

12+

ТОМ СТОРИЗ

Английский язык в повседневном общении

УЧЕБНОЕ ПОСОБИЕ ДЛЯ
УЧАЩИХСЯ 9–11 КЛАССОВ



Том Сториз

**Английский язык в повседневном
общении. Учебное пособие
для учащихся 9–11 классов**

«Издательские решения»

Сториз Т.

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Учебное пособие по английскому языку для старшеклассников уровня В1–В2 направлено на развитие навыков говорения и расширение словарного запаса. Книга включает тематические тексты, актуальную лексику, речевые модели и практические задания, ориентированные на личный опыт учащихся. Материал построен на основе повседневных ситуаций и помогает формировать уверенную и естественную речь.

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Содержание

Введение	6
Getting to Know You	7
My Daily Routine	10
Free Time and Hobbies	13
Weekend Plans	16
My Personality	19
Habits: Good and Bad	22
Friendship and Trust	25
Making New Friends	28
Конец ознакомительного фрагмента.	29

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Введение

Данное учебное пособие предназначено для учащихся старших классов, изучающих английский язык на уровне B1—B2. Основная цель книги заключается в развитии коммуникативной компетенции, расширении словарного запаса и формировании устойчивых навыков использования языка в повседневных ситуациях.

Материал организован по тематическому принципу. Каждая глава посвящена актуальной теме, связанной с жизненным опытом подростков и их интересами. В текстах используются современные языковые конструкции, характерные для живого общения. Особое внимание уделяется сочетанию простых и сложных предложений, а также естественному употреблению связующих слов.

В каждой теме представлен связный текст, отражающий реальные ситуации и типичные модели общения. После текста приводится список ключевых слов и выражений с переводом, направленный на закрепление лексики и формирование навыков ее практического использования. В разделе речевых моделей учащиеся знакомятся с универсальными конструкциями, которые могут быть применены в устной и письменной речи.

Практическая часть пособия включает задания на развитие навыков говорения. Вопросы ориентированы на личный опыт учащихся и стимулируют самостоятельное высказывание. Примеры ответов демонстрируют возможные способы использования изученной лексики и помогают сформировать уверенность при построении собственных высказываний. Дополнительные задания направлены на развитие навыков развернутого ответа и закрепление языкового материала.

Содержание пособия ориентировано на постепенное развитие языковых навыков. Темы расположены таким образом, чтобы учащиеся могли последовательно расширять свои знания и уверенно применять их в различных коммуникативных ситуациях.

Данное пособие может быть использовано как в рамках учебного процесса, так и для самостоятельной работы. Оно способствует формированию устойчивых навыков общения на английском языке и развитию способности выражать мысли ясно и последовательно.

Getting to Know You

Text

Getting to know someone is one of the most important parts of communication. Whether you meet a new classmate, join a club, or start a conversation online, the first impression can really matter. People often feel a bit nervous at the beginning, but that's completely normal. The good news is that there are many simple ways to start a conversation and make it feel natural.

Usually, when people meet for the first time, they begin with basic questions. For example, they may ask about your name, where you are from, or what you like to do in your free time. These questions may seem simple, but they help break the ice and create a comfortable atmosphere. You don't need to say anything complicated. In fact, it's better to keep your answers clear and friendly.

When you introduce yourself, it's a good idea to share a little more than just your name. You can mention your hobbies, interests, or something unique about yourself. For instance, you might say, «I'm really into music» or «I enjoy playing football in my free time.» This gives the other person something to react to and helps keep the conversation going.

Listening is just as important as speaking. If you show interest in what the other person is saying, they will feel more comfortable. You can ask follow-up questions like «Really? How did you get into that?» or «What do you like most about it?» This shows that you are paying attention and that you care about the conversation.

It's also important to be yourself. Sometimes people try too hard to impress others, but this can make the conversation feel unnatural. Instead, it's better to be honest and relaxed. You don't have to be perfect. Making small mistakes or laughing at yourself can actually make you more likable.

Body language also plays a big role. A smile, eye contact, and an open posture can make a big difference. Even if your English is not perfect, positive body language can help you communicate more effectively. It shows confidence and makes the other person feel comfortable.

