pick something — просто выбрать что-то

in the end — в конце концов

nothing special — ничего особенного

good enough — достаточно хорошо

something felt off — что-то было не так

just in case — на всякий случай

spend time doing something — тратить время на что-то

throw something on — накинуть что-то

not really about — не совсем про

feel ready for the day — чувствовать готовность к дню

after all — в конце концов

You can use patterns like these in your own speech:

I wasn't sure what to..., so I... — Я не был уверен, что..., поэтому я...

I tried to..., but it didn't help — Я пытался..., но это не помогло

In the end, I decided to... — В конце концов я решил...

I spent time doing..., although... — Я тратил время на..., хотя...

It felt like..., but... — Это казалось..., но...

I thought maybe... — Я подумал, что возможно...

Now think about your own experience:

Do you usually plan your clothes in the morning or the night before?

What do you wear when you want to feel comfortable?

Have you ever changed your clothes many times before going out? Why?

Do you care a lot about how you look at school or in public? Why?

What outfit do you wear most often?

Do you think clothes affect your mood? How?

Here are some possible answers:

I usually decide in the morning because I don't plan ahead. I just check the weather and pick something quickly, although sometimes I spend too much time thinking.

I usually wear something simple like a hoodie and jeans because it feels comfortable. I don't like to think too much about it in the morning.

Yes, sometimes I change clothes several times before going out. It happens when nothing feels right, and I start to run out of time.

I don't care too much about it, but I still want to look okay. I think it's not really about fashion, but about feeling confident.

I wear a hoodie most often because it's easy and comfortable. It works for almost every situation, so I don't need to think much.

Yes, clothes affect my mood. When I feel comfortable, I feel more ready for the day, but when something feels off, I think about it too much.

Complete the sentences:

I opened my wardrobe and _____.

I wasn't sure what to wear, so _____.

In the end, I decided to _____.

I spent too much time choosing clothes, although _____.

It felt like something was off, so _____.

Running to Catch the Bus

I heard the alarm, but I didn't really hear it. It was more like background noise while I was still half asleep. I remember turning it off and thinking, «Just a few more minutes.» That was my first mistake.

The next time I opened my eyes, something felt wrong. The room was too bright, too quiet. I grabbed my phone.

8:19.

For a few seconds, I just stared at the screen. My brain wasn't fully working yet, so I didn't even react properly. Then it hit me.

The bus leaves at 8:30.

«Oh no.»

I jumped out of bed so fast that I almost fell. My blanket got stuck on my leg, and I had to pull it off while trying to stand up at the same time. Everything suddenly felt like it was moving too slowly, even though I was rushing.

I didn't have time to think. I just started doing things automatically — brush teeth, clothes, backpack. I don't even remember what I wore exactly. It was just something I grabbed.

«Why do I always do this?» I said to myself while trying to find my socks.

I could hear my mom in the kitchen, but I didn't stop. I just shouted something like «I'm late!» and ran past her. She probably said something back, but I didn't catch it.

I checked the time again. 8:24.

«Okay, I can still make it,» I thought, although I wasn't completely sure.

I rushed out of the house, and the cold air hit my face immediately. That actually helped a little — it woke me up more. I started walking fast, then faster, and then I was basically running.

My backpack kept bouncing on my back. One of the straps felt loose, but I didn't stop to fix it. I just held it with one hand and kept moving.

Every few seconds, I looked ahead, hoping to see the bus stop. And every few seconds, I felt more nervous.

8:27.

«Come on, come on...»

I turned the corner and saw the street. The bus stop was there, but I couldn't see the bus yet. That was good. Or maybe not. I wasn't sure anymore.

I ran faster. My breathing got heavier. I could hear my steps on the pavement, and it felt like everything around me was louder than usual.

And then I saw it.

The bus.

It was already there, doors open, people getting on.

«No, no, no...»

I started running even faster, although my legs already felt tired. One hand was still holding my backpack, the other was trying not to drop my phone. I probably looked ridiculous, but I didn't care at that moment.

I reached the stop just as the doors started closing.

«Wait!» I almost shouted, even though it was too late.

The doors closed.

The bus moved.

And I stopped.

For a second, I just stood there, out of breath, watching it drive away like nothing had happened. It felt unreal how fast everything went from «I can make it» to «I missed it.»

I bent slightly, trying to catch my breath. A few people at the stop looked at me, but no one said anything. That made it even more awkward.

«Perfect,» I said quietly.

Now I had two options: wait for the next bus or walk and be even later. I looked down the street and sighed.

And then I started walking.

Not running this time.

Just walking slowly, like I suddenly had all the time in the world.

