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ТОМ СТОРИЗ

Современный английский для старшеклассников

ЛЕКСИКА, ТЕКСТЫ
И КОММУНИКАТИВНАЯ ПРАКТИКА



Том Сториз
Современный английский
для старшеклассников.
Лексика, тексты
и коммуникативная практика

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Аннотация

Учебное пособие предназначено для учащихся старших классов и направлено на развитие навыков чтения, говорения и понимания английской речи. Материал организован по актуальным темам и включает тексты, лексику и практические задания. Курс помогает расширить словарный запас, сформировать уверенность в общении и применять язык в реальных ситуациях.

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Введение

В современном образовательном пространстве владение английским языком является необходимым условием для успешного обучения, профессионального развития и полноценного участия в глобальной коммуникации. Особую значимость приобретает формирование устойчивых языковых навыков на этапе старшей школы, когда учащиеся уже обладают базовыми знаниями и готовы к их систематизации и практическому применению.

Данное учебное пособие предназначено для учащихся старших классов и ориентировано на развитие навыков чтения, говорения и понимания английской речи. Основная цель книги — сформировать у обучающихся способность использовать язык в реальных коммуникативных ситуациях, а не только воспроизводить отдельные грамматические структуры и лексические единицы.

Материал пособия организован по тематическому принципу. Каждая глава посвящена актуальной для подростков теме, связанной с повседневной жизнью, учебной деятельностью, социальными взаимодействиями и личным развитием. В основе каждой темы лежит связный текст, написанный в доступном и естественном стиле, соответствующем уровню

владения языком учащихся. Такой подход позволяет одновременно развивать навыки понимания текста и расширять словарный запас.

Особое внимание уделяется формированию лексической компетенции. В каждой главе представлены устойчивые выражения и коллокации, которые активно используются в современной разговорной речи. Это позволяет учащимся не только понимать язык, но и использовать его более точно и уверенно в устной и письменной коммуникации.

Дополнительные задания направлены на развитие продуктивных навыков. Вопросы для личного ответа стимулируют учащихся к выражению собственного мнения, а образцы ответов служат ориентиром для построения высказываний. Упражнения на расширение ответа формируют умение аргументировать свою позицию и использовать изученную лексику в контексте.

Отдельное место занимают задания на закрепление материала, в том числе упражнения на заполнение пропусков. Они позволяют проверить понимание ключевой лексики и способствуют её активному усвоению.

Предлагаемая структура пособия направлена на постепенное развитие языковых навыков, повышение уверенно-

сти учащихся в использовании английского языка и формирование самостоятельности в обучении. Работа с материалами книги предполагает как индивидуальную, так и групповую деятельность, что делает её универсальным инструментом для использования в учебном процессе.

Автор исходит из того, что успешное овладение иностранным языком возможно при условии систематической практики, осознанного подхода к обучению и активного включения учащихся в коммуникативную деятельность. Настоящее пособие призвано способствовать достижению этих целей.

My Typical Day vs My Dream Day

Text

Let's be honest: most of us don't wake up feeling excited every single day. A typical day for a teenager is often quite predictable. You wake up early, probably feel a bit sleepy, check your phone, and rush to get ready for school. Sometimes you don't even have enough time to eat breakfast properly, so you just grab something quickly and run out of the house.

At school, your day is usually full of classes. Some lessons are interesting, but others can feel boring or too difficult. You try to stay focused, but it's not always easy, especially when you are tired or thinking about something else. During breaks, you chat with friends, scroll through social media, or just relax for a few minutes.

After school, many students have extra activities or homework. You might go to a sports practice, attend a language course, or just go home and start working on assignments. Sometimes it feels like there is no time left for yourself. You want to relax, but there is always something you have to do.

In the evening, you finally get some free time. You may watch

videos, play games, or talk to your friends online. However, this time often passes very quickly, and before you know it, it's already late. You go to bed thinking that tomorrow will be the same.

But what about your dream day?

A dream day is different for everyone, but it usually starts without stress. You wake up naturally, without an alarm clock, and feel rested and full of energy. You have enough time to enjoy your morning: maybe you listen to music, have a good breakfast, or go for a short walk.

Instead of rushing, you feel calm and in control. If you go to school or work, the environment is friendly and inspiring. The lessons are engaging, and you actually enjoy learning new things. You feel confident and comfortable expressing your ideas.