Of course, not every conversation will be perfect. Sometimes there may be awkward pauses or moments when you don't know what to say. That's okay. You can always ask a simple question or change the topic slightly. For example, you might ask about school, hobbies, or plans for the weekend.

In the end, getting to know someone is not about saying the right words all the time. It's about being open, friendly, and interested in others. The more you practice, the easier it becomes. And who knows — a simple conversation can turn into a great friendship.

Key Vocabulary and Expressions

break the ice — разрядить обстановку

first impression — первое впечатление

feel nervous — чувствовать себя нервно

start a conversation — начать разговор

keep it simple — говорить просто

introduce yourself — представиться

be into something — увлекаться чем-то

in your free time — в свободное время
keep the conversation going — поддерживать разговор
show interest — проявлять интерес
follow-up question — уточняющий вопрос
pay attention — обращать внимание
be yourself — быть собой
try too hard — слишком стараться
make a mistake — совершить ошибку
laugh at yourself — посмеяться над собой
body language — язык тела
make eye contact — поддерживать зрительный контакт
feel comfortable — чувствовать себя комфортно
awkward silence — неловкая пауза
change the topic — сменить тему
get to know someone — узнать кого-то

Useful Patterns

Let me introduce myself... — Позвольте представиться...
I'm really into... — Я очень увлекаюсь...
In my free time, I usually... — В свободное время я обычно...
What about you? — А как насчёт тебя?
How did you get into that? — Как ты этим заинтересовался?
I think it's important to... — Я думаю, важно...
To be honest,... — Честно говоря,...
It depends on... — Это зависит от...
I'd say that... — Я бы сказал, что...

Practice: Answer the Questions

Is it easy for you to start a conversation with new people? Why or why not?
What do you usually say when you introduce yourself?
What are you into these days?
How do you keep a conversation going?
Do you feel nervous when you meet new people?
What helps you feel more comfortable in a conversation?

Model Answers

Sometimes it's not easy because I feel nervous at first. But I try to keep it simple and ask basic questions to break the ice.

Let me introduce myself: I usually say my name and talk about what I'm into. I also mention what I like to do in my free time.

These days I'm really into music and спорт. In my free time, I usually listen to music and practice.

I try to ask follow-up questions and show interest. It helps to keep the conversation going and avoid awkward silence.

Yes, I often feel nervous, especially at the beginning. But it gets easier when I relax and be myself.

Positive body language and friendly questions help me feel more comfortable. I also try to make eye contact and smile.

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 sometimes feel nervous when I meet new people, but I try to break the ice by asking simple questions. It helps me feel more comfortable because the conversation becomes more natural. For example, I often ask about hobbies or free time.

Practice: Complete the Sentences

When I meet new people, I try to _____ the ice.

In my free time, I usually _____.

I feel more comfortable when I _____ eye contact.

I try to _____ the conversation going by asking questions.

It's important to _____ yourself and not try too hard.

My Daily Routine

Text

Everyone has a daily routine, even if it changes from time to time. A routine helps us stay organized and manage our time better. Of course, not every day is the same, but most people have certain habits that they follow during the week.

On weekdays, I usually wake up early because I have school. I try not to hit the snooze button too many times, although it's sometimes very tempting. After I get up, I take a shower, get dressed, and have breakfast. I don't always have a lot of time in the morning, so I prefer something quick and simple, like a sandwich or cereal.

Then I go to school. Depending on the day, I have different subjects, and some of them are more interesting than others. I try to pay attention in class and take notes, because it helps me understand the material better. Sometimes it can be hard to stay focused, especially when I feel tired, but I do my best.

After school, I usually feel a bit exhausted, so I take a short break. I might scroll through my phone, listen to music, or just relax for a while. Then I start doing my homework. I don't always feel like studying, but I know it's important, so I try to finish everything on time.

In the evening, I have more free time. I often meet my friends, go for a walk, or spend time online. Sometimes I watch videos or play games, but I try not to waste too much time. It's easy to lose track of time when you're on your phone, so I try to control it.

