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Том Сториз

**Топики
и рассказы для
практики
английской речи**

*Тексты и задания
уровня B1*

Том Сториз
Топики и рассказы для
практики английской речи.
Тексты и задания уровня B1

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Аннотация

Сборник включает тематические тексты уровня B1, основанные на повседневных ситуациях, знакомых школьникам. Материал направлен на развитие навыков чтения, расширение словарного запаса и формирование уверенного использования английского языка в устной и письменной речи. Каждая глава сопровождается лексикой, речевыми моделями, вопросами для обсуждения и практическими заданиями для закрепления изученного материала.

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Топики и рассказы для практики английской речи Тексты и задания уровня B1

Том Сториз

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Введение

Данный учебный материал предназначен для учащихся уровня B1 и направлен на развитие навыков чтения, понимания и использования английского языка в контексте повседневных ситуаций. Основная цель книги заключается в расширении словарного запаса, закреплении базовых грамматических конструкций и формировании умения выражать свои мысли на английском языке более свободно и уверенно.

Материал организован в виде тематических глав, каждая из которых посвящена отдельной жизненной ситуации, знакомой школьникам. Такой подход позволяет изучать язык не изолированно, а в контексте реальных событий, что способствует более эффективному усвоению лексики и грамматики. Темы охватывают школьную жизнь, общение с друзьями и семьёй, повседневные привычки, а также личный опыт учащихся.

Каждая глава включает связный текст, построенный на естественном языке, с постепенным усложнением структуры предложений. После текста предлагаются словарные выражения с переводом на русский язык, речевые модели для практического использования, вопросы для обсуждения личного опыта, а также задания на закрепление материала.

Такой формат позволяет не только понимать прочитанное, но и активно использовать изученные конструкции в собственной речи.

Особое внимание уделяется развитию навыков самостоятельного выражения мыслей. Вопросы и задания ориентированы на личный опыт учащегося, что способствует формированию устойчивых языковых навыков и повышению уверенности при использовании английского языка в устной и письменной форме.

Представленный материал может использоваться как в рамках учебного процесса под руководством преподавателя, так и для самостоятельного изучения. Структура книги позволяет последовательно работать с каждой темой, возвращаться к изученному материалу и постепенно расширять языковые компетенции.

A Busy School Morning

The alarm rings at 7:00, and for a moment I don't understand where I am. It feels too early, and my room is still dark. I close my eyes again, but then I remember — it's a school day. I quickly turn off the alarm and sit up. My morning has already started.

I usually try to wake up slowly, but today I don't have that luxury. I look at my phone and realize I pressed «snooze» three times. Now I'm running late. I jump out of bed and rush to the bathroom. The floor is cold, and that wakes me up better than any alarm.

While I brush my teeth, I think about my schedule. We have math first, and I didn't finish all my homework. That thought makes me nervous, but I tell myself I'll manage somehow. Maybe the teacher won't check it today... although that almost never happens.

I go back to my room and open my wardrobe. I stand there for a few seconds, just staring. I feel like I have nothing to wear, even though my clothes are right in front of me. Finally, I grab a hoodie and my favorite jeans. Comfort is more important than style this early in the morning.

In the kitchen, my mom is already making breakfast. The smell of toast and tea fills the room. I don't have much time, so I eat quickly. I take a few bites, sip my tea, and check my messages at the same time. My friend has already written: «Did you do the math homework?» I smile and type back, «Not really.»

After breakfast, I pack my bag. Or at least I try to. My books are everywhere — on the desk, on the chair, even under the bed. I rush around the room, looking for everything I need. Math book, English notebook, pens... where are my pens? I finally find one in my hoodie pocket. That will have to be enough.

Just when I think I'm ready, I remember something important — my homework paper. I search for it quickly and find it between two old notebooks. It's not perfect, but at least I have something to show.

I put on my shoes, grab my bag, and head for the door. «Have a good day!» my mom says. I nod and rush outside. The air is fresh and a bit cold, but it helps me feel more awake.

On the way to school, I see other students walking quickly, just like me. Some are laughing, others look sleepy. Everyone seems to be in a hurry, but in a quiet, familiar way.

When I finally arrive at school, I take a deep breath. I made

it. Maybe I didn't have a perfect morning, but I'm here, and the day is just beginning.