Here are some useful expressions you might have noticed:

half asleep — полусонный

turn off the alarm — выключить будильник

just a few more minutes — ещё несколько минут

something feels wrong — что-то не так
stare at the screen — смотреть на экран
it hit me — меня осенило / дошло
jump out of bed — вскочить с кровати
at the same time — одновременно
do things automatically — делать на автомате
run out of time — не хватать времени
catch the bus — успеть на автобус
shout something — крикнуть что-то
rush out of the house — выбежать из дома
walk fast / run faster — идти быстро / бежать быстрее
hold with one hand — держать одной рукой
breathe heavily — тяжело дышать
turn the corner — завернуть за угол
feel nervous — нервничать
out of breath — запыхавшийся
look ridiculous — выглядеть нелепо
it's too late — уже слишком поздно
catch my breath — перевести дыхание
drive away — уехать

You can use patterns like these in your own speech:
I didn't even realize that... until... — Я даже не понял, что..., пока...
I jumped out of bed and... — Я вскочил с кровати и...
I thought I could..., but... — Я думал, что смогу..., но...
Every second I... — Каждую секунду я...
I tried to..., although... — Я пытался..., хотя...
When I saw..., I realized... — Когда я увидел..., я понял...
In the end, I had to... — В конце концов мне пришлось...

Now think about your own experience:
Have you ever run to catch something important (bus, class, meeting)?
What usually makes you late in the morning?
How do you feel when you are in a hurry?
Do you prefer running or walking when you are late? Why?
What do you usually think about when you miss something?
How do you react when plans suddenly change?

Here are some possible answers:

Yes, I have run to catch the bus or a class before. I felt out of breath and nervous, but I still hoped I could make it in time.

I am usually late because I wake up too late or spend too much time on my phone. It happens when I say «just a few more minutes» and then lose track of time.

I feel stressed and a bit panicked when I am in a hurry. Everything feels faster, and I don't like that feeling, although sometimes it helps me focus.

I prefer walking because running makes me too tired. Even if I am late, I try to stay calm instead of rushing too much.

I usually think about what I could have done differently. For example, I think about waking up earlier or not turning off the alarm.

I don't like sudden changes, but I try to accept them. At first, I feel annoyed, but then I adjust and move on.

Complete the sentences:

I jumped out of bed and _____.

I thought I could still make it, but _____.

Every second I looked at the time and _____.

When I saw the bus, I realized _____.

In the end, I had to _____.

Forgetting Your Homework

It was one of those mornings when everything felt normal... until it suddenly didn't.

I woke up, checked my phone, and saw I still had time before school. Nothing special. I got ready slowly, ate something quick, and even felt pretty confident about the day. I remember thinking, «Today is actually going to be easy.»

That feeling didn't last long.

I was already halfway to school when I opened my backpack, just to check if everything was there. Notebook, pen, charger... everything seemed fine. I closed it and kept walking.

But then something small caught my attention — the math homework folder was missing.

I stopped.

«No way...»

I opened my backpack again. Faster this time. I moved things around, checked every pocket, even the small hidden one I usually forget about. Nothing.

My stomach dropped a little.

I tried to remember the moment I put it in my bag. I clearly remembered doing the homework last night. I remembered sitting at my desk, writing the last answer, feeling relieved when I finished. But after that... nothing. I didn't remember putting it away.

«Maybe it's at home,» I thought.

But I was already too far to go back. If I turned around now, I would definitely be late. And I already had a feeling I was going to be in trouble.

I started walking faster.

Okay, maybe it's not a big deal, I told myself. Maybe the teacher won't check today. Maybe I can explain it. Maybe someone else forgot too. My mind was trying to find any possible excuse.

But deep down, I knew I had just forgotten it.

When I arrived at school, I felt slightly nervous. I kept checking other students' hands, trying to see if they had their homework ready. Some did. Some didn't. That didn't really help.

First lesson: math.

Perfect.

I sat down and slowly took out my notebook, trying to act normal. The teacher started writing on the board. My heart was beating a bit faster than usual.

«Homework check,» she said.

That was the moment everything slowed down.

She walked between the rows, checking notebooks one by one. I opened my backpack again, just in case something magically appeared. Of course, it didn't.

When she reached my desk, I already knew what was coming.

«Where is your homework?» she asked.

I hesitated. «I... I forgot it at home.»

It sounded even worse when I said it out loud.

She looked at me for a second, then wrote something in her notebook and moved on. No drama, no big reaction. But somehow that made it even more uncomfortable.

The rest of the lesson felt longer than usual. I tried to focus, but my thoughts kept coming back to that one mistake. It wasn't even a difficult assignment. I just forgot it.