Dinner is usually a time when my family gets together. We talk about our day, share news, and just relax. I think it's important to have this time, because it helps us stay close and understand each other better.

Before going to bed, I usually do something relaxing. For example, I might watch a series, read a book, or listen to music. I try not to use my phone too much at night, because it can affect my sleep. Sometimes I go to bed early, but other times I stay up late, especially if I have a lot on my mind.

Overall, my daily routine is quite simple, but it works for me. It helps me stay organized and balance school, rest, and free time. Of course, I sometimes change my routine, but having a basic structure makes life easier.

Key Vocabulary and Expressions

daily routine — ежедневная рутина

manage your time — управлять своим временем

wake up early — просыпаться рано

hit the snooze button — нажимать «повтор» будильника

get dressed — одеваться

have breakfast — завтракать

quick and simple — быстро и просто

pay attention — обращать внимание

take notes — делать заметки

stay focused — сохранять концентрацию
feel tired — чувствовать усталость
do your best — стараться изо всех сил
feel exhausted — быть очень уставшим
take a break — сделать перерыв
scroll through your phone — листать телефон
do homework — делать домашнее задание
on time — вовремя
spend time — проводить время
lose track of time — потерять счёт времени
get together — собираться вместе
go to bed — ложиться спать
stay up late — ложиться поздно
have something on your mind — быть чем-то озабоченным
balance work and rest — балансировать работу и отдых

Useful Patterns

I usually... — Я обычно...
I try to... — Я стараюсь...
I don't always..., but... — Я не всегда..., но...
After that, I... — После этого я...
In the evening, I... — Вечером я...
It helps me... — Это помогает мне...
Sometimes I..., especially when... — Иногда я..., особенно когда...
I think it's important to... — Я думаю, важно...
Overall, I... — В целом я...

Practice: Answer the Questions

What time do you usually wake up on weekdays?
What do you do in the morning before school?
How do you spend your time after school?
Do you find it easy to stay focused during the day? Why?
What do you usually do in the evening?
Do you prefer to go to bed early or stay up late? Why?

Model Answers

I usually wake up early on weekdays because I have school. I try not to hit the snooze button, but sometimes I do.

In the morning, I get dressed, have breakfast, and get ready for school. I prefer something quick and simple.

After school, I usually take a break and then do my homework. Sometimes I scroll through my phone or listen to music.

It's not always easy to stay focused because I feel tired. But I try to pay attention and do my best.

In the evening, I spend time with my family or relax. Sometimes I watch videos or go for a walk.

I usually stay up late, especially when I have something on my mind. But I know it's better to go to bed early.

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 wake up early and try not to hit the snooze button. It helps me manage my time better and feel less stressed. For example, when I wake up on time, I can have breakfast and get ready спокойно.

Practice: Complete the Sentences

I usually _____ early on weekdays.

After school, I like to _____ a break.

It's important to _____ your time well.

In the evening, I usually _____ time with my family.

I try not to _____ track of time when I use my phone.

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 or work, everyone needs some time to do things they like. Hobbies are a great way to spend free time, develop new skills, and even meet new people.

Different people have different hobbies. Some enjoy active activities like playing sports, going for a run, or riding a bike. Others prefer more relaxing hobbies, such as reading books, watching movies, or listening to music. Personally, I think it's important to have a balance between active and relaxing activities, because it helps you stay both physically and mentally healthy.

One of the most popular ways to spend free time today is using technology. Many teenagers enjoy playing video games, scrolling through social media, or watching videos online. It can be fun and entertaining, but it's also easy to spend too much time on your phone or computer. That's why it's important to control your screen time and make sure you also do other activities.

Hobbies can also help you learn something new. For example, if you enjoy drawing, you can improve your creativity. If you like playing a musical instrument, you develop patience and discipline. Some people are into photography, cooking, or learning new languages. These hobbies not only make your life more interesting, but they can also be useful in the future.

Another great thing about hobbies is that they can help you connect with others. When you share the same interests with someone, it's easier to start a conversation and build a friendship. For instance, if you join a sports team or a club, you can meet people who enjoy the same things as you. This makes your free time more social and enjoyable.

