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Том Сториз
*Английский язык через
современные темы*

Учебное пособие для уровня B1–B2



Том Сториз
Английский язык через
современные темы. Учебное
пособие для уровня B1–B2

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Аннотация

Пособие предназначено для учащихся старших классов с уровнем английского B1–B2. Оно направлено на развитие навыков устной речи через актуальные темы, близкие подросткам. Каждая глава включает текст, лексику, речевые модели и задания для практики. Материал помогает уверенно выражать мысли, участвовать в обсуждениях и применять язык в реальных ситуациях.

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**Английский язык через
современные темы
Учебное пособие
для уровня B1—B2**

Том Сториз

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Введение

Данное учебное пособие предназначено для учащихся старших классов, изучающих английский язык на уровне B1—B2. Основной целью книги является развитие коммуникативной компетенции через работу с актуальными для подростков темами, отражающими их повседневный опыт, интересы и типичные жизненные ситуации.

В отличие от традиционных учебных материалов, в которых акцент делается преимущественно на формальное освоение грамматических структур и отдельных лексических единиц, в данном пособии внимание сосредоточено на формировании навыков использования языка в реальном общении. Материалы организованы таким образом, чтобы учащиеся могли не только понимать текст, но и активно применять изученную лексику и речевые модели в устной и письменной речи.

Каждая глава построена по единой структуре, включающей тематический текст, список ключевых слов и выражений, речевые шаблоны, а также задания для развития говорения и закрепления материала. Тексты написаны в разговорно-объяснительном стиле, что позволяет приблизить учебный процесс к естественной языковой среде. При этом со-

блюдается баланс между доступностью и достаточной языковой сложностью, необходимой для постепенного развития навыков.

Особое внимание уделяется развитию навыков самостоятельного высказывания. Вопросы и задания направлены на то, чтобы учащиеся говорили о собственном опыте, выражали мнение, аргументировали свою позицию и расширяли ответы с использованием изученной лексики. Таким образом, язык рассматривается не как набор правил, а как инструмент для осмысленного общения.

Тематика пособия охватывает широкий круг вопросов, связанных с личностью, отношениями, учебной деятельностью, цифровой средой и повседневной жизнью подростков. Это способствует повышению мотивации и вовлечённости учащихся, так как содержание напрямую связано с их интересами и актуальными проблемами.

Предлагаемый формат работы предполагает активное участие учащихся, регулярную практику и постепенное развитие языковых навыков. Пособие может использоваться как на уроках, так и для самостоятельной работы. Его структура позволяет гибко адаптировать материал в зависимости от уровня подготовки и образовательных целей.

Таким образом, данное учебное пособие направлено на формирование устойчивых коммуникативных навыков, развитие уверенности в использовании английского языка и подготовку учащихся к реальному взаимодействию в различных жизненных ситуациях.

Who Am I Really?

Text

Who am I really? It sounds like a simple question, but when you start thinking about it, it becomes much more complicated. Many teenagers ask themselves this question, especially when everything around them is changing so fast. One day you feel confident and sure about yourself, but the next day you begin to doubt your choices and even your personality.

At school, at home, and with friends, we often behave in different ways. For example, you might be quiet and serious in class because you don't want to make mistakes, but with your close friends, you become more relaxed and talkative. Does it mean you are pretending? Not really. It just shows that people can adapt to different situations and feel comfortable in different environments.

Sometimes it is hard to understand what is real and what is not. Social media can make this even more confusing. Many teenagers try to show a perfect version of themselves online, although real life is not like that. You may start comparing yourself to others and feel that you are not good enough. But in reality, everyone has problems, fears, and insecurities. People

just don't always show them.

Another important part of understanding yourself is your values. What do you believe in? What is important to you? Some people care about honesty, others about success, and some about helping others. Your values influence your decisions, even if you don't always notice it. For example, if you think friendship is important, you will try to support your friends, even when it is not easy.

It is also normal to change. The person you were a year ago is not the same person you are today. You learn new things, meet new people, and have new experiences. All of this helps you grow and understand yourself better. Although change can feel uncomfortable, it is a natural part of life.

Many teenagers worry about what others think of them. They try to fit in and be accepted. But if you always try to be someone else, you may lose your real self. It is important to find a balance between being part of a group and staying true to who you are.

Understanding yourself takes time. There is no simple answer to the question «Who am I really?» It is something you discover step by step. You don't need to have everything figured out right now. What matters is that you keep learning about yourself, trying new things, and being honest with yourself.