During the break, my friend looked at me and said, «You forgot it again?»

«Yeah,» I said. «I don't know how it keeps happening.»

But I did know. It was always the same pattern — finish homework, feel relieved, forget about it, then leave it somewhere random or not put it in the bag at all.

Later that day, I told myself I would be more careful next time. I even opened my backpack at home and checked everything twice. Just to be sure.

Still, I had a strange feeling that next time might not be that different.

Here are some useful expressions you might have noticed:

one of those mornings — одно из тех утр

nothing special — ничего особенного

get ready — собираться

feel confident — чувствовать уверенность

check your backpack — проверить рюкзак

catch your attention — привлечь внимание

move things around — перебирать вещи

stomach drops — сердце «упало» (волнение)

go back — вернуться

too far to go back — слишком далеко, чтобы возвращаться

find an excuse — найти оправдание

deep down — в глубине души

slightly nervous — немного нервный
act normal — вести себя нормально
heart is beating faster — сердце бьётся быстрее
homework check — проверка домашнего задания
hesitate — колебаться
write something down — записать
no drama — без драмы
focus on — сосредоточиться на
come back to something — возвращаться мыслями
same pattern — та же схема
be more careful — быть внимательнее

You can use patterns like these in your own speech:

I clearly remember doing..., but then... — Я чётко помню, что..., но потом...

I thought it was going to be..., until... — Я думал, что будет..., пока...

I tried to..., but it didn't help — Я пытался..., но это не помогло

When I realized..., I... — Когда я понял..., я...

I didn't know what to say, so I... — Я не знал, что сказать, поэтому...

It felt like..., although... — Это ощущалось как..., хотя...

In the end, I had to... — В конце концов мне пришлось...

Now think about your own experience:

Have you ever forgotten your homework? What happened?

How do you usually remember your school tasks?

What do you do when you realize you forgot something important?

Do you think it's better to admit mistakes or try to hide them? Why?

What helps you stay more organized?

Do you often repeat the same mistakes? Why do you think that happens?

Here are some possible answers:

Yes, I have forgotten my homework before. I felt nervous when the teacher asked for it, but I just said I left it at home.

I usually try to remember, but sometimes I write it in my phone or notebook. If I don't do that, I often forget because I get distracted.

When I realize I forgot something, I feel stressed and try to find a quick solution. For example, I think of an excuse or plan to do it later.

I think it's better to admit mistakes because it is more honest. Even if it feels uncomfortable, it's better than making things worse.

Writing things down helps me stay organized. I also try to check my backpack before leaving home, although I don't always do it.

Yes, I sometimes repeat the same mistakes because I don't change my habits. For example, I forget things when I'm in a hurry or not focused.

Complete the sentences:

I clearly remember doing my homework, but _____.

I opened my backpack and realized _____.

I tried to find an excuse, but _____.

When the teacher asked me, I _____.

In the end, I decided to _____.

Talking During the Break

The bell rang, and suddenly the whole classroom changed. It was like someone pressed a button — pens dropped, chairs moved, and everyone started talking at the same time. The lesson was over, and the break had begun.

I stayed in my seat for a few seconds, just looking around. Some students rushed out of the room, some opened their phones immediately, and others already formed small groups near the windows or desks.

I stood up and walked over to my friends.

«Finally,» someone said. «That lesson was so long.»

We all laughed a little, because it always feels that way, even when it's not that bad.

We usually meet in the same corner of the classroom during breaks. It's not a special place, just near the back wall, but it somehow became ours. Someone always leans against the desk, someone sits on it, and someone is always eating something they shouldn't be eating before lunch.

Today, the conversation started with something small — homework, of course.

«Did you understand the math problem?» one of my friends asked.

«Not really,» I said. «I just copied it from the board and hoped for the best.»

That made everyone laugh, because nobody really understood it.

Then the topic changed, like it always does. One moment it's school, the next it's something completely random — a new video, a funny moment in class, or something that happened on the way to school.

«Did you see what happened in the group chat last night?» someone asked.

«Oh no, what now?» I said, already knowing it was going to be something interesting.

We all leaned in a bit closer. That's another thing about breaks — even if you're just talking about nothing important, it suddenly feels important.

It turned out someone had sent a message in the wrong chat and deleted it immediately. Of course, that didn't stop anyone from noticing.

«Classic,» I said, and everyone laughed again.

Time always feels different during breaks. It can feel long, like you have forever, but also short, like it disappears too quickly. We were talking, laughing, interrupting each other, not really finishing sentences but still understanding everything.