Of course, not everyone has a lot of free time. School, homework, and other responsibilities can take up most of your day. However, even a short break can make a difference. It's better to spend a little time doing something you enjoy than to feel stressed all the time.

It's also okay to try new hobbies. Sometimes you don't know what you like until you try it. You might discover a new passion or talent. Even if you're not very good at something at first, it doesn't matter. The main goal is to enjoy the process and have fun.

In the end, free time is not just about doing nothing. It's about doing something that makes you feel happy and relaxed. Whether you prefer active hobbies or quiet activities, the most important thing is to enjoy your time and make it meaningful.

Key Vocabulary and Expressions

free time — свободное время

spend time — проводить время

enjoy yourself — получать удовольствие

develop skills — развивать навыки

meet new people — знакомиться с новыми людьми

active lifestyle — активный образ жизни

go for a run — пойти на пробежку

relaxing activity — расслабляющее занятие
stay healthy — оставаться здоровым
spend too much time — тратить слишком много времени
screen time — время перед экраном
control your time — контролировать время
learn something new — учиться чему-то новому
be into something — увлекаться чем-то
improve your skills — улучшать навыки
connect with others — находить связь с другими
share interests — разделять интересы
build a friendship — строить дружбу
take up time — занимать время
make a difference — иметь значение
try something new — пробовать новое
discover a passion — открыть для себя увлечение
enjoy the process — наслаждаться процессом

Useful Patterns

In my free time, I usually... — В свободное время я обычно...
I'm really into... — Я очень увлекаюсь...
I prefer... because... — Я предпочитаю..., потому что...
It helps me... — Это помогает мне...
Sometimes I..., but... — Иногда я..., но...
I try to... — Я стараюсь...
I think it's important to... — Я думаю, важно...
For example,... — Например,...
I'd 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 relaxing hobbies? Why?
Are you into any hobbies right now?
How much time do you spend on your phone?
Do hobbies help you relax? How?
Would you like to try a new hobby? Which one?

Model Answers

In my free time, I usually listen to music and watch videos. It helps me relax after a busy day.
I prefer active hobbies because they help me stay healthy. For example, I like going for a run.
Yes, I'm really into music and sometimes sports. I enjoy the process and try to improve my skills.

I spend quite a lot of time on my phone, especially in the evening. But I try to control my screen time.

Yes, hobbies help me relax because I enjoy myself and forget about stress. For example, I like listening to music.

I'd like to try photography because it looks interesting. I think it can help me develop new skills.

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 watch videos and listen to music. It helps me relax and enjoy myself after school. For example, when I feel stressed, music makes a big difference.

Practice: Complete the Sentences

In my free time, I like to _____ time with my friends.

I'm really _____ something creative like drawing.

I try to _____ my screen time.

Hobbies help me _____ new skills.

I would like to _____ something new in the future.

Weekend Plans

Text

For many people, the weekend is the best part of the week. After several days of school or work, it's finally time to relax, have fun, and do something different. Some people like to plan their weekends in advance, while others prefer to be spontaneous and decide what to do at the last minute.

On Fridays, people often start thinking about their weekend plans. They might ask their friends, «What are you up to this weekend?» or «Do you have any plans?» Sometimes the answer is simple: just relax and stay at home. But other times, people make exciting plans, like going out, meeting friends, or trying something new.

There are many ways to spend a weekend. Some people prefer quiet activities, such as watching movies, reading books, or catching up on sleep. If you've had a busy week, staying at home can be exactly what you need. It helps you recharge and feel ready for the next week.

Others prefer more active weekends. They might go for a walk, play sports, or spend time outdoors. For example, going to a park or exploring a new place can be both fun and refreshing. It's a great way to get some fresh air and take a break from your daily routine.

Weekends are also a good time to meet friends and socialize. You can hang out, go to a café, watch a movie together, or just talk. Spending time with people you enjoy can improve your mood and help you forget about stress. Even simple plans can be very enjoyable if you're with the right people.

Sometimes weekends are not only about отдых. Many students use this time to catch up on homework or prepare for the next week. It's not always fun, but it helps you stay organized and avoid stress later. The key is to find a balance between work and отдых.

