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Том Сториз

Практический курс английского языка для средней школы

Темы, слова и практика для
школьников

Том Сториз

**Практический курс английского
языка для средней школы. Темы,
слова и практика для школьников**

«Издательские решения»

Сториз Т.

Практический курс английского языка для средней школы. Темы, слова и практика для школьников / Т. Сториз — «Издательские решения»,

Учебное пособие предназначено для учащихся средней школы, изучающих английский язык на уровне В1. Материал организован по тематическому принципу и направлен на развитие устной речи и коммуникативных навыков. Включает тексты, лексику, речевые модели и практические задания. Может использоваться на уроках и для самостоятельной работы.

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Практический курс английского языка для средней школы Темы, слова и практика для школьников

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Введение

Данное учебное пособие предназначено для учащихся средней школы, изучающих английский язык на уровне B1. Основной целью книги является развитие коммуникативной компетенции, формирование устойчивых языковых навыков и расширение активного словарного запаса учащихся в рамках повседневных тем.

Материал пособия организован по тематическому принципу. Каждая глава посвящена актуальной для подростков сфере общения и включает текст, отражающий реальные жизненные ситуации. Тексты написаны на доступном языке с использованием типичных для уровня B1 грамматических структур и лексики. Особое внимание уделяется естественности речи и практической применимости языковых средств.

В каждом разделе представлен систематизированный список лексических единиц и устойчивых выражений, направленный на формирование навыков активного использования языка. Дополнительно предлагаются речевые модели, которые помогают учащимся строить собственные высказывания в типичных коммуникативных ситуациях.

Практическая часть пособия включает задания, ориентированные на развитие устной речи. Вопросы предполагают личностно-ориентированные ответы, что способствует формированию навыков самостоятельного высказывания. Примеры ответов служат опорой и демонстрируют возможные способы использования изученной лексики и структур. Дополнительные задания направлены на закрепление материала и развитие языковой гибкости.

Пособие может использоваться как на уроках английского языка под руководством преподавателя, так и для самостоятельной работы учащихся. Структура книги обеспечивает последовательное усложнение материала и способствует постепенному развитию языковых навыков.

Автор исходит из того, что успешное изучение иностранного языка требует регулярной практики, осознанного подхода и активного участия учащегося в процессе обучения. Настоящее пособие направлено на создание условий для эффективного и системного освоения английского языка.

Daily Routine

Text

A daily routine is something we do every day, often without thinking too much about it. For many students, the day starts early in the morning. Some people wake up easily, but others need a few minutes or even several alarms to get out of bed. After waking up, most people brush their teeth, take a shower, and get dressed.

Breakfast is an important part of the morning. Some students prefer a quick meal like a sandwich or cereal because they don't have much time. Others enjoy a bigger breakfast, especially on weekends. Although breakfast habits are different, it is always better to eat something before going to school because it gives you energy.

School usually starts in the morning and lasts for several hours. During the day, students attend classes, take notes, and sometimes work in groups. Some lessons are more interesting than others, but it is important to stay focused and do your best. When students have a break, they often talk to friends, check their phones, or have a snack.

After school, many students feel tired, so they take some time to relax. For example, they may watch videos, listen to music, or just lie on the sofa. However, they also have responsibilities, such as doing homework or helping around the house. It is not always easy to balance rest and work, but it is necessary.

In the evening, people usually have dinner with their family. This is a good time to talk about the day and share news. After dinner, some students continue studying, while others prefer to relax. For example, they might watch a movie, play games, or chat with friends online.

Before going to bed, people often have small routines. They brush their teeth, prepare their clothes for the next day, and sometimes make a plan. Going to bed on time is important because it helps you feel fresh and ready in the morning.

Although daily routines may seem boring, they actually help us stay organized and manage our time better. When you have a clear routine, it is easier to be productive and still have time for rest and fun.