In your dream day, you also have time for things you truly love. You might spend time on your hobbies, meet friends in person, or try something new. There is a good balance between work and rest, so you don't feel exhausted.

Another important part of a dream day is how you feel. You are not constantly worried or stressed. Even if something goes wrong, you can handle it calmly and don't overthink it. You focus

on positive moments and appreciate small things.

Of course, real life is not perfect, and every day cannot be a dream day. However, we can try to make our typical day a little better. Small changes, like getting enough sleep, planning your time, or taking short breaks, can make a big difference.

So maybe the goal is not to live a perfect dream day, but to bring a few elements of it into your real life.

Key Vocabulary and Expressions

wake up early — просыпаться рано

feel sleepy — чувствовать сонливость

rush to get ready — спешить собираться

grab something quickly — быстро перекусить

run out of the house — выбегать из дома

stay focused — сохранять концентрацию

feel bored — чувствовать скуку

chat with friends — болтать с друзьями

scroll through social media — листать соцсети

have extra activities — иметь дополнительные занятия

work on assignments — делать задания

have no time left — не оставаться времени

pass quickly — быстро проходить

before you know it — не успеешь оглянуться

wake up naturally — просыпаться без будильника
feel rested — чувствовать себя отдохнувшим
be full of energy — быть полным энергии
be in control — контролировать ситуацию
feel confident — чувствовать уверенность
express your ideas — выражать свои идеи
spend time on hobbies — уделять время хобби
try something new — пробовать новое
feel exhausted — чувствовать себя измотанным
handle a situation — справляться с ситуацией
make a difference — иметь значение

Useful Patterns

I usually start my day by... — Я обычно начинаю день с...

One of the problems is that... — Одна из проблем в том, что...

It's not always easy to... — Не всегда легко...

I don't have enough time to... — У меня не хватает времени, чтобы...

What I really enjoy is... — Что мне действительно нравится, это...

In my opinion,... — По моему мнению,...

The best part of the day is... — Лучшая часть дня — это...

I would like to... — Я хотел (а) бы...

It would be great if... — Было бы здорово, если...

Practice: Answer the Questions

What does your typical day look like?

What part of your day do you enjoy the most?

Do you often feel tired or stressed? Why?

What would your perfect morning be like?

How do you usually spend your free time?

What would you change in your daily routine?

Model Answers

My typical day starts with waking up early and rushing to get ready for school. I usually feel a bit sleepy in the morning.

The best part of my day is the evening because I can relax and chat with friends.

I sometimes feel stressed because I have a lot of homework and extra activities.

My perfect morning would start without an alarm clock, and I would feel rested and full of energy.

I usually spend my free time watching videos or scrolling through social media.

I would like to manage my time better and have more time for my hobbies.

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 a calm morning because I don't like to rush to get ready. When I wake up naturally and feel full of energy, my whole day goes better. For example, I can stay focused at school and don't feel so stressed.

Practice: Complete the Sentences

I usually _____ up early, but I still feel sleepy.

I often _____ through social media during breaks.

After school, I have to _____ on my assignments.

I don't have enough time left to _____ my hobbies.

In my dream day, I would feel _____ and full of energy.

Time Management for Teenagers

Text

Many teenagers feel that there are not enough hours in a day. Between school, homework, hobbies, and social life, it can be difficult to manage your time effectively. You may start the day with good intentions, but by the evening, you realize that you didn't finish everything you planned.

One common problem is procrastination. Instead of starting an important task, you might decide to check your phone, watch a video, or chat with friends. At first, it feels like a short break, but it often turns into a long distraction. As a result, you have less time for your responsibilities and may feel stressed later.

Another challenge is not having a clear plan. If you don't know what you need to do, you can easily waste time. For example, you sit down to do your homework but don't know where to start. So you switch between tasks or give up quickly. This makes your work less effective and more tiring.

Good time management starts with simple habits. One useful strategy is to make a to-do list. Write down everything you need to do and decide what is most important. This helps you stay

organized and focused. When you complete a task, you feel more motivated to continue.

It is also important to set realistic goals. Don't try to do everything at once. Instead, break big tasks into smaller steps. For example, if you need to prepare for a test, you can study one topic at a time. This makes the process easier and less stressful.

Another helpful idea is to avoid distractions. When you study, try to put your phone away or turn off notifications. Even a short distraction can break your concentration. If you stay focused, you can finish your work faster and have more free time later.

At the same time, rest is very important. You cannot work ефективно all day without breaks. Short breaks help you relax and recharge your energy. For example, after studying for an hour, you can take a 10-minute break. This makes it easier to stay productive.