Here are some useful expressions you might have noticed:

alarm rings — звонит будильник

press snooze — нажимать «отложить»

run late — опаздывать

jump out of bed — резко встать с кровати

rush to the bathroom — бежать в ванную

wake up — просыпаться

think about — думать о

manage somehow — как-нибудь справиться

stand there — стоять там

nothing to wear — нечего надеть

grab a hoodie — схватить худи

have no time — не иметь времени

eat quickly — быстро есть

check messages — проверять сообщения

pack my bag — собирать сумку

look for — искать

rush around — бегать туда-сюда

find something — найти что-то

put on shoes — надевать обувь

head for the door — направляться к двери

take a deep breath — сделать глубокий вдох

feel awake — чувствовать себя бодрым

You can use patterns like these in your own speech:

I don't have time to... — У меня нет времени, чтобы...

I try to..., but... — Я стараюсь..., но...

I feel like I have nothing to... — Мне кажется, что у меня нет...

Maybe... will happen — Может быть, ... произойдет

I remember that... — Я вспоминаю, что...

I rush to... — Я спешу к...

At least I have... — По крайней мере, у меня есть...

When I finally..., I... — Когда я наконец..., я...

Now think about your own experience:

What time do you usually wake up on school days?

Do you often run late in the morning? Why or why not?

What do you usually eat for breakfast?

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

Do you prepare your school bag the night before?

What is the most stressful part of your morning?

Do you check your phone in the morning? What for?

Here are some possible answers:

1. What time do you usually wake up on school days?

I usually wake up at 7:00 when my alarm rings. Sometimes I press snooze once, but I try not to run late. It helps me start the

day calmly.

2. Do you often run late in the morning? Why or why not?

Yes, I sometimes run late because I don't plan my time well. For example, I check messages and forget about breakfast. Then I have to rush around.

3. What do you usually eat for breakfast?

I usually eat something quick because I don't have much time. For example, I grab a sandwich and drink tea. It's simple but enough.

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

I feel sleepy at first, especially when the alarm rings early. But after I wash my face and move around, I feel more awake.

5. Do you prepare your school bag the night before?

Sometimes I do, and it really helps. When I pack my bag in the evening, I don't need to rush in the morning.

6. What is the most stressful part of your morning?

The most stressful part is when I can't find something. For example, I look for my notebook and waste time.

7. Do you check your phone in the morning? What for?

Yes, I usually check my messages. I want to know if my friends

wrote something important, like homework or plans.

Try to give a more detailed answer:

I usually wake up when my alarm rings, but I sometimes press snooze. Then I don't have much time, so I rush around and eat quickly. For example, I often check messages instead of getting ready.

Complete the sentences:

I usually press snooze because _____.

In the morning, I don't have time to _____.

I often rush around when _____.

Before I leave home, I always _____.

I feel more awake after _____.

My Favorite Place in the City

There are many interesting places in my city, but one of my favorites is a small park not far from my home. It's not very famous, and tourists usually don't go there, but for me, it's special. I often go there when I need to relax or clear my mind.

The park is about a ten-minute walk from my house, so it's easy to get there. I usually go in the afternoon after school, especially when the weather is nice. The path to the park goes through a quiet street with tall trees and small shops. Sometimes I stop to buy a snack on the way, but most of the time I just enjoy the walk.

When I enter the park, I immediately feel calmer. There are a lot of green trees, and you can hear birds singing. In the middle of the park, there is a small lake. The water is not very clear, but it reflects the sky and the trees, and it looks beautiful, especially in the evening.

There are also several benches around the lake. I have my «usual» bench, where I like to sit and think. Sometimes I listen to music, sometimes I read a book, and sometimes I just watch people. It's interesting to see how different everyone is. Some people walk their dogs, others run or talk on the phone, and some

just sit quietly like me.

One of the things I like most about this place is the atmosphere. It's peaceful, but not boring. There is always something happening, but it's never too loud or stressful. Even when the park is full of people, it still feels comfortable.

I often go there with my friends, too. We sit on the grass, talk about school, and laugh about small things. Sometimes we bring snacks and spend a few hours there without even noticing how time passes. It's a simple way to have a good time.

In autumn, the park looks completely different. The leaves turn yellow, orange, and red, and everything feels warm and quiet. In winter, it's cold and almost empty, but that also has its charm. The snow covers the ground, and the park becomes very calm and clean. Each season gives this place a new feeling.

This park may not be the most exciting place in the city, but it's the one I return to again and again. It's where I can slow down, think, and just be myself for a while.