In the end, being yourself is not about being perfect. It is about accepting who you are, with your strengths and weaknesses, and feeling comfortable with it.

Key Vocabulary and Expressions

figure out — разобраться

feel confident — чувствовать уверенность

doubt yourself — сомневаться в себе

make mistakes — совершать ошибки

be relaxed — быть расслабленным

adapt to situations — адаптироваться к ситуациям

compare yourself to others — сравнивать себя с другими

not good enough — недостаточно хороший

in reality — на самом деле

values — ценности

make decisions — принимать решения

support your friends — поддерживать друзей

grow as a person — расти как личность

go through changes — проходить через изменения

feel uncomfortable — чувствовать дискомфорт

worry about — переживать о

fit in — вписываться

be accepted — быть принятым

stay true to yourself — оставаться верным себе

find a balance — находить баланс
step by step — шаг за шагом
try new things — пробовать новое
strengths and weaknesses — сильные и слабые стороны

Useful Patterns

I often feel that... — Я часто чувствую, что...
Sometimes it is hard to... — Иногда трудно...
It depends on... — Это зависит от...
I try to... because... — Я стараюсь..., потому что...
Although..., I still... — Хотя..., я всё равно...
One of the reasons is... — Одна из причин в том, что...
In my opinion... — По моему мнению...
I think it is important to... — Я думаю, важно...

Practice: Answer the Questions

Do you think you are the same person in all situations?
Do you often compare yourself to others?
What is important to you in life?
Is it easy for you to be yourself?
Do you worry about what others think of you?
Have you changed in the last few years? How?

Model Answers

I think I am a bit different in different situations because I try

to adapt to people around me. However, I still try to stay true to myself.

Sometimes I compare myself to others, especially on social media, and it makes me doubt myself. But I try to remember that it is not always real.

One of the most important things for me is friendship because I like to support my friends and spend time with them.

It is not always easy to be myself because I sometimes worry about being accepted. But I am learning to feel more confident.

Yes, I often worry about what others think of me, especially at school. Although I know it is not always important, it still affects me.

I have changed a lot in the last few years because I have become more confident and open. I also started to understand my values better.

Expand Your Answer

Try to give a longer answer. Use expressions from the vocabulary list and add a reason or an example.

Example answer:

I sometimes compare myself to others because I see their perfect lives online. However, I understand that in reality people only show the best moments, so I try to stay true to myself and focus on my own goals.

Practice: Complete the Sentences

I often _____ myself to others, especially when I use social media.

It is important to _____ true to yourself in difficult situations.

I sometimes _____ about what people think of me.

I try to _____ new things to understand myself better.

My values help me _____ decisions in life.

Being Confident in Yourself

Text

Being confident in yourself is something many teenagers think about, but it is not always easy to achieve. Confidence does not mean being perfect or never feeling nervous. It means believing in yourself even when things are difficult or uncertain.

Many people think that confident people are always outgoing and talkative, but this is not true. Some confident people are quiet, but they still feel comfortable with who they are. Confidence is not about how loud you are, but about how you feel inside.

At school, confidence can affect many things. For example, if you are afraid to speak in class, you might stay silent even when you know the answer. You may worry about making mistakes or looking silly. However, making mistakes is a normal part of learning. If you allow yourself to try, you will improve much faster.

Another important part of confidence is how you talk to yourself. If you often think «I can't do this» or «I'm not good enough,» it becomes harder to feel confident. On the other hand,

if you try to think more positively, it can change your attitude. For example, instead of saying «I will fail,» you can say «I will do my best.»

Social media can also influence your confidence. When you see perfect photos and successful people, you may start comparing yourself to others. This can make you feel less confident. But it is important to remember that people usually show only the best parts of their lives online. In reality, everyone has problems and insecurities.

Confidence grows when you take small steps. You don't need to change everything at once. For example, you can start by speaking a little more in class, trying a new hobby, or meeting new people. Each small success helps you feel stronger and more уверенно.

Support from other people is also very important. Friends, family, and teachers can help you believe in yourself. When someone supports you, it is easier to take risks and try new things. At the same time, it is important not to depend too much on others. Real confidence comes from inside.

Sometimes you may feel nervous or unsure, and that is completely normal. Even confident people feel this way. The difference is that they don't let fear stop them. They continue to

move forward, even if they are not sure about the result.

Being confident in yourself takes time. It is something you build step by step. You don't have to be perfect. You just need to believe that you can grow, learn, and become better.