Another popular option is trying something new. You might visit a new place, start a new hobby, or learn something interesting. Even small changes can make your weekend feel special. For example, you can try a new café, cook a new dish, or watch a film in a different language.

Of course, not everything goes according to plan. Sometimes plans change, or something unexpected happens. But that's okay. Being flexible is important, because it helps you enjoy the moment instead of worrying.

In the end, there is no perfect way to spend a weekend. Some people like to relax, others prefer to stay active, and many do a bit of both. The most important thing is to do what makes you feel happy and ready for the new week.

Key Vocabulary and Expressions

weekend plans — планы на выходные

in advance — заранее

be spontaneous — быть спонтанным

at the last minute — в последний момент

what are you up to? — чем занимаешься?

have plans — иметь планы

stay at home — оставаться дома
go out — выходить (в город)
catch up on sleep — выспаться
catch up on homework — наверстать домашнее задание
recharge — восстановить силы
daily routine — ежедневная рутина
spend time outdoors — проводить время на свежем воздухе
get some fresh air — подышать свежим воздухом
hang out — проводить время (неформально)
improve your mood — улучшить настроение
forget about stress — забыть о стрессе
stay organized — оставаться организованным
find a balance — находить баланс
try something new — пробовать новое
according to plan — по плану
be flexible — быть гибким
enjoy the moment — наслаждаться моментом

Useful Patterns

What are you up to this weekend? — Чем ты занят на выходных?

I don't have any plans yet. — У меня пока нет планов.

I'm planning to... — Я планирую...

I'd like to... — Я бы хотел...

It depends on... — Это зависит от...

I usually... — Я обычно...

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

It helps me... — Это помогает мне...

I think it's important to... — Я думаю, важно...

Practice: Answer the Questions

What are you usually up to at the weekend?

Do you prefer to plan your weekend in advance or be spontaneous? Why?

How do you usually relax on weekends?

Do you like spending time outdoors? Why or why not?

Do you often hang out with friends on weekends?

How do you balance rest and responsibilities at the weekend?

Model Answers

At the weekend, I usually stay at home or hang out with friends. It helps me relax and enjoy the moment.

I prefer to plan in advance because it helps me stay organized. But sometimes I like to be spontaneous.

I usually relax by watching movies or catching up on sleep. It helps me recharge after a busy week.

Yes, I like spending time outdoors because I can get some fresh air and feel better.

Yes, I often hang out with friends. It improves my mood and helps me forget about stress.

I try to find a balance between rest and homework. For example, I relax first and then catch up on 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 the weekend, I usually hang out with friends or stay at home. It helps me recharge and forget about stress. For example, we sometimes go out or just talk and enjoy the moment.

Practice: Complete the Sentences

This weekend, I'm planning to _____.

I don't have any plans _____.

I like to _____ out with my friends.

Weekends help me _____ after a busy week.

I try to _____ a balance between rest and homework.

My Personality

Text

Personality is what makes each person unique. It includes the way we think, feel, and behave in different situations. Some people are outgoing and talkative, while others are more quiet and reserved. There is no «perfect» personality — everyone is different, and that's what makes life interesting.

When people describe their personality, they often use adjectives like friendly, shy, confident, or hardworking. For example, if someone enjoys meeting new people and starting conversations, they are probably outgoing. On the other hand, if a person prefers to spend time alone or with a small group of close friends, they might be more introverted.

Personally, I think I am somewhere in the middle. I can be quite sociable when I feel comfortable, but sometimes I need time alone to relax and recharge. It really depends on the situation and the people around me. For instance, I feel more confident with my friends than with strangers.

Confidence is an important part of personality. It helps you express your ideas and communicate with others more easily. However, confidence doesn't mean being loud or always talking. Sometimes it simply means being calm and sure of yourself. Even if you feel nervous, you can still try to act confident.

Another important quality is being open-minded. This means you are ready to listen to other people's opinions and accept that they may be different from yours. Open-minded people usually find it easier to make friends and avoid conflicts. I think this is especially important in today's world, where people come from different backgrounds.