Key Vocabulary and Expressions

wake up — просыпаться
get out of bed — вставать с кровати
brush your teeth — чистить зубы
take a shower — принимать душ
get dressed — одеваться
have breakfast — завтракать
have enough time — иметь достаточно времени
go to school — идти в школу
attend classes — посещать занятия
take notes — делать записи

work in groups — работать в группах
stay focused — сохранять концентрацию
have a break — делать перерыв
check your phone — проверять телефон
have a snack — перекусить
feel tired — чувствовать усталость
relax after school — отдыхать после школы
do homework — делать домашнее задание
help around the house — помогать по дому
have dinner — ужинать
spend time with family — проводить время с семьей
go to bed — ложиться спать
on time — вовремя
manage your time — управлять своим временем

Useful Patterns

I usually start my day with... — Я обычно начинаю свой день с...
I don't have much time, so... — У меня не так много времени, поэтому...
After that, I... — После этого я...
In the evening, I prefer to... — Вечером я предпочитаю...
It is important to... because... — Важно..., потому что...
I try to... every day — Я стараюсь... каждый день
Sometimes I... but... — Иногда я..., но...
Before going to bed, I... — Перед тем как лечь спать, я...

Practice: Answer the Questions

What time do you usually wake up?
What do you do in the morning before school?
Do you usually have breakfast? Why or why not?
What do you do after school?
How do you relax in the evening?
Do you go to bed on time?
What would you like to change in your daily routine?

Model Answers

I usually wake up at 7 a.m. and try to get out of bed quickly. I don't like waking up early, but I have to go to school.

In the morning, I brush my teeth, get dressed, and have breakfast. I don't have much time, so I usually eat something simple.

Yes, I always have breakfast because it gives me energy. For example, I often eat cereal or a sandwich.

After school, I feel tired, so I relax for a while. Then I do my homework and sometimes help around the house.

In the evening, I prefer to watch videos or chat with friends. It helps me relax after a long day.

I try to go to bed on time, but sometimes I stay up late because I use my phone.

I would like to manage my time better because I often feel tired in the morning.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I usually prefer to relax after school because I feel tired. For example, I watch videos or listen to music. It helps me stay focused later when I do my homework.

Practice: Complete the Sentences

I usually wake up at _____ and get out of _____.

In the morning, I always brush my _____ and get _____.

After school, I feel _____, so I _____ for a while.

In the evening, I usually _____ with my family.

I try to go to bed _____ because it is important to _____.

Free Time and Hobbies

Text

Free time is an important part of our lives because it helps us relax and enjoy ourselves. After a long day at school, most students want to do something they like. Some people prefer quiet activities, while others enjoy being active and social.

Hobbies are things we do in our free time for fun. Everyone has different interests. For example, some students like reading books, drawing, or listening to music. These activities are relaxing and help people forget about stress. Others prefer more active hobbies such as playing sports, riding a bike, or going for a walk.

Spending time with friends is also very popular. Teenagers often meet after school, go to the cinema, or just hang out together. Even simple things like talking, laughing, and sharing ideas can make people feel happy. Although some students are very busy, they still try to find time for their friends because social life is important.

Many people spend their free time online. They watch videos, play games, or use social media. This can be fun and convenient, especially when you don't want to go out. However, it is important not to spend too much time on screens because it can be unhealthy.

Some hobbies are useful because they help people learn new skills. For example, learning a language, playing a musical instrument, or cooking can be both fun and practical. These activities can also be helpful in the future.

Free time is also a good opportunity to try something new. Although it can be difficult at first, trying new activities can be exciting. You may discover a new hobby or talent that you didn't know about before.

In the end, it doesn't matter what you do in your free time as long as you enjoy it. The most important thing is to relax, have fun, and do something that makes you feel good.