Key Vocabulary and Expressions

be confident — быть уверенным

believe in yourself — верить в себя

feel nervous — чувствовать нервозность

be afraid to — бояться что-то делать

make mistakes — совершать ошибки

learn from mistakes — учиться на ошибках

be good enough — быть достаточно хорошим

talk to yourself — говорить с собой (внутренний диалог)

think positively — мыслить позитивно

do your best — делать всё возможное

compare yourself to others — сравнивать себя с другими

feel less confident — чувствовать себя менее уверенно

in reality — на самом деле

take small steps — делать маленькие шаги

try something new — пробовать что-то новое

feel stronger — чувствовать себя сильнее

get support — получать поддержку

take risks — идти на риск

depend on — зависеть от
come from inside — идти изнутри
move forward — двигаться вперёд
step by step — шаг за шагом
grow and improve — расти и улучшаться

Useful Patterns

I am not always confident, but... — Я не всегда уверен, но...
Sometimes I feel nervous when... — Иногда я нервничаю,

когда...

I try to... because... — Я стараюсь..., потому что...

It helps me to... — Мне помогает...

One of the ways to... is to... — Один из способов... —
это...

Although I feel..., I still... — Хотя я чувствую..., я всё равно...

I think it is important to... — Я думаю, важно...

I have learned to... — Я научился...

Practice: Answer the Questions

Do you consider yourself a confident person?

In what situations do you feel nervous?

What helps you feel more confident?

Do you compare yourself to others?

Is it easy for you to speak in front of others?

How can a person become more confident?

Model Answers

I am not always confident, but I try to believe in myself and do my best in different situations.

I feel nervous when I have to speak in front of the class because I am afraid to make mistakes. However, I try to move forward.

It helps me to prepare and practice because I feel more confident when I know what to say.

Yes, I sometimes compare myself to others, especially online, and it makes me feel less confident.

It is not easy for me to speak in front of others, but I try to take small steps and improve.

One of the ways to become more confident is to try new things and learn from mistakes step by step.

Expand Your Answer

Try to give a longer answer. Use expressions from the vocabulary list and add a reason or an example.

Example answer:

I sometimes feel nervous when I meet new people because I am afraid to say something wrong. However, I try to believe in myself and move forward. For example, I started talking more

in class, and it helped me feel stronger and more confident.

Practice: Complete the Sentences

I try to _____ in myself even in difficult situations.

It is normal to _____ mistakes when you learn something new.

I sometimes feel _____ when I speak in front of others.

I want to _____ small steps to become more confident.

It helps to _____ positively and focus on your progress.

What Makes Me Happy

Text

What makes me happy? It may seem like an easy question, but the answer is different for everyone. Happiness is not always something big or dramatic. In fact, it is often found in small, simple moments that we sometimes don't even notice.

For many teenagers, happiness is connected to everyday life. Spending time with friends, laughing together, or just talking about random things can make a big difference. These moments may seem ordinary, but they help us feel relaxed and comfortable. When you are with people who understand you, it is easier to be yourself.

Another thing that can make people happy is doing something they enjoy. It could be listening to music, watching a favorite series, playing games, or going for a walk. These activities help you take a break from stress and forget about your problems for a while. Although they may seem simple, they are very important for your mood.

Achievements can also bring happiness. For example, when you finish a difficult task, pass an exam, or reach a goal, you

feel proud of yourself. This kind of happiness often comes after hard work. It shows that your effort was worth it. However, it is important not to depend only on achievements. If you focus only on results, you may feel disappointed when things don't go as planned.

Sometimes happiness comes from helping others. When you support a friend or do something kind, it can make you feel good inside. Even small actions, like giving advice or listening to someone, can have a positive effect. It reminds you that you are important and can make a difference.

Your attitude also plays a big role in how happy you feel. If you always focus on negative things, it becomes harder to enjoy life. But if you try to notice good moments, even small ones, your mood can improve. For example, a sunny day, a good conversation, or your favorite song can make your day better.

Of course, it is normal not to feel happy all the time. Everyone has bad days. Sometimes you feel tired, stressed, or upset, and that is part of life. The important thing is to understand what helps you feel better and not be too hard on yourself.

In the end, happiness is not something you find once and keep forever. It changes over time and depends on your experiences, people around you, and your attitude. The key is to appreciate

small moments, take care of yourself, and do things that make you feel good.