Finally, remember that time management is a skill. You will not become perfect overnight. Sometimes you will make mistakes, and that's okay. The important thing is to learn from your experience and try to improve.

If you manage your time well, you can reduce stress, achieve your goals, and still have time to enjoy your life. It's not about

being busy all the time, but about using your time wisely.

Key Vocabulary and Expressions

manage your time — управлять своим временем

not enough hours in a day — не хватает времени в дне

good intentions — хорошие намерения

finish everything — закончить всё

procrastination — прокрастинация

waste time — тратить время впустую

short break — короткий перерыв

turn into a long distraction — превращаться в долгую отвлекающую активность

as a result — в результате

feel stressed — чувствовать стресс

have a clear plan — иметь чёткий план

switch between tasks — переключаться между задачами

give up quickly — быстро сдаваться

make a to-do list — составлять список дел

stay organized — оставаться организованным

set realistic goals — ставить реалистичные цели

break tasks into steps — разбивать задачи на шаги

avoid distractions — избегать отвлечений

stay focused — сохранять концентрацию

turn off notifications — выключать уведомления

take a break — делать перерыв

recharge your energy — восстановить энергию
be productive — быть продуктивным
learn from experience — учиться на опыте
use time wisely — использовать время с умом

Useful Patterns

I often don't have enough time to... — Мне часто не хватает времени, чтобы...

One of the main problems is... — Одна из главных проблем — это...

As a result,... — В результате,...

It helps me to... — Мне помогает...

I try to... — Я стараюсь...

I find it difficult to... — Мне трудно...

The best way to... is to... — Лучший способ ... — это...

If I want to..., I need to... — Если я хочу..., мне нужно...

It's important to remember that... — Важно помнить, что...

Practice: Answer the Questions

Do you usually manage your time well? Why or why not?

What distractions do you have during the day?

Do you often procrastinate? What do you usually do instead of studying?

How do you usually plan your day?

What helps you stay focused?

How often do you take breaks when studying?

What would you like to improve in your time management?

Model Answers

I don't always manage my time well because I often get distracted and waste time on my phone.

My main distractions are social media and chatting with friends online.

Yes, I sometimes procrastinate and watch videos instead of doing my homework.

I usually make a to-do list and try to follow it during the day.

It helps me to turn off notifications and stay focused on one task.

I usually take a short break after studying for about an hour.

I would like to use my time more wisely and avoid distractions.

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 often don't have enough hours in a day because I sometimes procrastinate and waste time. As a result, I feel stressed in the evening. For example, I may watch videos instead of working on my assignments and then have to finish everything late.

Practice: Complete the Sentences

I often _____ time when I use my phone too much.

One of my main problems is _____.

I try to _____ distractions when I study.

It helps me to _____ a to-do list.

I need to _____ my time more wisely.

Hobbies That Actually Make You Happy

Text

Many teenagers have hobbies, but not all hobbies really make them happy. Sometimes we choose activities because they are popular or because our friends like them. For example, you might start playing a game or watching a certain type of content just because everyone else is doing it. At first, it seems fun, but after some time, you may feel bored or even tired of it.

A hobby should not feel like a duty. If you feel that you «have to» do something instead of «want to,» it may not be the right activity for you. Real hobbies help you relax, enjoy your time, and forget about stress. They give you energy instead of taking it away.

There are many different types of hobbies. Some people prefer active hobbies like sports, dancing, or going for a walk. These activities are good for your physical health and can improve your mood. When you move your body, you often feel more energetic and positive.

Other teenagers enjoy creative hobbies such as drawing, writing, playing music, or making videos. These activities allow you to express your feelings and ideas. For example, when you draw or write, you can show your emotions without using many words. Creative hobbies can also help you feel proud of what you create.

Some hobbies are more relaxing. You might enjoy reading, listening to music, or spending time alone. These activities help you slow down and take a break from a busy day. Even simple things, like watching your favorite series or cooking something new, can become hobbies if they bring you joy.

It is also important to try new things. You may not know what you really like until you experiment. For example, you might think that you don't like sports, but then you try swimming or cycling and discover that you enjoy it. Trying something new can be exciting and help you learn more about yourself.

Another key point is balance. Even your favorite hobby can become tiring if you do it too much. For example, playing video games for many hours can stop being fun and start to feel exhausting. That's why it's important to have different activities and not focus on just one thing.