Key Vocabulary and Expressions

free time — свободное время

enjoy yourself — получать удовольствие

after a long day — после долгого дня

prefer quiet activities — предпочитать спокойные занятия

be active — быть активным

hobbies — хобби

have different interests — иметь разные интересы

listen to music — слушать музыку

forget about stress — забывать о стрессе

play sports — заниматься спортом

go for a walk — идти на прогулку

spend time with friends — проводить время с друзьями

hang out — тусоваться, проводить время вместе

social life — социальная жизнь
be busy — быть занятым
find time — находить время
spend time online — проводить время онлайн
play games — играть в игры
use social media — пользоваться соцсетями
too much time — слишком много времени
learn new skills — учиться новым навыкам
try something new — пробовать что-то новое
at first — сначала
in the end — в конце концов

Useful Patterns

In my free time, I usually... — В свободное время я обычно...
I prefer to... because... — Я предпочитаю..., потому что...
Sometimes I... but I also... — Иногда я..., но также я...
When I feel tired, I... — Когда я устаю, я...
I enjoy... because it helps me... — Мне нравится..., потому что это помогает мне...
I try to find time for... — Я стараюсь находить время для...
It is important to... — Важно...
I would like to try... — Я бы хотел попробовать...

Practice: Answer the Questions

What do you usually do in your free time?
Do you prefer active or quiet hobbies? Why?
How often do you spend time with your friends?
Do you spend a lot of time online? What do you usually do?
What hobby would you like to try?
Why is free time important for you?
How do you relax after a busy day?

Model Answers

In my free time, I usually listen to music and watch videos. It helps me relax after a long day at school.

I prefer quiet hobbies because I often feel tired. For example, I enjoy reading and listening to music.

I try to spend time with my friends every week. We usually hang out and talk about different things.

Yes, I spend time online every day. I watch videos and sometimes play games, but I try not to spend too much time there.

I would like to try playing the guitar because I enjoy music and want to learn new skills.

Free time is important because it helps me forget about stress and enjoy myself.

After a busy day, I usually relax at home. For example, I listen to music or go for a walk.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

In my free time, I usually spend time with my friends because it helps me relax. For example, we hang out, talk, and sometimes go for a walk together.

Practice: Complete the Sentences

In my free time, I usually _____ and _____.

I prefer _____ hobbies because _____.

I try to spend time with my _____ every _____.

I often spend time online and _____.

I would like to try _____ because _____.

Weekend Plans

Text

Weekends are a special time for most students because they can take a break from school and relax. After a busy week, people often look forward to the weekend and make plans in advance. Some students prefer to rest, while others want to be active and spend time with friends or family.

On Saturday morning, many people like to sleep in because they don't have to wake up early. This helps them feel more relaxed and ready for the day. After that, they usually have breakfast and think about their plans. Some people like to plan everything carefully, but others prefer to be spontaneous and decide what to do later.

Going out is a popular weekend activity. Teenagers often meet their friends, go to a café, watch a movie, or just walk around the city. Even simple activities like hanging out and talking can be very enjoyable. Although going out is fun, it is not always necessary to spend money. People can have a good time without buying anything.

Some students prefer to stay at home. They watch TV shows, play games, read books, or spend time with their family. Staying at home can be very comfortable, especially when the weather is bad. It is also a good opportunity to relax and forget about school stress.

Weekends are also a good time to do something useful. For example, students often do their homework, help their parents, or prepare for the next week. It is not always easy to combine отдых and responsibilities, but it is important to find a balance.

On Sunday evening, many people start thinking about the new week. They prepare their school things, check their schedule, and sometimes make a plan. Although it may feel a bit sad that the weekend is over, being prepared helps reduce stress.

In the end, everyone spends their weekend in a different way. The most important thing is to rest, enjoy your time, and do something that makes you feel happy.

Key Vocabulary and Expressions

weekend — выходные

look forward to — с нетерпением ждать

make plans — строить планы

in advance — заранее

sleep in — поспать подольше

wake up early — просыпаться рано

feel relaxed — чувствовать себя расслабленным

be spontaneous — быть спонтанным

go out — выходить куда-то

hang out — проводить время вместе

have a good time — хорошо проводить время

stay at home — оставаться дома

watch TV shows — смотреть сериалы

bad weather — плохая погода
do homework — делать домашнее задание
help parents — помогать родителям
prepare for the week — готовиться к неделе
find a balance — находить баланс
check your schedule — проверять расписание
feel a bit sad — чувствовать небольшую грусть
reduce stress — снижать стресс

Useful Patterns

At the weekend, I usually... — На выходных я обычно...
I like to... because... — Мне нравится..., потому что...
Sometimes I... but... — Иногда я..., но...
On Saturday/Sunday, I often... — В субботу/воскресенье я часто...
If the weather is..., I... — Если погода..., я...
I try to... — Я стараюсь...
It is important to... — Важно...
Before the new week, I... — Перед новой неделей я...