Here are some useful expressions you might have noticed:

not far from — недалеко от

clear my mind — очистить мысли / отвлечься

easy to get there — легко добраться

enjoy the walk — наслаждаться прогулкой
feel calmer — чувствовать себя спокойнее
in the middle of — в середине
reflect the sky — отражать небо
look beautiful — выглядеть красиво
around the lake — вокруг озера
usual bench — любимая / привычная скамейка
listen to music — слушать музыку
watch people — наблюдать за людьми
walk their dogs — выгуливать собак
talk on the phone — разговаривать по телефону
peaceful atmosphere — спокойная атмосфера
not too loud — не слишком шумно
spend time — проводить время
have a good time — хорошо проводить время
without noticing — не замечая
turn yellow/red — становиться жёлтым/красным
has its charm — имеет свою прелесть
slow down — замедлиться

You can use patterns like these in your own speech:

One of my favorite places is... — Одно из моих любимых мест — это...

I often go there when... — Я часто хожу туда, когда...

It's easy to... — Легко...

When I..., I feel... — Когда я..., я чувствую...

Sometimes I..., sometimes I... — Иногда я..., иногда я...

One of the things I like most is... — Одна из вещей, которые мне нравятся больше всего — это...

I often go there with... — Я часто хожу туда с...

It may not be..., but... — Возможно, это не..., но...

Now think about your own experience:

What is your favorite place in your city?

How often do you go there?

Why do you like this place?

Do you go there alone or with friends?

What do you usually do there?

How does this place change in different seasons?

Is it a popular place or a quiet one?

Here are some possible answers:

1. What is your favorite place in your city?

One of my favorite places is a small park not far from my home. It's easy to get there, and I go there to clear my mind. It's not very famous, but it has a peaceful atmosphere.

2. How often do you go there?

I often go there after school, especially when the weather is good. Sometimes I go with friends, and sometimes alone. It depends on my mood.

3. Why do you like this place?

I like it because I feel calmer there. For example, I can sit on a bench and listen to music without stress. It helps me relax.

4. Do you go there alone or with friends?

I do both. Sometimes I go alone to slow down and think, but I also like to spend time there with friends and have a good time.

5. What do you usually do there?

I usually sit, watch people, and listen to music. Sometimes I read a book or talk with my friends.

6. How does this place change in different seasons?

In autumn, the leaves turn yellow and red, and it looks beautiful. In winter, it becomes very quiet and has its charm.

7. Is it a popular place or a quiet one?

It's not too crowded, so it feels comfortable. Even when there are people, it's not too loud.

Try to give a more detailed answer:

One of my favorite places is a park not far from my home. I often go there to clear my mind and enjoy the walk. For example, I sit on my usual bench, listen to music, and watch people.

Complete the sentences:

I like to go there when I want to _____.

It is easy to get there because _____.

I usually spend time there with _____.

When I am there, I feel _____.

One of the things I like most about this place is _____.

After-School Routine

When the last lesson ends, I don't always feel free right away. Sometimes I feel tired, sometimes hungry, and sometimes I just want to go home as quickly as possible. Still, my day doesn't end at school — it just changes.

I usually walk home with a few classmates. We talk about our lessons, laugh about small mistakes, or complain about homework. The walk takes about fifteen minutes, and it helps me relax after a long day. By the time I get home, I already feel a bit better.

The first thing I do when I arrive is drop my bag near the door. I don't even take off my shoes immediately — I just need a short break. Then I go to the kitchen to see what's for lunch. I'm almost always hungry after school, so food is my priority.

While I eat, I often scroll through my phone or watch a short video. It's my way to switch off and stop thinking about school for a while. My parents sometimes tell me to rest without my phone, but I feel like it helps me relax faster.

After lunch, I usually take a short break. Sometimes I lie on the bed and listen to music, and sometimes I just sit and do nothing.

It may look like I'm wasting time, but this small pause gives me energy for the rest of the day.

Then comes the part I don't always enjoy — homework. I try to start early, but it doesn't always happen. Sometimes I check messages again or find other things to do. Still, I know I have to finish my tasks, so I sit at my desk and begin.

I usually start with the easiest subject because it helps me get into the rhythm. When I finish something quickly, I feel more motivated. The difficult tasks take more time, and sometimes I need help. I may ask my friends or search for explanations online.

If I have too much homework, I take short breaks. For example, I stand up, walk around the room, or get a snack. It helps me stay focused and not feel too tired.

In the evening, I finally feel more relaxed. If everything is done, I can enjoy my free time. I might watch a movie, play a game, or talk to my friends. Sometimes I help at home or spend time with my family.