At some point, I noticed I was holding my backpack strap without thinking. I wasn't even planning to leave yet, but my body was already getting ready.

«We still have ten minutes,» someone said.

«Feels like two,» I replied.

We started talking about weekend plans next. Most of us didn't have anything serious planned, just small things — staying at home, watching something, maybe going out for a walk. Still, it felt nice to talk about it like it was important.

Then, suddenly, the bell rang again.

Everyone looked at each other for a second.

«No way,» someone said. «Already?»

That's always the moment that feels a bit strange. One second you're talking, and the next you have to switch back to «class mode.» Chairs move again, voices lower, and people slowly walk back to their seats.

I finished the last part of my conversation quickly.

«Okay, see you later,» I said.

«Yeah, later,» my friend replied, already turning back to his desk.

I sat down, opened my notebook, and tried to focus again. But my mind was still partly in that short break — the jokes, the stories, the small random conversations that somehow made the day better.

And for a few seconds, I was still smiling without really knowing why.

Here are some useful expressions you might have noticed:

the bell rang — прозвенел звонок

drop pens — бросить ручки

at the same time — одновременно

rush out — выбегать

small group — небольшая группа

lean against — прислоняться

hope for the best — надеяться на лучшее

change the topic — сменить тему

completely random — совершенно случайный

group chat — групповой чат

lean in closer — наклониться ближе

feels important — кажется важным

classic — типично / как всегда

time disappears — время исчезает

without thinking — не задумываясь

get ready to leave — готовиться уйти
weekend plans — планы на выходные
nothing serious — ничего серьёзного
switch back — переключиться обратно
classroom mode — «режим урока»
see you later — увидимся позже
focus again — снова сосредоточиться
still smiling — всё ещё улыбаться

You can use patterns like these in your own speech:

The moment the bell rang, everyone... — Как только прозвенел звонок, все...
We started talking about..., but then... — Мы начали говорить о..., но потом...
It felt like..., although... — Это ощущалось как..., хотя...
At some point, I noticed that... — В какой-то момент я заметил, что...
Time always feels... when... — Время всегда кажется..., когда...
We were..., not really..., but still... — Мы..., не совсем..., но всё равно...
Suddenly, it was time to... — Внезапно пришло время...

Now think about your own experience:

What do you usually talk about during school breaks?
Do you prefer spending breaks alone or with friends? Why?
Does time feel fast or slow during breaks for you?
What is your favorite place to sit or stand during breaks?
Have you ever had a funny moment during a break? What happened?
Do you feel ready to focus again after a break? Why or why not?

Here are some possible answers:

I usually talk about school, games, or something funny that happened in class. It's not always important, but it makes the break more interesting.

I prefer spending breaks with friends because it feels more fun. We can talk, laugh, and forget about lessons for a short time.

Time feels very fast during breaks. I often think I still have a lot of time, but suddenly the bell rings again.

I usually stay near my friends in the classroom or in the hallway. It's not a special place, but it feels comfortable.

Yes, once we laughed so much about something small that we almost missed the next lesson. It wasn't very important, but it was funny at the time.

Sometimes I feel ready, but sometimes I still think about the conversation. It takes a few minutes to fully switch back to focus mode.

Complete the sentences:

The moment the bell rang, everyone _____.
We started talking about school, but then _____.
It felt like the break was short, although _____.
At some point, I noticed that _____.
Suddenly, it was time to _____.

Sitting Next to Someone New

It started like a normal day. I walked into the classroom, still a bit sleepy, thinking about the first lesson and whether it would be boring or not. I didn't expect anything unusual. I never really do.

I went to my usual place in the classroom, but something was different. My seat wasn't empty.

Someone was already sitting next to it.

A new student.

For a second, I just stood there, not sure what to do. The chair next to me was taken, and I had no idea if I was supposed to sit somewhere else or just... sit down anyway.

«Hi,» the person said first.

«Oh... hi,» I replied, trying to sound normal.

I sat down slowly. It always feels a bit strange sitting next to someone you've never talked to before. You suddenly become very aware of small things — how you sit, where you put your bag, even how you breathe. It sounds silly, but it feels real in the moment.

The teacher started the lesson, but my attention kept drifting. I wasn't really listening. I was more focused on the person next to me. They were writing something in their notebook, calm and quiet, like they had been in this class forever.

I tried to act normal. Opened my notebook, wrote the date, underlined the title. But I could still feel that small awkward distance between us.

At one point, our pens almost touched when we reached for the same paper.

«Sorry,» I said quickly.

«It's okay,» they replied with a small smile.

That was the first real moment of interaction, and somehow it made everything a bit easier.