Hobbies can also help you connect with other people. You can

meet friends who have the same interests or join a club or group. This makes your hobby more enjoyable and gives you a sense of belonging.

In the end, the best hobby is the one that makes you feel happy, relaxed, and satisfied. It doesn't have to be useful or impressive. The most important thing is that you enjoy it and that it helps you feel better.

Key Vocabulary and Expressions

have a hobby — иметь хобби

be popular — быть популярным

feel bored — чувствовать скуку

feel tired of something — устать от чего-то

feel like a duty — ощущаться как обязанность

want to do something — хотеть что-то делать

help you relax — помогать расслабиться

forget about stress — забыть о стрессе

give you energy — давать энергию

take energy away — забирать энергию

active hobbies — активные хобби

improve your mood — улучшать настроение

feel more energetic — чувствовать себя более энергичным

creative hobbies — творческие хобби

express your feelings — выражать свои чувства

feel proud of — гордиться чем-то
slow down — замедлиться
take a break — сделать перерыв
bring you joy — приносить радость
try new things — пробовать новое
learn more about yourself — узнавать себя лучше
find a balance — находить баланс
spend too much time — тратить слишком много времени
connect with people — общаться с людьми
have the same interests — иметь одинаковые интересы

Useful Patterns

I enjoy... because... — Мне нравится..., потому что...

One of my favorite hobbies is... — Одно из моих любимых хобби — ...

It helps me to... — Это помогает мне...

I feel more... when I... — Я чувствую себя более..., когда я...

I started doing this because... — Я начал (а) это делать, потому что...

Sometimes I get tired of... — Иногда я устаю от...

I would like to try... — Я хотел (а) бы попробовать...

It's important to... — Важно...

The best thing about it is... — Лучшее в этом — ...

Practice: Answer the Questions

What hobbies do you have?

Which hobby makes you feel the happiest?

Do you prefer active or relaxing hobbies? Why?

Have you ever tried a new hobby recently?

Do you think hobbies are important? Why?

Do you spend enough time on your hobbies?

Model Answers

I have several hobbies, such as listening to music and watching videos.

One of my favorite hobbies is listening to music because it helps me relax.

I prefer relaxing hobbies because they help me forget about stress.

Recently, I tried drawing, and I really enjoyed it.

Yes, hobbies are important because they help you relax and feel happy.

I don't always spend enough time on my hobbies because I have a lot of 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:

One of my favorite hobbies is playing the guitar because it helps me relax and express my feelings. I feel more energetic when I play music. For example, after a stressful day, I can forget about stress and enjoy my time.

Practice: Complete the Sentences

I enjoy _____ because it helps me relax.

One of my hobbies is _____, and I feel proud of it.

I would like to try _____ in the future.

Sometimes I get tired of _____ and want to try something new.

Hobbies help me _____ and feel more positive.

Morning Routines: Do They Really Matter?

Text

For many teenagers, mornings are the hardest part of the day. You wake up feeling tired, press the snooze button несколько раз, and finally get out of bed at the last minute. Then everything becomes a rush: you quickly get dressed, grab something to eat, and hurry to school. In this situation, it's difficult to feel calm or ready for the day.

That's why people often talk about morning routines. A morning routine is a set of habits that you follow every day after you wake up. Some people believe that a good morning routine can make your whole day better. But do they really matter?

The answer depends on how you use your morning. A simple routine can help you feel more organized and less stressed. For example, if you wake up at the same time every day, your body gets used to it. As a result, it becomes easier to get out of bed and feel more awake.

Another important part of a morning routine is having enough

time. When you don't rush, you can start your day in a спокойный way. You might have time to eat a proper breakfast, listen to music, or plan your day. These small actions can improve your mood and help you stay focused later.

Some teenagers like to be active in the morning. They may do a short workout, go for a walk, or stretch their body. Physical activity helps wake you up and gives you energy. Even a few minutes can make a difference.

Others prefer a quieter start. They might read something, think about their goals, or just sit in silence for a few minutes. This helps them feel calm and ready to deal with challenges during the day.

However, not every morning routine works for everyone. Some people try to follow complicated routines they see online, but this often doesn't work. If your routine is too difficult, you may give up quickly. That's why it's better to keep things simple and realistic.

It's also important to be flexible. You don't have to follow your routine perfectly every day. Sometimes you wake up late or feel too tired, and that's normal. The goal is not to be perfect, but to create habits that help you feel better.