Before going to bed, I often think about the next day. I check my schedule, prepare my bag, and try not to forget anything important. It doesn't always go perfectly, but at least I feel more prepared.

My after-school routine is not always the same, but it gives structure to my day. Even small habits make things easier, and step by step, I learn how to manage my time better.

Here are some useful expressions you might have noticed:

last lesson ends — заканчивается последний урок

feel tired/hungry — чувствовать усталость/голод

go home — идти домой

walk home — идти домой пешком

relax after a long day — расслабиться после долгого дня

drop my bag — бросить сумку

take a break — сделать перерыв

what's for lunch — что на обед

scroll through my phone — листать телефон

switch off — отключиться, отвлечься

for a while — на некоторое время

waste time — тратить время

start early — начать рано

get into the rhythm — войти в ритм

feel motivated — чувствовать мотивацию

take short breaks — делать короткие перерывы

stay focused — оставаться сосредоточенным

enjoy free time — наслаждаться свободным временем

prepare my bag — собирать сумку

feel prepared — чувствовать себя готовым

manage my time — управлять временем

You can use patterns like these in your own speech:

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

I usually..., but sometimes... — Обычно я..., но иногда...

It helps me... — Это помогает мне...

I try to..., but... — Я стараюсь..., но...

When I..., I feel... — Когда я..., я чувствую...

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

I know I have to... — Я знаю, что должен...

Step by step, I... — Шаг за шагом, я...

Now think about your own experience:

What do you usually do after school?

Do you walk home or use transport?

What is the first thing you do at home?

Do you take a break before doing homework?

Which subjects are easiest or most difficult for you?

How do you stay focused when you study?

What do you do in the evening after homework?

Here are some possible answers:

1. What do you usually do after school?

I usually walk home and relax after a long day. Then I eat and take a short break before homework. It helps me feel better.

2. Do you walk home or use transport?

I usually walk home because it's not far. It helps me switch off and talk with friends on the way.

3. What is the first thing you do at home?

The first thing I do is drop my bag and go to the kitchen. I feel hungry, so I eat first.

4. Do you take a break before doing homework?

Yes, I take a short break. For example, I listen to music or scroll through my phone for a while.

5. Which subjects are easiest or most difficult for you?

English is easier for me, but math is more difficult. I try to start with easy tasks to get into the rhythm.

6. How do you stay focused when you study?

I take short breaks and remove distractions. It helps me stay focused and not waste time.

7. What do you do in the evening after homework?

I enjoy my free time. For example, I watch videos or talk to my friends.

Try to give a more detailed answer:

After school, I usually walk home and relax after a long day. Then I take a break and scroll through my phone for a while. After that, I start homework and try to stay focused.

Complete the sentences:

After school, I usually feel _____.

The first thing I do at home is _____.

I take a break because _____.

I try to start homework with _____.

In the evening, I enjoy _____.

A Day Without My Phone

It started as a small problem. I woke up, reached for my phone, and realized it wasn't on my bedside table. At first, I thought I just couldn't see it clearly because I was still sleepy. I looked again. Nothing. Then I checked under the bed, in my bag, and even in the kitchen. Still nothing.

For a moment, I just stood there and tried to remember the last time I used it. I had it the night before, I was sure. I watched a few videos and answered some messages, then went to sleep. So where could it be?

I didn't have much time to think because I had to get ready for school. But everything felt different without my phone. I couldn't check the time easily, couldn't look at my messages, and couldn't listen to music while getting ready. The morning felt strangely quiet.

On the way to school, I noticed something unusual. I usually walk with my headphones on, but now I could hear everything — cars, people talking, birds. At first, it felt uncomfortable, like something was missing. But after a few minutes, I got used to it.

At school, things became more difficult. My friends asked me why I didn't reply to their messages, and I had to explain

that I lost my phone. They were surprised. One of them said, «I can't imagine a day without my phone!» I laughed, but I kind of agreed.

During breaks, I didn't know what to do. Usually, I scroll through social media or watch short videos. Now I just stood there or talked more with my classmates. It was a bit awkward at first, but then it became more natural. We actually had longer conversations than usual.

After school, I walked home alone. Without music or messages, the walk felt longer, but also calmer. I started to notice small things — the color of the sky, the sound of the wind, even the way people moved around me.

When I got home, I decided to look for my phone again. I checked every room carefully. Finally, I found it in the most unexpected place — inside my backpack, in a small pocket I almost never use. I laughed when I saw it. It was there the whole time.