Practice: Answer the Questions

What do you usually do at the weekend?
Do you prefer to go out or stay at home? Why?
How often do you meet your friends at the weekend?
Do you make plans in advance or are you spontaneous?
What do you do on Sunday evening?
Do you do homework at the weekend?
What is your perfect weekend?

Model Answers

At the weekend, I usually relax and spend time with my family. Sometimes I go out with friends.

I prefer to stay at home because I feel tired after a busy week. For example, I watch TV shows and relax.

I try to meet my friends every weekend. We usually hang out and have a good time together.

I sometimes make plans in advance, but often I am spontaneous. It depends on my mood.

On Sunday evening, I prepare for the new week. I check my schedule and get my school things ready.

Yes, I do homework at the weekend because I want to be ready for school. It helps reduce stress.

My perfect weekend is relaxing and fun. For example, I sleep in, meet friends, and have a good time.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

At the weekend, I usually go out with my friends because I want to have a good time. For example, we hang out and walk around the city.

Practice: Complete the Sentences

At the weekend, I usually _____ and _____.

I like to sleep in because _____.

I prefer to _____ because _____.

On Sunday evening, I _____.

I try to _____ before the new week.

School Life

Text

School life is an important part of every student's life. It is a place where we learn new things, meet people, and develop useful skills. Although some students enjoy school more than others, everyone spends a lot of time there and has different experiences.

A typical school day starts in the morning. Students come to school, go to their classrooms, and prepare for lessons. During the day, they study different subjects such as math, science, languages, and history. Some subjects are more interesting, while others can be more difficult. However, it is important to try your best and stay focused in every class.

Teachers play a big role in school life. Good teachers explain things clearly, help students when they have problems, and make lessons interesting. Sometimes students may not understand everything at once, but they can ask questions and get support. Although learning is not always easy, it becomes better with practice.

School is not only about studying. Students also communicate with their classmates, work in groups, and make friends. Break time is often the most enjoyable part of the day because students can relax, talk, and have fun together. These moments help people feel more comfortable and connected.

Homework is another important part of school life. It helps students repeat and understand the material better. However, too much homework can be stressful, especially when students are tired. That is why it is important to manage your time and not leave everything for the last moment.

Some schools offer extra activities such as sports clubs, music classes, or school events. These activities help students develop their interests and learn new skills. For example, playing in a team teaches cooperation, while performing on stage builds confidence.

School life can sometimes be challenging, but it also gives many opportunities. Students learn how to communicate, solve problems, and work hard. In the future, these skills will be very useful.

In the end, school is not only a place for education but also a place for personal growth. The experiences you get at school can help you become a more confident and independent person.

Key Vocabulary and Expressions

school life — школьная жизнь

important part — важная часть

learn new things — узнавать новое

develop skills — развивать навыки

have different experiences — иметь разный опыт

typical school day — обычный школьный день

prepare for lessons — готовиться к урокам

study subjects — изучать предметы

stay focused — сохранять концентрацию

play a big role — играть важную роль

explain clearly — объяснять понятно
ask questions — задавать вопросы
get support — получать поддержку
work in groups — работать в группах
make friends — заводить друзей
break time — перемена
have fun — веселиться
do homework — делать домашнее задание
repeat the material — повторять материал
manage your time — управлять временем
last moment — последний момент
extra activities — дополнительные занятия
develop interests — развивать интересы
build confidence — развивать уверенность
personal growth — личностный рост

Useful Patterns

At school, I usually... — В школе я обычно...
My favorite subject is... because... — Мой любимый предмет..., потому что...
I find it difficult to... — Мне сложно...
I try to... — Я стараюсь...
During the break, I... — На перемене я...
It is important to... — Важно...
I enjoy... because... — Мне нравится..., потому что...
Sometimes I... but... — Иногда я..., но...