At the same time, it's important to be honest and be yourself. Some people try to change their personality to fit in or impress others, but this doesn't always work. It's better to accept who you are and focus on your strengths. Of course, it's also good to work on your weaknesses and try to improve.

Your personality can also change over time. As you grow up and have new experiences, you may become more confident, more responsible, or more independent. For example, someone who was very shy as a child may become more outgoing later in life.

In the end, your personality is a big part of who you are. It affects your relationships, your decisions, and the way you see the world. The most important thing is to understand yourself, accept your personality, and keep developing as a person.

Key Vocabulary and Expressions

personality — личность

unique — уникальный

outgoing — общительный

talkative — разговорчивый

quiet — тихий

reserved — сдержанный

friendly — дружелюбный

shy — застенчивый

confident — уверенный
hardworking — трудолюбивый
introverted — интровертный
sociable — общительный
feel comfortable — чувствовать себя комфортно
it depends on — это зависит от
express your ideas — выражать свои мысли
open-minded — открытый к новому
accept different opinions — принимать разные мнения
avoid conflicts — избегать конфликтов
be yourself — быть собой
fit in — вписываться
focus on your strengths — сосредоточиться на сильных сторонах
work on your weaknesses — работать над слабыми сторонами
grow up — взрослеть
have new experiences — получать новый опыт
become more independent — становиться более самостоятельным

Useful Patterns

I would describe myself as... — Я бы описал себя как...
I think I am... — Я думаю, что я...
Sometimes I..., but... — Иногда я..., но...
It depends on... — Это зависит от...
I feel more... when... — Я чувствую себя более..., когда...
I try to... — Я стараюсь...
I think it's important to... — Я думаю, важно...
For example,... — Например,...
Over time, I have become... — Со временем я стал...

Practice: Answer the Questions

How would you describe your personality?
Are you more outgoing or introverted? Why?
Do you find it easy to talk to new people?
What are your strongest qualities?
Is it important to be open-minded? Why?
Has your personality changed over time?

Model Answers

I would describe myself as friendly and a bit shy. I think I am quite sociable when I feel comfortable.

I am more introverted because I prefer spending time with close friends. But sometimes I can be outgoing.

It's not always easy to talk to new people because I feel nervous. But I try to be confident.

My strongest qualities are being hardworking and open-minded. I try to accept different opinions.

Yes, I think it's important to be open-minded because it helps avoid conflicts and understand others.

Yes, my personality has changed over time. I have become more confident and independent.

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 would describe myself as quite friendly and open-minded. I try to accept different opinions and avoid conflicts. For example, when I talk to new people, I listen carefully and respect their ideas.

Practice: Complete the Sentences

I would describe myself as _____ and _____.

I feel more confident when I _____.

I try to _____ my strengths and improve my weaknesses.

It's important to _____ different opinions.

Over time, I have become more _____.

Habits: Good and Bad

Text

Habits are a natural part of our daily lives. They are things we do regularly, often without even thinking about them. Some habits are good and help us improve, while others can be harmful and difficult to change. Understanding your habits is the first step to building a better lifestyle.

Good habits can make a big difference in your life. For example, waking up early, eating healthy food, and exercising regularly can help you feel more energetic and focused. Another useful habit is planning your day. When you know what you need to do, it's easier to manage your time and avoid stress. Even small habits, like drinking enough water or going to bed on time, can have a positive effect.

On the other hand, bad habits can slow you down and make your life more difficult. For instance, spending too much time on your phone, procrastinating, or going to bed too late can affect your mood and productivity. Many people know that their habits are not good, but they still find it hard to change them. This is because habits take time to build, and they also take time to break.

One of the most common bad habits is procrastination. People often put off important tasks and choose to do something easier or more enjoyable instead. At first, it may not seem like a big problem, but over time it can lead to stress and poor results. That's why it's important to deal with tasks step by step and not wait until the last minute.

Changing habits is not easy, but it is possible. The key is to start small and be consistent. For example, if you want to develop a reading habit, you don't have to read for hours every day. You can begin with just ten or fifteen minutes. Over time, this small habit can become a natural part of your routine.

Another helpful strategy is to replace a bad habit with a good one. Instead of scrolling through your phone before going to bed, you can try reading a book or listening to relaxing music. This makes the process easier because you are not just stopping a habit, but also creating a new one.