I picked it up and looked at the screen. There were many notifications — messages, updates, missed calls. For a second, I felt the usual urge to check everything at once. But then I stopped.

That day without my phone felt strange, but also interesting. I realized how often I use it without thinking. Maybe I don't need it every minute. Maybe it's okay to be offline sometimes, just to see what's around me.

I still use my phone every day, of course. But now, sometimes, I leave it in my bag a little longer than before.

Here are some useful expressions you might have noticed:

reach for my phone — тянуться за телефоном

realize — осознавать

look again — посмотреть снова

check under the bed — проверить под кроватью

try to remember — пытаться вспомнить

get ready — собираться

feel different — чувствовать себя иначе

without my phone — без телефона

on the way — по пути

get used to — привыкнуть к

reply to messages — отвечать на сообщения

during breaks — во время перерывов

scroll through — листать

feel awkward — чувствовать неловкость

become more natural — становиться естественнее

notice small things — замечать мелочи

unexpected place — неожиданное место

the whole time — всё это время
pick it up — взять
for a second — на секунду
urge to check — желание проверить
without thinking — не задумываясь
what's around me — что вокруг меня

You can use patterns like these in your own speech:

At first, I thought... — Сначала я подумал...

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

Everything felt... — Всё казалось...

I didn't know what to... — Я не знал, что...

After a few minutes, I... — Через несколько минут я...

It was..., but then it became... — Это было..., но потом стало...

I realized that... — Я понял, что...

Maybe I don't need to... — Возможно, мне не нужно...

Now think about your own experience:

What do you usually do on your phone every day?

How would you feel without your phone for a day?

Do you check your phone in the morning? Why?

What do you do during breaks at school?

Do you think you use your phone too much?

What could you do instead of using your phone?

Have you ever lost your phone? What happened?

Here are some possible answers:

1. What do you usually do on your phone every day?

I usually scroll through social media and reply to messages. Sometimes I watch videos without thinking. It's part of my daily routine.

2. How would you feel without your phone for a day?

At first, I would feel uncomfortable because I use it all the time. But after a few hours, I might get used to it and feel calmer.

3. Do you check your phone in the morning? Why?

Yes, I reach for my phone as soon as I wake up. I want to check messages and see what's new.

4. What do you do during breaks at school?

I usually scroll through my phone, but sometimes I talk with friends. Without a phone, I think I would communicate more.

5. Do you think you use your phone too much?

Yes, I think so. I often use it without thinking and waste time.

6. What could you do instead of using your phone?

I could read a book, listen to music, or just notice small things around me. It might help me relax.

7. Have you ever lost your phone? What happened?

Yes, once I couldn't find it for a few hours. I felt nervous, but then I found it in my bag the whole time.

Try to give a more detailed answer:

I use my phone every day to scroll through social media and reply to messages. Sometimes I do it without thinking and waste time. Maybe I don't need to check it so often.

Complete the sentences:

In the morning, I usually reach for _____.

Without my phone, I feel _____.

During breaks, I often _____.

At first, it feels _____, but then _____.

Maybe I don't need to _____ every day.

Helping at Home

On weekdays, my schedule is often busy, but I still try to help at home whenever I can. It's not always something big or difficult — sometimes it's just small things that make everyday life easier for everyone.

After school, when I get home, I usually take a short break first. I eat, relax a little, and then look around to see what needs to be done. Sometimes my parents ask me directly, but often I already know my responsibilities.

One of my regular tasks is washing the dishes. I don't always enjoy it, especially when there are many plates and cups, but I try not to complain. I turn on some music and do it step by step. It actually becomes easier when I don't rush and just focus on the process.

I also help with cleaning my room. That's something I really have to remind myself to do. It's easy to leave things everywhere — books on the desk, clothes on the chair, and random things on the floor. But when I finally clean everything, I feel much better. A tidy space helps me think more clearly.

Sometimes I help my parents with cooking. I'm not an expert, but I can do simple things like cutting vegetables or setting the

table. I like these moments because we can talk while we cook. It doesn't feel like work — it feels more like spending time together.

On weekends, I usually have more time, so I try to do more. For example, I might vacuum the floor, take out the trash, or help carry groceries from the store. These tasks are not very exciting, but they are important. I understand that my parents also get tired, so I want to support them.

Of course, there are days when I don't feel like helping at all. Sometimes I just want to relax, watch videos, or meet my friends. But I know that helping at home is part of being responsible. Even small actions can make a difference.