A few minutes later, the teacher asked a question. Nobody answered at first. The silence got longer. I felt that familiar pressure — the one where you know you might have to speak.

Then the new student raised their hand and gave an answer.

It was correct.

The teacher nodded. «Good.»

That changed the mood a little. Now I was sitting next to someone who clearly knew what they were doing.

During the break, I stayed at my desk for a moment while most people left the classroom. I didn't know if I should talk or just leave.

«So... you're new here?» I finally asked.

«Yeah,» they said. «I moved here recently.»

There was a short pause. Not uncomfortable, just... new.

«How do you like it so far?» I asked.

«It's okay,» they said. «Still getting used to everything.»

I nodded. That made sense. Everything always feels a bit strange in the beginning — new school, new people, new routine.

After that, the conversation became easier. We talked about small things — subjects, teachers, even where the cafeteria was. Nothing deep, but enough to stop it from feeling awkward.

By the end of the day, sitting next to them didn't feel unusual anymore. It just felt normal. Like they had always been there, even though it had only been a few hours.

When the final bell rang, I packed my things slowly. The new student did the same.

«See you tomorrow,» I said without really thinking.

«Yeah, see you,» they replied.

I walked out of the classroom and realized something simple — it doesn't take much for a stranger to stop feeling like a stranger. Sometimes just a short conversation is enough.

And tomorrow, sitting next to them probably won't feel new at all.

Here are some useful expressions you might have noticed:

a normal day — обычный день

not sure what to do — не знать, что делать

sit down anyway — всё равно сесть

sound normal — звучать нормально

a bit strange — немного странно

pay attention — обращать внимание

drift away — отвлекаться

act normal — вести себя нормально

small awkward distance — небольшая неловкая дистанция

reach for — тянуться за

small smile — лёгкая улыбка

raise your hand — поднять руку

give an answer — дать ответ

get used to — привыкать

short pause — короткая пауза
feel uncomfortable — чувствовать себя неловко
make sense — иметь смысл
in the beginning — в начале
small things — мелочи
by the end of the day — к концу дня
pack your things — собирать вещи
without thinking — не задумываясь
feel normal — чувствовать себя нормально
stranger — незнакомец

You can use patterns like these in your own speech:

I wasn't sure if I should..., so I... — Я не был уверен, стоит ли..., поэтому я...

It felt a bit..., but then... — Это казалось немного..., но потом...

At first, I didn't..., but later... — Сначала я не..., но позже...

I tried to..., although... — Я пытался..., хотя...

We started talking about..., and then... — Мы начали говорить о..., и потом...

By the end of..., it felt... — К концу..., это ощущалось...

It didn't take much for... to... — Потребовалось совсем немного, чтобы...

Now think about your own experience:

Have you ever sat next to someone new in class? How did it feel?

Do you usually talk to new people first, or wait for them to talk? Why?

What helps you feel more comfortable with strangers?

Have you ever become friends with someone you didn't know before?

Do you think it's easy or difficult to start a conversation with new people? Why?

How do you usually behave when you feel a bit awkward?

Here are some possible answers:

Yes, I have sat next to someone new before. At first, it felt a bit strange, but later it became normal and comfortable.

I usually wait for them to talk first because I feel a bit shy. But if the situation continues, I try to start a small conversation.

It helps when we talk about simple things like school or homework. After a short conversation, the awkward feeling usually disappears.

Yes, I once became friends with someone I didn't know at first. We started talking during a lesson, and later we talked every day.

I think it is a bit difficult because you don't know what to say at first. But after the first sentence, it becomes easier.

I usually stay quiet and try to act normal. After a while, I relax and start talking more naturally.

Complete the sentences:

I wasn't sure what to do, so _____.

At first, it felt a bit strange, but then _____.

I tried to act normal, although _____.

We started talking about school, and then _____.

By the end of the day, it felt _____.

Sharing Snacks with Friends

It always starts the same way — someone opens a bag, and suddenly everyone becomes a little more interested in what's happening. It doesn't matter if it's the middle of a boring lesson or a short break between classes. Snacks somehow make everything feel different.

Today it was my friend who brought something. I noticed it before he even said anything — the small crinkle sound of a bag opening quietly under the desk. A second later, I saw it: a pack of chips.

He looked at me, then at the bag, then back at me.

«You want some?» he whispered.

«Obviously,» I said, trying not to smile too much.

He leaned closer and opened the bag just enough so I could take a few. I reached in carefully, trying not to make noise. There's always that small moment of silence where everyone becomes strangely serious about snacks, like it's a secret mission.

Конец ознакомительного фрагмента.

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