It's also important to be patient with yourself. Everyone makes mistakes and sometimes goes back to old habits. This doesn't mean you have failed. What matters is that you keep trying and don't give up. Progress takes time, and even small changes can lead to big results.

In the end, habits shape our daily lives. Good habits can help you reach your goals, while bad habits can hold you back. By understanding your behavior and making small changes, you can improve your routine and feel better every day.

Key Vocabulary and Expressions

habits — привычки

daily life — повседневная жизнь

without thinking — не задумываясь

good habits — полезные привычки

bad habits — вредные привычки

make a difference — иметь значение

feel energetic — чувствовать себя энергичным
stay focused — сохранять концентрацию
manage your time — управлять временем
avoid stress — избегать стресса
have a positive effect — оказывать положительное влияние
slow you down — тормозить тебя
spend too much time — тратить слишком много времени
procrastinate — откладывать дела
put off — откладывать
at the last minute — в последний момент
deal with tasks — справляться с задачами
step by step — шаг за шагом
start small — начинать с малого
be consistent — быть последовательным
develop a habit — выработать привычку
replace a habit — заменить привычку
give up — сдаваться
hold you back — сдерживать тебя

Useful Patterns

I have a habit of... — У меня есть привычка...
I try to... — Я стараюсь...
Sometimes I..., but... — Иногда я..., но...
It helps me... — Это помогает мне...
I know it's important to... — Я знаю, что важно...
I want to change... — Я хочу изменить...
I find it difficult to... — Мне сложно...
Step by step, I... — Шаг за шагом я...
I'm trying to develop a habit of... — Я стараюсь выработать привычку...

Practice: Answer the Questions

What are some of your good habits?
Do you have any bad habits you want to change?
Do you find it easy or difficult to build new habits? Why?
How do you usually deal with procrastination?
What helps you stay consistent?
Why do you think habits are important?

Model Answers

I have a habit of waking up early and trying to stay focused during the day. It helps me manage my time better.

Yes, I sometimes spend too much time on my phone. I want to replace this habit with something more useful.

I find it difficult to build new habits because it takes time. But I try to start small and be consistent.

I try not to put off my tasks and deal with them step by step. It helps me avoid stress.

What helps me stay consistent is having a plan and clear goals. I try to follow my routine every day.

Habits are important because they shape our daily life. Good habits help us succeed, while bad habits can hold us back.

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 have a habit of trying to manage my time well and avoid stress. It helps me stay focused and be more productive. For example, I try not to put off my homework and do it step by step.

Practice: Complete the Sentences

I have a habit of _____ every day.

I want to _____ a bad habit in my life.

It's important to _____ small and be consistent.

I try not to _____ my tasks until the last minute.

Good habits can help you _____ your goals.

Friendship and Trust

Text

Friendship is one of the most important parts of our lives. Good friends support us, share our interests, and make us feel understood. However, strong friendships are not only about having fun together — they are also built on trust.

Trust means believing that someone is honest and reliable. When you trust a person, you feel comfortable sharing your thoughts and feelings with them. You know that they will listen, support you, and not judge you. Without trust, it is very difficult to build a real friendship.

Building trust takes time. You can't become best friends with someone in one day. It usually starts with small things, like keeping promises or being there when someone needs help. For example, if your friend tells you something personal, it's important to keep it a secret. This shows that you respect them and value their trust.

At the same time, trust works both ways. It's not only about trusting others, but also about being trustworthy. This means being honest, responsible, and supportive. If you say you will do something, you should try your best to do it. If you make a mistake, it's better to admit it than to hide the truth.

Of course, even strong friendships can have problems. Sometimes people argue or misunderstand each other. This is normal, because everyone is different. The key is to communicate openly and try to solve problems calmly. Listening to your friend's point of view can help avoid conflicts and improve your relationship.

Sometimes trust can be broken. For example, if someone lies or shares your secret with others, it can be very painful. In such situations, it's important to talk about your feelings and decide what to do next. In some cases, it's possible to rebuild trust, but it takes time and effort from both sides.