One thing I've learned is that it's better to do things right away. If I say, «I'll do it later,» I often forget or feel too lazy. But if I start immediately, the task usually takes less time than I expect.

Helping at home is not always fun, but it teaches me useful skills. I learn how to organize my time, take care of my space, and think about other people. And when everything is done, I can relax without feeling guilty.

Sometimes, when my parents say «thank you,» it feels really nice. It reminds me that even simple things matter more than I think.

Here are some useful expressions you might have noticed:

help at home — помогать дома

whenever I can — когда могу

small things — мелочи

make life easier — облегчать жизнь

take a short break — сделать короткий перерыв

look around — осмотреться

need to be done — нужно сделать

regular tasks — регулярные обязанности

wash the dishes — мыть посуду

not enjoy — не любить

try not to complain — стараться не жаловаться

step by step — шаг за шагом

clean my room — убирать комнату

remind myself — напоминать себе

feel much better — чувствовать себя лучше

tidy space — чистое пространство

set the table — накрывать на стол

spend time together — проводить время вместе

take out the trash — выносить мусор

carry groceries — нести продукты

feel like doing — хотеть делать

make a difference — иметь значение

right away — сразу

feel guilty — чувствовать вину

You can use patterns like these in your own speech:

I try to help when... — Я стараюсь помогать, когда...

Sometimes I..., but... — Иногда я..., но...

It becomes easier when... — Становится легче, когда...

I have to remind myself to... — Мне нужно напоминать себе...

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

I understand that... — Я понимаю, что...

If I..., I... — Если я..., я...

It teaches me how to... — Это учит меня...

Now think about your own experience:

Do you help at home every day?

What household tasks do you usually do?

Which tasks do you like or dislike?

Do your parents ask you to help, or do you do it yourself?

How do you feel after you clean your room?

Do you help with cooking? What can you do?

Why is it important to help at home?

Here are some possible answers:

1. Do you help at home every day?

I try to help whenever I can, but not every day. Sometimes I feel tired after school, but I still do small things to make life

easier.

2. What household tasks do you usually do?

I usually wash the dishes and clean my room. On weekends, I also take out the trash and carry groceries.

3. Which tasks do you like or dislike?

I don't really enjoy washing the dishes, but I try not to complain. I like cooking more because I can spend time with my family.

4. Do your parents ask you to help, or do you do it yourself?

Sometimes they ask me, but often I look around and see what needs to be done.

5. How do you feel after you clean your room?

I feel much better because my space is tidy. It helps me relax and focus.

6. Do you help with cooking? What can you do?

Yes, I can do simple things like cutting vegetables and setting the table. It's not difficult, but it's useful.

7. Why is it important to help at home?

It makes a difference for the whole family. I understand that everyone gets tired, so it's good to support each other.

Try to give a more detailed answer:

I try to help at home whenever I can. For example, I wash the dishes and take out the trash. It's not always fun, but I understand that it makes life easier for my family.

Complete the sentences:

I usually help at home by _____.

I don't always enjoy _____, but I try not to complain.

When I clean my room, I feel _____.

I like helping with cooking because _____.

If I do things right away, I _____.

My Weekend Plans

By the time Friday evening arrives, I start thinking about the weekend. After a long week at school, I really look forward to having some free time. I don't always have big plans, but I like to think about what I want to do and how I want to spend my time.

On Saturday morning, I usually don't wake up early. I turn off my alarm and enjoy a few extra hours of sleep. When I finally get up, I take my time. I don't rush like on school days. I make breakfast, check my messages, and just relax for a while.

Later in the day, I often meet my friends. We don't always plan everything заранее — sometimes we just decide what to do at the last minute. We might go for a walk, sit in a café, or just hang out at someone's home. The most important thing is spending time together and having a good time.

Sometimes I also have things to do at home. For example, I may help my parents, clean my room, or finish some homework. I try to do these things earlier, so I can enjoy the rest of the weekend without stress.

In the afternoon, I like to do something I enjoy. It could be watching a movie, playing games, or reading a book. If the

weather is nice, I prefer to go outside. A simple walk can make me feel more relaxed and give me energy.

Saturday evening is usually the most flexible time. Sometimes I stay at home and watch something interesting, and sometimes I go out with friends. It depends on my mood and my plans. I like that feeling — when you don't have to follow a strict schedule.

Sunday feels a bit different. I still relax, but I also start thinking about the next week. I may check my homework, prepare my school bag, and plan my time. I don't want Monday morning to be stressful.