Practice: Answer the Questions

What is your school life like?
What subjects do you like and why?
What do you usually do during the break?
Do you find any subject difficult?
How do you do your homework?
Do you take part in extra activities?
What do you like and dislike about school?

Model Answers

My school life is quite busy but interesting. I learn new things and spend time with my friends.

My favorite subject is English because I enjoy learning languages. It is interesting and useful.

During the break, I usually talk to my friends and relax. Sometimes we have a snack and have fun.

I find math difficult because some topics are hard to understand. However, I try to practice more.

I usually do my homework in the evening. I try to manage my time and not leave everything for the last moment.

Yes, I take part in extra activities. For example, I go to a sports club and it helps me stay active.

I like school because I can learn and make friends. However, I don't like too much homework.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

At school, I usually study different subjects and work in groups. I enjoy school life because I can learn new things and make friends. For example, during the break, I talk to my classmates and have fun.

Practice: Complete the Sentences

At school, I usually _____ and _____.

My favorite subject is _____ because _____.

During the break, I _____.

I find _____ difficult because _____.

I try to _____ and not leave everything for the last _____.

Homework and Study Habits

Text

Homework is a regular part of school life, and most students have to do it every day. It helps them repeat the material, understand new topics better, and prepare for tests. Although many students do not always enjoy homework, it is an important way to improve knowledge and develop good study habits.

Some students like to do their homework right after school because they want to finish it early and have free time later. Others prefer to take a break first and relax. For example, they may watch videos, listen to music, or have a snack. Both ways can work well, but it is important not to wait too long because it can be harder to start.

Having a good study environment is very important. A quiet place, a clean desk, and no distractions can help students stay focused. When there is too much noise or when students use their phones all the time, it becomes difficult to concentrate. That is why many students try to turn off notifications and avoid social media while studying.

Good study habits also include planning your time. Making a simple schedule can help you organize your tasks and not forget anything. For example, you can decide which subject to study first and how much time to spend on each task. Although planning takes a few minutes, it saves a lot of time later.

Another important habit is taking breaks. Studying for a long time without rest can make you tired and less productive. Short breaks help your brain relax and stay active. For example, you can study for 30—40 minutes and then take a short break.

Some students like to study alone, while others prefer to work with friends. Studying with others can be helpful because you can ask questions, explain ideas, and support each other. However, it is important not to get distracted and stay focused on your work.

It is also useful to review your work after finishing it. Checking your answers helps you find mistakes and understand the material better. This habit can improve your results and give you more confidence.

In the end, good study habits make learning easier and more effective. Although it may take time to develop these habits, they can help students succeed at school and feel more confident about their studies.

Key Vocabulary and Expressions

homework — домашнее задание

study habits — учебные привычки

repeat the material — повторять материал

understand better — понимать лучше

prepare for tests — готовиться к тестам

improve knowledge — улучшать знания

right after school — сразу после школы
take a break — сделать перерыв
have free time — иметь свободное время
study environment — учебная обстановка
quiet place — тихое место
stay focused — сохранять концентрацию
get distracted — отвлекаться
use your phone — пользоваться телефоном
turn off notifications — отключать уведомления
avoid social media — избегать соцсетей
plan your time — планировать время
make a schedule — составлять расписание
organize tasks — организовывать задачи
take short breaks — делать короткие перерывы
be productive — быть продуктивным
study alone — учиться одному
work with friends — заниматься с друзьями
check your work — проверять работу
find mistakes — находить ошибки
feel confident — чувствовать уверенность

Useful Patterns

I usually do my homework... — Я обычно делаю домашнее задание...
I prefer to... because... — Я предпочитаю..., потому что...
It helps me to... — Это помогает мне...
When I study, I try to... — Когда я учусь, я стараюсь...
I find it easy/difficult to... — Мне легко/сложно...
Sometimes I... but... — Иногда я..., но...
It is important to... — Важно...
I try not to... — Я стараюсь не...

Practice: Answer the Questions

When do you usually do your homework?
Do you prefer to study right after school or later? Why?
Where do you usually study?
What helps you stay focused?
Do you study alone or with friends?
How do you organize your study time?
What would you like to improve in your study habits?