In the end, morning routines do matter, but only if they work for you. A good routine doesn't have to be long or complicated. Even small changes, like waking up earlier or not using your phone right away, can improve your day.

So instead of copying someone else's routine, try to create your own. Think about what makes you feel good in the morning and start with that.

Key Vocabulary and Expressions

wake up feeling tired — просыпаться уставшим

press the snooze button — нажимать повтор сигнала

get out of bed — вставать с кровати

at the last minute — в последний момент

be in a rush — спешить

grab something to eat — быстро перекусить

hurry to school — спешить в школу

morning routine — утренняя рутина

a set of habits — набор привычек

make your day better — сделать день лучше

get used to something — привыкнуть к чему-то

as a result — в результате

feel more awake — чувствовать себя бодрее

have enough time — иметь достаточно времени

start your day in a calm way — начать день спокойно

improve your mood — улучшить настроение
stay focused — сохранять концентрацию
physical activity — физическая активность
make a difference — иметь значение
give up quickly — быстро сдаваться
keep things simple — упрощать
be flexible — быть гибким
wake up late — просыпаться поздно
right away — сразу
create your own routine — создать свою рутину

Useful Patterns

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

In the morning, I often... — По утрам я часто...

One of my problems is that... — Одна из моих проблем в том, что...

It helps me to... — Мне помогает...

As a result,... — В результате...

I try to... — Я стараюсь...

Sometimes I... — Иногда я...

I would like to... — Я хотел (а) бы...

It's important to... — Важно...

Practice: Answer the Questions

What is your morning routine like?

Do you usually wake up early or at the last minute?

Do you feel tired in the morning? Why?

What helps you feel more awake in the morning?

Do you have enough time in the morning?

Would you like to change your morning routine? How?

Model Answers

My morning routine is quite simple. I wake up and get ready for school.

I usually wake up at the last minute and have to rush.

Yes, I often feel tired because I don't get enough sleep.

It helps me to listen to music and have breakfast.

No, I don't have enough time because I wake up late.

I would like to wake up earlier and start my day in a calm way.

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 feeling tired and press the snooze button несколько times. As a result, I have to rush and don't have enough time for breakfast. For example, I often grab something quickly and hurry to school.

Practice: Complete the Sentences

I often _____ the snooze button in the morning.

I usually get out of bed at the _____ minute.

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

It helps me to _____ and feel more awake.

I would like to _____ my own morning routine.

Weekend Plans: Chill or Productive?

Text

For many teenagers, the weekend is the best part of the week. After several days of school, homework, and responsibilities, you finally have time to relax. But then an important question appears: should you just chill or try to be productive?

Some people believe that weekends are for rest only. They prefer to sleep in, watch videos, play games, and spend time doing nothing special. After a busy week, this can feel great. You don't have to wake up early, you don't have to rush, and you can finally take a break from stress. This kind of weekend helps you relax and recharge your energy.

However, if you spend the whole weekend doing nothing, you might feel that you wasted your time. By Sunday evening, some teenagers feel bored or even a bit guilty because they didn't do anything useful. They start thinking about the new week and feel unprepared.

On the other hand, some teenagers try to be very productive on weekends. They do homework, study extra subjects, clean their room, or work on personal projects. This can be a good idea

because it helps you stay organized and reduces stress during the week. If you finish your tasks in advance, you will have more free time later.

But being too productive can also be a problem. If you treat your weekend like a school day, you may feel tired and exhausted. Without enough rest, it becomes harder to stay focused and motivated. As a result, you may start the new week feeling even more stressed.

So what is the best choice?

The answer is balance. A good weekend usually includes both rest and productivity. For example, you can finish your homework in the morning and relax in the afternoon. Or you can choose one or two important tasks and then spend the rest of your time doing things you enjoy.

Planning your weekend can also help. You don't need a strict schedule, but having a simple plan makes it easier to use your time wisely. You can decide what you really want to do and avoid wasting time on things that are not important.

It's also important to listen to yourself. Sometimes you really need rest, and that's okay. Other times you may feel motivated to do something useful. Try to understand your needs and choose

activities that make you feel good.

In the end, weekends are not just about being lazy or being productive. They are about finding a healthy balance between work and rest. If you manage your time well, you can enjoy your weekend and still feel ready for the week ahead.