I also try to rest properly on Sunday. If I don't, I feel tired at the beginning of the week. So I don't make too many plans. I might spend time with my family, go for a walk, or just stay at home and relax.

Of course, not every weekend is perfect. Sometimes I feel bored or don't know what to do. But even then, it's still a break from school, and that already feels good.

For me, the weekend is not about doing something special all the time. It's about having time for myself, doing simple things, and feeling a bit freer than usual.

Here are some useful expressions you might have noticed:

look forward to — с нетерпением ждать

free time — свободное время

make plans — строить планы

wake up early — просыпаться рано

take my time — не спешить

relax for a while — отдохнуть немного

at the last minute — в последний момент

hang out — проводить время (неформально)

have a good time — хорошо проводить время

things to do — дела

finish homework — закончить домашнюю работу

without stress — без стресса

in the afternoon — днём

go outside — выйти на улицу

feel relaxed — чувствовать себя расслабленно

flexible time — свободное/гибкое время

depends on — зависит от

follow a schedule — следовать расписанию

prepare my bag — собрать сумку

plan my time — планировать время

feel tired — чувствовать усталость

at the beginning of — в начале

feel bored — чувствовать скуку

You can use patterns like these in your own speech:

I look forward to... — Я жду с нетерпением...

I usually don't..., but... — Обычно я не..., но...

Sometimes we..., sometimes we... — Иногда мы..., иногда

мы...

I try to..., so I can... — Я стараюсь..., чтобы...

If the weather is..., I... — Если погода..., я...

It depends on... — Это зависит от...

I don't want to... — Я не хочу...

For me, ... is about... — Для меня ... — это...

Now think about your own experience:

What do you usually do on weekends?

Do you make plans or decide at the last minute?

Do you prefer staying at home or going out?

How do you relax on weekends?

Do you do homework on weekends?

How do you prepare for the next week?

What is your perfect weekend?

Here are some possible answers:

1. What do you usually do on weekends?

I usually relax and spend time with my friends. I look forward to the weekend because I have more free time.

2. Do you make plans or decide at the last minute?

Sometimes I make plans, but often I decide at the last minute. It feels more flexible and fun.

3. Do you prefer staying at home or going out?

It depends on my mood. Sometimes I stay at home and relax, but sometimes I go outside and have a good time.

4. How do you relax on weekends?

I relax by watching movies or listening to music. It helps me feel calm after a busy week.

5. Do you do homework on weekends?

Yes, I try to finish homework earlier so I can relax without stress.

6. How do you prepare for the next week?

I prepare my bag and plan my time. It helps me feel more organized.

7. What is your perfect weekend?

My perfect weekend is simple — I relax, meet friends, and don't feel tired.

Try to give a more detailed answer:

I look forward to the weekend because I have more free time.

Sometimes I hang out with friends, and sometimes I relax at home. It depends on my mood, but I always try to enjoy my time without stress.

Complete the sentences:

I look forward to the weekend because _____.

On Saturday, I usually _____.

I like to hang out with _____.

On Sunday, I try to _____.

My weekend depends on _____.

A Rainy Day Indoors

It was one of those days when the sky looks heavy from the morning. I woke up and immediately heard the sound of rain hitting the window. It wasn't a light rain — it was strong and steady, like it had no plans to stop anytime soon. For a moment, I just stayed in bed and listened to it.

Normally, I like going outside on weekends, but this time everything changed. The weather made it clear that staying at home was the only real option. At first, I felt a bit disappointed because I had planned to meet a friend. But then I accepted it and decided to make the best of the day indoors.

I got up slowly, made myself breakfast, and sat by the window. The street outside looked different. People were walking quickly, holding umbrellas, trying to avoid the rain. Cars moved carefully, and everything felt a bit quieter than usual.

After breakfast, I didn't know what to do at first. I walked around the room, checked my phone a few times, and looked at my books. I had so many options, but nothing felt interesting in the beginning. It's funny how sometimes free time feels exciting, and sometimes it just feels empty.

Later, I decided to clean my room. It wasn't planned, but it felt like a good idea. I started with my desk, then moved to the shelves, and finally organized my clothes. It took more time than I expected, but I actually enjoyed it. While I cleaned, I listened to music, and the time passed faster than usual.

When everything was done, my room looked much better. There was a small feeling of satisfaction — like I had done something useful instead of just wasting time. I even opened the window for a few minutes to let in fresh air. The smell of rain was strong and fresh.