Model Answers

I usually do my homework in the evening. I like to relax first and then start studying.

I prefer to study later because I need a break after school. It helps me feel more focused.

I usually study at my desk in my room. It is a quiet place and I can concentrate better.

I try to turn off notifications and avoid social media. It helps me stay focused.

I usually study alone, but sometimes I work with friends. It is helpful when I have questions.

I try to make a simple schedule and organize my tasks. It helps me manage my time better.

I would like to improve my study habits because I sometimes get distracted and waste time.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I usually do my homework in a quiet place because it helps me stay focused. For example, I turn off notifications and avoid social media so I don't get distracted.

Practice: Complete the Sentences

I usually do my homework _____ because _____.

I prefer to study _____ because _____.

I study in a _____ place to stay _____.

I try to turn off _____ and avoid _____.

I would like to improve my _____ because _____.

Family Relationships

Text

Family relationships are very important in our lives because they give us support, love, and a sense of belonging. Every family is different, but most people spend a lot of time with their relatives and build strong connections with them.

In many families, people live together and share their daily lives. Parents usually take care of their children, help them with problems, and give advice. Children, in turn, learn from their parents and try to respect them. Although there can sometimes be disagreements, family members usually try to understand each other and solve problems together.

Communication plays a key role in family relationships. When people talk openly and honestly, it is easier to avoid misunderstandings. For example, sharing your thoughts and feelings can help others understand you better. On the other hand, if people don't communicate enough, small problems can become bigger.

Spending time together is another important part of family life. Some families have traditions, such as having dinner together, watching movies, or going on trips. These activities help people feel closer and create good memories. Even simple things like talking about your day can be meaningful.

However, family relationships are not always perfect. Sometimes people argue because they have different opinions or expectations. This is normal, especially for teenagers who want more independence. Although arguments can be difficult, they can also help people understand each other better if they are solved in a calm way.

Respect is very important in any family. Listening to others, being patient, and trying to understand different points of view can make relationships stronger. It is also important to support each other in difficult situations and celebrate good moments together.

In the end, family relationships require time and effort. When people care about each other, communicate well, and show respect, they can build strong and positive connections that last for a long time.

Key Vocabulary and Expressions

family relationships — семейные отношения

support and love — поддержка и любовь

sense of belonging — чувство принадлежности

relatives — родственники

build strong connections — строить крепкие связи

take care of — заботиться о

give advice — давать советы

respect each other — уважать друг друга

have disagreements — иметь разногласия

solve problems — решать проблемы

communication — общение

play a key role — играть важную роль
talk openly — говорить открыто
avoid misunderstandings — избегать недопонимания
share feelings — делиться чувствами
spend time together — проводить время вместе
family traditions — семейные традиции
create memories — создавать воспоминания
argue — спорить
different opinions — разные мнения
want independence — хотеть независимости
stay calm — сохранять спокойствие
point of view — точка зрения
support each other — поддерживать друг друга
require effort — требовать усилий

Useful Patterns

In my family, we usually... — В моей семье мы обычно...
I have a good relationship with... — У меня хорошие отношения с...
Sometimes we... but... — Иногда мы..., но...
It is important to... — Важно...
I try to... — Я стараюсь...
When we have problems, we... — Когда у нас есть проблемы, мы...
I feel happy when... — Я чувствую себя счастливым, когда...
I would like to... — Я бы хотел...

Practice: Answer the Questions

What is your family like?
Who are you closest to in your family?
How do you usually spend time together?
Do you often have disagreements in your family?
How do you solve problems in your family?
Why is communication important in a family?
What would you like to improve in your family relationships?
Model Answers

My family is friendly and supportive. We spend time together and help each other.

I am closest to my parents because they always give me advice and support me.

We usually spend time together in the evening. For example, we have dinner and talk about our day.

Sometimes we have disagreements, but we try to stay calm and understand each other.

When we have problems, we talk openly and try to solve them together.

Communication is important because it helps avoid misunderstandings and build strong relationships.

I would like to improve my family relationships by spending more time together and listening more.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

In my family, we usually spend time together in the evening because it helps us feel closer. For example, we talk openly and share our feelings, which helps us avoid misunderstandings.