A true friend is someone who accepts you as you are. You don't have to pretend or try too hard to impress them. You can be yourself and feel comfortable. This kind of friendship is strong and long-lasting.

Friendship is not only about good moments, but also about support during difficult times. When something goes wrong, a good friend will be there for you. They may not always have the perfect advice, but their support can make a big difference.

In the end, friendship and trust go hand in hand. Without trust, friendship cannot grow, and without friendship, life can feel lonely. That's why it's important to take care of your relationships and appreciate the people you trust.

Key Vocabulary and Expressions

friendship — дружба

trust — доверие

support someone — поддерживать кого-то

feel understood — чувствовать, что тебя понимают

be built on — быть основанным на

be honest — быть честным
reliable — надёжный
share your feelings — делиться чувствами
not judge — не осуждать
build trust — строить доверие
take time — требовать времени
keep a promise — сдерживать обещание
keep a secret — хранить секрет
respect someone — уважать кого-то
be trustworthy — быть заслуживающим доверия
admit a mistake — признать ошибку
hide the truth — скрывать правду
solve a problem — решать проблему
point of view — точка зрения
avoid conflicts — избегать конфликтов
break trust — нарушить доверие
rebuild trust — восстановить доверие
accept someone — принимать кого-то
be yourself — быть собой
be there for someone — быть рядом с кем-то

Useful Patterns

I think friendship is... — Я думаю, что дружба — это...
For me, a good friend is someone who... — Для меня хороший друг — это тот, кто...
I trust people who... — Я доверяю людям, которые...
It's important to... — Важно...
Sometimes..., but... — Иногда..., но...
I try to... — Я стараюсь...
In my opinion,... — По моему мнению,...
For example,... — Например,...
I believe that... — Я считаю, что...

Practice: Answer the Questions

What does friendship mean to you?
Do you find it easy to trust people? Why or why not?
What makes a person trustworthy?
Have you ever had a conflict with a friend? What happened?
Is it possible to rebuild trust after it is broken?
What do you value most in a friendship?

Model Answers

For me, friendship means support and understanding. A good friend is someone who is always there for me.

It's not always easy to trust people because I don't know them well at first. But over time, I can build trust.

A trustworthy person is honest and keeps promises. They also respect others and don't share secrets.

Yes, I once had a conflict with a friend because of a misunderstanding. But we talked and solved the problem.

I think it is possible to rebuild trust, but it takes time and effort. Both people need to be honest. I value honesty and support the most. I think it's important to feel understood and accepted.

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:

For me, friendship means trust and support. I think it's important to be honest and keep promises. For example, when my friend shares something personal, I always try to keep it a secret.

Practice: Complete the Sentences

A good friendship is built _____ trust.

I try to _____ my promises.

It's important to _____ honest with your friends.

A real friend will always _____ there for you.

Trust can be broken, but sometimes it can be _____.

Making New Friends

Text

Making new friends can be exciting, but it can also feel a bit stressful, especially at the beginning. Whether you start a new school, join a club, or meet people online, it's not always easy to take the first step. However, building new friendships is an important part of life, and with a little effort, it becomes much easier.

The first step is usually starting a conversation. Many people feel nervous in this situation, but it's completely normal. You don't need to say anything perfect. A simple question like «Hi, how are you?» or «What do you think about this class?» can be enough to break the ice. The most important thing is to be friendly and open.

Another useful tip is to find something in common. It's easier to talk to someone when you share the same interests. For example, you might both like music, sports, or a particular subject at school. When you discover something in common, the conversation becomes more natural and enjoyable.

Body language also plays an important role. A smile, eye contact, and a relaxed posture can make you look more confident and approachable. Even if you feel nervous, positive body language can help you create a good first impression.

Listening is just as important as speaking. When you talk to someone new, try to show real interest in what they are saying. Ask follow-up questions and react to their answers. This helps build a connection and shows that you care about the conversation.

Of course, not every attempt to make a new friend will be successful. Sometimes people may not respond in the way you expect, and that's okay. It doesn't mean there is something wrong with you. Everyone is different, and not all people will become your friends. The key is to stay positive and keep trying.

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