In the afternoon, I finally met my friend online. We talked for a long time about school, games, and random things. It wasn't the same as meeting in person, but it still felt nice. We laughed a lot and forgot about the weather outside.

Later, I watched a movie. I made some tea, wrapped myself in a blanket, and just relaxed. The sound of rain continued all day, sometimes louder, sometimes softer. It created a calm background that made everything feel slower.

In the evening, I thought about the day. At first, I had seen it as boring and disappointing, but it turned out to be quite peaceful. I didn't do anything special, but I had time for myself, and that is something I don't always get on busy days.

Before going to bed, I looked outside one more time. The rain was still falling, but it felt softer now. I realized that even a simple day indoors can feel meaningful if you slow down and notice it.

Here are some useful expressions you might have noticed:

heavy sky — тяжёлое, пасмурное небо

hit the window — бить по окну (о дожде)

steady rain — постоянный дождь

anytime soon — в ближайшее время

stay in bed — оставаться в кровати

make the best of — извлекать лучшее

feel disappointed — чувствовать разочарование

get up slowly — вставать медленно

by the window — у окна

move carefully — двигаться осторожно

feel quieter — казаться тише

at first — сначала

walk around — ходить по комнате

feel interesting — казаться интересным

in the beginning — в начале

make a good idea — показаться хорошей идеей

take more time — занять больше времени

pass faster — проходить быстрее

sense of satisfaction — чувство удовлетворения

let in fresh air — впустить свежий воздух

wrap myself in a blanket — укутаться в одеяло
forget about — забыть о
calm background — спокойный фон
turn out to be — оказаться
time for myself — время для себя

You can use patterns like these in your own speech:

It was one of those days when... — Это был один из тех дней, когда...

At first, I felt... — Сначала я чувствовал...

I decided to... — Я решил...

I didn't know what to... — Я не знал, что...

It felt like... — Это казалось...

While I..., I... — Пока я..., я...

I realized that... — Я понял, что...

It turned out to be... — Оказалось, что...

I ended up... — В итоге я...

Now think about your own experience:

What do you usually do on rainy days?

Do you like staying at home when it rains? Why or why not?

How do rainy days make you feel?

What activities do you do indoors?

Do you ever feel bored at home? What do you do then?

Do you like listening to rain sounds?

What is your perfect rainy day at home?

Here are some possible answers:

1. What do you usually do on rainy days?

I usually stay at home and relax. Sometimes I watch movies or listen to music. It helps me enjoy the calm atmosphere.

2. Do you like staying at home when it rains? Why or why not?

Yes, I like it because I can slow down and rest. It feels peaceful and quiet outside.

3. How do rainy days make you feel?

They make me feel calm, but sometimes a bit lazy. I don't want to go outside when it rains heavily.

4. What activities do you do indoors?

I usually watch movies, clean my room, or talk with friends online.

5. Do you ever feel bored at home? What do you do then?

Yes, sometimes I feel bored. Then I try to find something useful to do, like reading or organizing my things.

6. Do you like listening to rain sounds?

Yes, I think rain sounds are relaxing. They help me feel calm and focused.

7. What is your perfect rainy day at home?

My perfect rainy day is simple: I stay home, relax, and do things I enjoy without stress.

Try to give a more detailed answer:

On rainy days, I usually stay at home and relax. Sometimes I feel a bit bored, but I try to make the best of it. For example, I watch a movie or clean my room, and the time passes faster.

Complete the sentences:

When it rains, I usually _____.

At first, I feel _____, but then _____.

I like to stay at home because _____.

While I am indoors, I often _____.

A rainy day is perfect when _____.

My Favorite Meal

I don't think I have just one favorite meal, but if I had to choose, it would probably be something simple that I can eat at any time of the day. For me, food is not only about taste, but also about comfort and mood. One meal I really enjoy is homemade pasta with chicken and vegetables.

I remember the first time I really liked it. It was a normal evening, and I came home after school feeling tired and hungry. The house was warm, and I could already smell something cooking in the kitchen. That smell immediately made me feel better, even before I saw the food.

My mom was making pasta. She doesn't follow a strict recipe every time — she just adds ingredients depending on what we have at home. That's one of the reasons I like it so much. It always feels a little different, but still familiar.

When the food was ready, we sat together at the table. I took the first bite and immediately noticed how good it tasted. The pasta was soft, the chicken was warm and juicy, and the vegetables added a fresh taste. It was simple, but exactly what I needed at that moment.

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