Key Vocabulary and Expressions

weekend — выходные

the best part of the week — лучшая часть недели

take a break — сделать перерыв

chill — отдыхать, расслабляться

sleep in — спать дольше обычного

spend time doing nothing — ничего не делать

recharge your energy — восстановить энергию

feel great — чувствовать себя отлично

waste your time — тратить время впустую

feel bored — чувствовать скуку

feel guilty — чувствовать вину

feel unprepared — чувствовать себя неподготовленным

be productive — быть продуктивным

stay organized — оставаться организованным

reduce stress — снижать стресс

in advance — заранее

treat something like — относиться как к

feel exhausted — чувствовать себя измотанным
stay focused — сохранять концентрацию
find a balance — находить баланс
use your time wisely — использовать время с умом
make a plan — составлять план
avoid wasting time — избегать потери времени
listen to yourself — прислушиваться к себе
feel ready — чувствовать готовность

Useful Patterns

I usually spend my weekend... — Я обычно провожу выходные...

After a busy week, I like to... — После напряжённой недели я люблю...

Sometimes I feel... because... — Иногда я чувствую..., потому что...

On the one hand,... on the other hand,... — С одной стороны..., с другой стороны...

It helps me to... — Мне помогает...

I try to... — Я стараюсь...

The best way to... is to... — Лучший способ ... — это...

I don't like to... — Мне не нравится...

It's important to... — Важно...

Practice: Answer the Questions

How do you usually spend your weekends?

Do you prefer to relax or be productive? Why?

Do you ever feel that you waste your weekend?

What do you usually do to relax?

Do you plan your weekends? Why or why not?

What would your perfect weekend look like?

Model Answers

I usually spend my weekend at home and try to relax.

I prefer to relax because I feel tired after a busy week.

Yes, sometimes I feel that I waste my weekend because I do nothing useful.

I usually watch videos and listen to music to relax.

I sometimes make a simple plan to stay organized.

My perfect weekend would include both rest and some productive activities.

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 spend my weekend relaxing and trying to recharge my energy. However, sometimes I feel that I waste my time if I do nothing useful. For example, I may watch videos all day and

then feel unprepared for the new week.

Practice: Complete the Sentences

After a busy week, I like to _____ and relax.

Sometimes I feel _____ because I waste my time.

I try to _____ a balance between rest and work.

It helps me to _____ my weekend in advance.

I want to _____ my time more wisely.

Balancing School and Free Time

Text

For many teenagers, it is not easy to balance school and free time. On the one hand, you have classes, homework, and exams. On the other hand, you want to relax, spend time with friends, and enjoy your hobbies. Sometimes it feels like there is not enough time for everything.

After a long school day, you may feel tired and not ready to do homework. However, if you decide to rest first, you might lose motivation later. As a result, you start your work too late and have to finish it quickly. This can make your work less effective and more stressful.

Another common problem is poor time management. If you don't plan your day, it is easy to waste time. For example, you may spend hours on your phone without noticing it. Before you know it, the evening is over, and you still have a lot of things to do.

To find a balance, it is important to organize your time. One simple way is to make a plan for the day. You can decide when to study and when to relax. This helps you stay focused and avoid

stress. Even a basic plan can make a big difference.

It is also helpful to set priorities. Not all tasks are equally important. You should focus on the most important things first, such as homework or preparing for a test. When you finish your main tasks, you can enjoy your free time without feeling guilty.

At the same time, free time is not a waste of time. It is necessary for your mental and physical health. When you relax, you recharge your energy and feel more motivated. For example, spending time with friends or doing a hobby can improve your mood and help you forget about stress.

Another useful strategy is to limit distractions. When you study, try to stay focused and avoid using your phone too much. If you finish your work faster, you will have more time to relax later.

It is also important to listen to yourself. Some days you may need more rest, and other days you may feel more productive. Try to understand your energy levels and plan your activities accordingly.

Finally, remember that balance does not mean doing everything perfectly. It means finding a way to manage your responsibilities and still enjoy your life. You don't have to choose

between school and free time. With good habits, you can have both.