Practice: Complete the Sentences

In my family, we usually _____ and _____.

I am closest to _____ because _____.

We spend time together by _____.

When we have problems, we _____.

I would like to improve _____ because _____.

Friendship and Social Life

Text

Friendship is a very important part of our lives, especially for teenagers. Friends support us, share our interests, and make our life more interesting. Social life helps us communicate with others, build relationships, and feel more confident.

Good friends are people you can trust. They listen to you, understand your feelings, and help you when you have problems. For example, when you feel sad or stressed, talking to a friend can make you feel better. Although it is not always easy to find true friends, strong friendships are very valuable.

Teenagers often spend a lot of time with their friends. They meet after school, go out together, or just hang out and talk. Even simple activities can be enjoyable when you are with the right people. Social life is not only about having fun but also about sharing experiences and supporting each other.

However, friendships are not always perfect. Sometimes friends may have different opinions or misunderstand each other. This can lead to arguments. Although conflicts can be difficult, they are a normal part of any relationship. The most important thing is to talk openly, stay calm, and try to solve problems.

Social media also plays a big role in modern social life. Many teenagers communicate online, share photos, and stay in touch with friends. This is convenient, especially when people are busy or far away. On the other hand, online communication cannot fully replace real-life interaction.

It is important to have a balance between social life and personal time. Spending time with friends is great, but people also need time to relax and be alone. This helps them understand themselves better and feel more comfortable.

In the end, friendship and social life help people grow and develop. They teach us how to communicate, understand others, and build strong relationships. Good friends can make life happier and more meaningful.

Key Vocabulary and Expressions

friendship — дружба

social life — социальная жизнь

support each other — поддерживать друг друга

share interests — разделять интересы

build relationships — строить отношения

feel confident — чувствовать уверенность

trust someone — доверять кому-то

listen to someone — слушать кого-то

understand feelings — понимать чувства

feel sad or stressed — чувствовать грусть или стресс

feel better — чувствовать себя лучше

true friends — настоящие друзья

spend time together — проводить время вместе

hang out — проводить время вместе
have fun — веселиться
share experiences — делиться опытом
have different opinions — иметь разные мнения
misunderstand each other — не понимать друг друга
have an argument — спорить
solve problems — решать проблемы
stay in touch — оставаться на связи
social media — социальные сети
real-life interaction — общение в реальной жизни
find a balance — находить баланс
personal time — личное время

Useful Patterns

I have a good relationship with... — У меня хорошие отношения с...

My friends and I usually... — Мы с друзьями обычно...

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

When I have a problem, I... — Когда у меня есть проблема, я...

Sometimes we... but... — Иногда мы..., но...

It is important to... — Важно...

I try to... — Я стараюсь...

I feel happy when... — Я чувствую себя счастливым, когда...

Practice: Answer the Questions

What does friendship mean to you?

What do you usually do with your friends?

Why are friends important in your life?

Do you prefer spending time online or in real life? Why?

How do you solve problems with your friends?

Do you think social media is good or bad for friendships?

How do you balance social life and personal time?

Model Answers

Friendship means support and trust to me. Good friends help me feel confident and happy.

My friends and I usually hang out and talk. Sometimes we go out or just spend time together.

Friends are important because they support me and understand my feelings.

I prefer real-life interaction because it feels more natural. However, I also use social media to stay in touch.

When I have a problem with a friend, I try to talk openly and solve it. It helps avoid misunderstandings.

I think social media is good, but only if you don't use it too much. It helps stay in touch with friends.

I try to find a balance between social life and personal time. Sometimes I relax alone to feel better.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

My friends and I usually spend time together after school because we enjoy sharing experiences. For example, we hang out, talk, and support each other when we have problems.

Practice: Complete the Sentences

My friends and I usually _____ and _____.

I feel happy when I _____ with my friends.

When I have a problem, I _____.

I prefer _____ because _____.

I try to find a balance between _____ and _____.