Key Vocabulary and Expressions

balance school and free time — совмещать учёбу и свободное время

not enough time — недостаточно времени

feel tired — чувствовать усталость

lose motivation — терять мотивацию

as a result — в результате

start too late — начинать слишком поздно

feel stressed — чувствовать стресс

poor time management — плохое управление временем

waste time — тратить время впустую

before you know it — не успеешь оглянуться

organize your time — организовывать своё время

make a plan — составлять план

stay focused — сохранять концентрацию

set priorities — расставлять приоритеты

focus on important tasks — сосредоточиться на важных задачах

feel guilty — чувствовать вину

free time — свободное время

recharge your energy — восстановить энергию

improve your mood — улучшить настроение

limit distractions — ограничивать отвлечения
energy levels — уровень энергии
according to — в соответствии с
find a balance — находить баланс
manage responsibilities — справляться с обязанностями
enjoy your life — наслаждаться жизнью

Useful Patterns

On the one hand,... on the other hand,... — С одной стороны..., с другой стороны...

I don't have enough time to... — У меня не хватает времени, чтобы...

As a result,... — В результате,...

It helps me to... — Мне помогает...

I try to... — Я стараюсь...

I find it difficult to... — Мне трудно...

The best way to... is to... — Лучший способ ... — это...

I would like to... — Я хотел (а) бы...

It's important to... — Важно...

Practice: Answer the Questions

Do you find it easy to balance school and free time?

What takes most of your time during the week?

Do you often feel tired after school? Why?

How do you usually spend your free time?

Do you plan your day? Why or why not?

What would you like to change in your daily routine?

Model Answers

I don't find it easy to balance school and free time because I have a lot of homework.

School and homework take most of my time during the week.

Yes, I often feel tired because I have many classes and tasks.

I usually spend my free time watching videos or chatting with friends.

I sometimes make a plan to organize my time better.

I would like to manage my time better and have more free 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 don't have enough time to relax because I have a lot of homework. As a result, I often feel stressed in the evening. For example, I sometimes start too late and have to finish everything quickly.

Practice: Complete the Sentences

I often feel _____ after a long school day.

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

It helps me to _____ a plan for the day.

I need to _____ my priorities and focus on important tasks.

I want to _____ a better balance between school and free time.

Friendship in the Digital Age

Text

Friendship has always been an important part of life, but today it looks different because of technology. In the digital age, teenagers communicate not only in person but also online. Social media, messaging apps, and online games have changed the way we build and maintain friendships.

On the one hand, technology makes communication easier. You can stay in touch with your friends anytime and anywhere. Even if you live far away from each other, you can send messages, share photos, or have video calls. As a result, it is easier to keep relationships strong.

Online communication is also fast and convenient. If you want to tell your friend something, you don't have to wait. You can just send a message and get a reply quickly. This helps people feel connected, even when they are busy.

However, there are also some problems. One of the main issues is that online communication is not always as deep as real-life conversations. When you talk face to face, you can see emotions, body language, and reactions. Online, it is easier to

misunderstand each other.

Another problem is that some friendships exist only online. While it is possible to make friends on the internet, these relationships can sometimes feel less real. You may not know the person well, and it can be harder to trust them. That's why it is important to be careful when communicating with people online.

Social media can also affect friendships in a negative way. For example, people often compare themselves to others. When you see perfect photos or happy moments, you may feel that your own life is not as interesting. This can create stress or even jealousy.

At the same time, technology offers many opportunities. You can meet people who share your interests, join online communities, or learn something new together. For example, if you like music or gaming, you can find friends from different countries who enjoy the same things.

The key is to find a balance between online and real-life communication. Spending time with friends in person is still very important. Talking, laughing, and doing activities together helps build stronger and more meaningful relationships.

In the end, friendship in the digital age has both advantages and disadvantages. Technology can bring people closer, but it

should not replace real communication. The best friendships are built on trust, understanding, and real connection, whether online or offline.

Key Vocabulary and Expressions

friendship — дружба

digital age — цифровая эпоха

communicate online — общаться онлайн

stay in touch — поддерживать связь

anytime and anywhere — в любое время и в любом месте

keep relationships strong — поддерживать отношения

fast and convenient — быстро и удобно

feel connected — чувствовать связь

face to face — лицом к лицу

body language — язык тела

misunderstand each other — неправильно понимать друг друга

make friends online — заводить друзей онлайн

feel less real — казаться менее реальным

trust someone — доверять кому-то

be careful — быть осторожным

compare yourself to others — сравнивать себя с другими

feel stressed — чувствовать стресс

feel jealous — чувствовать зависть

share interests — иметь общие интересы

join a community — присоединяться к сообществу
find a balance — находить баланс
in real life — в реальной жизни
meaningful relationships — значимые отношения
bring people closer — сближать людей

Useful Patterns

I usually communicate with my friends... — Я обычно общаюсь с друзьями...

It's easy to... — Легко...