Shopping in Everyday Life

Text

Shopping is a part of everyday life, and most people do it regularly. We buy food, clothes, and other things we need, but sometimes we also shop for fun. For many students, shopping is not only about buying things but also about spending time with friends and relaxing.

There are different places where people can shop. Supermarkets are very popular because they are convenient and have a wide range of products. You can find everything in one place, compare prices, and choose what you need. However, supermarkets can be crowded, especially in the evening or at the weekend.

Another option is shopping at local markets. Markets often have fresh products and a friendly atmosphere. You can talk to sellers, ask questions, and sometimes get a better price. Although markets are not always as modern as supermarkets, many people prefer them because the quality of products is often better.

Online shopping has become more popular in recent years. People can order things from their phones or computers and have them delivered to their homes. This is very convenient, especially when you are busy or don't want to go out. On the other hand, you cannot see or try the product before buying it, so sometimes it may not be exactly what you expected.

When people go shopping, they often make a shopping list. This helps them stay organized and avoid buying unnecessary things. It is easy to spend too much money if you don't plan your shopping. That is why many people try to be careful and think before they buy something.

Shopping habits are different for everyone. Some people enjoy spending time in shops, while others prefer quick and simple shopping. Although shopping can sometimes be stressful, it is an important part of daily life.

In the end, the best way to shop depends on your needs and preferences. Whether you shop in a supermarket, at a market, or online, the goal is to find what you need and have a good experience.

Key Vocabulary and Expressions

shopping — покупки

everyday life — повседневная жизнь

buy things — покупать вещи

spend time — проводить время

for fun — ради удовольствия

convenient — удобный

a wide range of products — широкий выбор товаров

compare prices — сравнивать цены

choose what you need — выбирать то, что нужно

be crowded — быть многолюдным

local market — местный рынок

fresh products — свежие продукты

friendly atmosphere — дружелюбная атмосфера
talk to sellers — общаться с продавцами
get a better price — получить лучшую цену
online shopping — онлайн-покупки
order online — заказывать онлайн
home delivery — доставка на дом
try the product — примерить товар
make a shopping list — составлять список покупок
stay organized — быть организованным
avoid unnecessary things — избегать ненужных вещей
spend too much money — тратить слишком много денег
be careful — быть внимательным
preferences — предпочтения

Useful Patterns

I usually go shopping... — Я обычно хожу за покупками...
I prefer to buy... because... — Я предпочитаю покупать..., потому что...
It is convenient to... — Удобно...
Sometimes I... but... — Иногда я..., но...
When I go shopping, I... — Когда я хожу за покупками, я...
I try to... — Я стараюсь...
It is important to... — Важно...
I don't like... because... — Мне не нравится..., потому что...

Practice: Answer the Questions

How often do you go shopping?
Where do you usually shop?
Do you prefer shopping online or in real life? Why?
Do you make a shopping list?
Do you enjoy shopping or not?
What do you usually buy?
How do you avoid spending too much money?

Model Answers

I go shopping a few times a week. I usually buy food and small things I need.

I usually shop in a supermarket because it is convenient and has a wide range of products.

I prefer shopping online because it saves time. However, sometimes I like to go to real shops.

Yes, I usually make a shopping list because it helps me stay organized.

I enjoy shopping when I am with friends. It is more fun and interesting.

I usually buy food, clothes, and things for my home.

I try to avoid spending too much money by planning my shopping and thinking before I buy something.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I usually go shopping in a supermarket because it is convenient and has a wide range of products. For example, I can compare prices and choose what I need in one place.

Practice: Complete the Sentences

I usually go shopping _____ because _____.

I prefer to buy _____ because _____.

When I go shopping, I _____.

I try to avoid _____.

It is important to _____ before buying something.

Food and Eating Habits

Text

Food is an important part of our daily life because it gives us energy and helps us stay healthy. Everyone has different eating habits, and these habits often depend on culture, lifestyle, and personal preferences. Some people eat at home every day, while others prefer to eat out or order food online.

Many students have three main meals a day: breakfast, lunch, and dinner. Breakfast is often simple, such as cereal, eggs, or a sandwich. Although some people skip breakfast, it is better to eat in the morning because it helps you feel more active during the day.

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