One of the problems is that... — Одна из проблем в том, что...

On the one hand,... on the other hand,... — С одной стороны..., с другой стороны...

I think that... — Я думаю, что...

It helps me to... — Мне помогает...

Sometimes I feel... — Иногда я чувствую...

It's important to... — Важно...

The best way to... is to... — Лучший способ ... — это...

Practice: Answer the Questions

How do you usually communicate with your friends?

Do you prefer online or face-to-face communication? Why?

Do you think it is easy to make friends online?

Have you ever misunderstood someone online?

Do social media affect your friendships? How?
What makes a friendship strong?

Model Answers

I usually communicate with my friends online and sometimes in real life.

I prefer face-to-face communication because it feels more real.

I think it is possible to make friends online, but it is not always easy.

Yes, sometimes I misunderstand messages because I cannot see emotions.

Yes, social media can affect friendships because people compare themselves to others.

I think trust and communication make a friendship strong.

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 communicate with my friends online because it is fast and convenient. However, I think it is important to meet in real life. For example, when we talk face to face, I feel more connected and understand them better.

Practice: Complete the Sentences

I like to stay in _____ with my friends every day.

Online communication is fast and _____.

Sometimes people misunderstand each _____ online.

It's important to _____ a balance between online and real-life communication.

Strong friendships are built on trust and _____.

What Makes a Good Friend?

Text

Friendship plays an important role in our lives, especially for teenagers. At this stage, you learn how to communicate, trust others, and build relationships. But what actually makes a good friend?

First of all, a good friend is someone you can trust. Trust is the foundation of any strong relationship. You should feel comfortable sharing your thoughts and feelings without being afraid of judgment. If your friend listens to you and keeps your secrets, it helps build a deeper connection.

Another important quality is support. A real friend is there for you not only when things are going well, but also when you have problems. For example, if you feel stressed about school or upset about something, a good friend will try to help or at least listen to you. Even simple words can make a big difference.

Honesty is also very important. A good friend tells the truth, even if it is not always easy to hear. Of course, it is important to be polite and respectful, but honest advice can help you grow and improve. If your friend always agrees with you, it may not

be very helpful.

Respect is another key point. Good friends respect your opinions, interests, and boundaries. They don't try to control you or make decisions for you. Even if you have different views, you can still understand each other and stay friends.

Spending time together is also part of a strong friendship. You don't have to do anything special. Even simple activities, like talking, walking, or watching something together, can bring you closer. These moments help you create memories and feel connected.

At the same time, a good friend gives you space. You don't have to be together all the time. Everyone needs time for themselves, for hobbies, or for other people. Healthy friendships allow both people to grow and develop.

It is also important to be a good friend yourself. Friendship is not only about what you receive, but also about what you give. You should try to support your friends, listen to them, and be honest with them. When both people make an effort, the friendship becomes stronger.

Of course, no one is perfect. Sometimes friends make mistakes, misunderstand each other, or have arguments. This is

normal. What matters is how you deal with these situations. If you are ready to talk, forgive, and learn from your experience, your friendship can become even better.

In the end, a good friend is someone who understands you, supports you, and makes you feel comfortable. Such friendships are very valuable and can last for many years.

Key Vocabulary and Expressions

a good friend — хороший друг

play an important role — играть важную роль

build relationships — строить отношения

trust someone — доверять кому-то

the foundation of something — основа чего-то

feel comfortable — чувствовать себя комфортно

share thoughts and feelings — делиться мыслями и чувства-

ми

be afraid of judgment — бояться осуждения

keep secrets — хранить секреты

a deeper connection — более глубокая связь

support someone — поддерживать кого-то

be there for someone — быть рядом с кем-то

go well — идти хорошо

have problems — иметь проблемы

make a difference — иметь значение

tell the truth — говорить правду
give advice — давать советы
grow and improve — расти и развиваться
respect opinions — уважать мнения
set boundaries — устанавливать границы
spend time together — проводить время вместе
feel connected — чувствовать связь
give space — давать личное пространство
make an effort — прилагать усилия
deal with situations — справляться с ситуациями

Useful Patterns

A good friend is someone who... — Хороший друг — это тот, кто...

I think that... — Я думаю, что...

It's important to... — Важно...

One of the main qualities is... — Одно из главных качеств

— ...

For example,... — Например,...

It helps to... — Это помогает...

I try to... — Я стараюсь...

In my opinion,... — По моему мнению,...

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