Key Vocabulary and Expressions

make someone happy — делать кого-то счастливым

simple moments — простые моменты

spend time with — проводить время с

feel relaxed — чувствовать себя расслабленно

be yourself — быть собой

enjoy something — получать удовольствие от чего-то

take a break — делать перерыв

forget about problems — забывать о проблемах

reach a goal — достигать цели

feel proud of yourself — гордиться собой

hard work — тяжелая работа

be worth it — стоить того

go as planned — идти по плану

depend on — зависеть от

help others — помогать другим

support a friend — поддерживать друга

make a difference — иметь значение

have a positive effect — оказывать положительное влияние

focus on — сосредотачиваться на

improve your mood — улучшать настроение

have a bad day — иметь плохой день

be hard on yourself — быть слишком строгим к себе
take care of yourself — заботиться о себе

Useful Patterns

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

One of the things that makes me happy is... — Одна из вещей, которая делает меня счастливым...

It helps me to... — Мне помогает...

Sometimes I enjoy... because... — Иногда мне нравится..., потому что...

Although..., I still... — Хотя..., я всё равно...

I try to focus on... — Я стараюсь сосредоточиться на...

It makes a difference when... — Это имеет значение, когда...

In my opinion... — По моему мнению...

Practice: Answer the Questions

What usually makes you feel happy?

Do you prefer spending time with friends or alone? Why?

What do you do when you feel stressed?

Do achievements make you happy?

How do you help others in your daily life?

What do you do to improve your mood?

Model Answers

I feel happy when I spend time with my friends because we laugh and talk about everything. It helps me feel relaxed.

I prefer spending time with friends because it makes me feel more comfortable and less stressed. However, sometimes I enjoy being alone.

When I feel stressed, I try to take a break and listen to music because it helps me forget about my problems.

Yes, achievements make me happy because I feel proud of myself when I reach a goal.

I try to support my friends when they have problems because I want to help others and make a difference.

I try to focus on small positive things, like music or a good conversation, to improve my mood.

Expand Your Answer

Try to give a longer answer. Use expressions from the vocabulary list and add a reason or an example.

Example answer:

I feel happy when I spend time with my friends because it helps me feel relaxed and forget about problems. For example, we often watch movies together, and it always improves my mood.

Practice: Complete the Sentences

I feel happy when I _____ time with my friends.

It is important to _____ a break when you feel stressed.

I feel proud of myself when I _____ a goal.

I try to _____ on positive things in my life.

Helping others can _____ a difference.

My Comfort Zone

Text

Everyone has a comfort zone. It is a place or a situation where you feel safe, relaxed, and in control. Inside your comfort zone, you know what to expect, and you don't feel much stress or fear. For many teenagers, the comfort zone includes familiar places, close friends, and daily routines.

For example, you may feel comfortable at home, where everything is familiar. You know your space, your habits, and your responsibilities. You may also feel comfortable with people who understand you well. When you are with them, you don't need to pretend or worry about what to say. You can just be yourself.

However, staying in your comfort zone all the time can be a problem. Although it feels safe, it can also limit your growth. If you never try anything new, you may miss interesting opportunities. For example, you might avoid speaking in class, meeting new people, or trying a new hobby because it feels uncomfortable.

Stepping out of your comfort zone is not easy. It often involves

fear and uncertainty. You may worry about making mistakes, feeling embarrassed, or failing. These feelings are normal, and everyone experiences them at some point. The important thing is not to let fear stop you completely.

Taking small steps can help you move forward. You don't have to do something big right away. For example, you can start by answering one question in class, talking to a new classmate, or trying a simple activity. Each small step makes you feel more confident and helps you expand your comfort zone.

It is also important to understand that discomfort is part of learning. When you try something new, you may not feel confident at first. However, with practice, it becomes easier. What was once outside your comfort zone can slowly become a part of it.

At the same time, your comfort zone is not something negative. It is a place where you can rest and recover. After a stressful day, it is important to relax and feel safe. The key is to find a balance between staying comfortable and trying new things.

Support from other people can make a big difference. Friends, family, or teachers can encourage you and help you feel less afraid. When someone believes in you, it becomes easier to take

risks.

In the end, your comfort zone is always changing. As you grow and gain experience, it becomes bigger. Things that once seemed difficult become easier, and you feel more confident in different situations. The more you challenge yourself, the more you learn about your abilities.

Key Vocabulary and Expressions

comfort zone — зона комфорта

feel safe — чувствовать себя в безопасности

feel relaxed — чувствовать себя расслабленно

be in control — контролировать ситуацию

know what to expect — знать, чего ожидать

familiar place — знакомое место

daily routine — ежедневная рутина

be yourself — быть собой

stay in your comfort zone — оставаться в зоне комфорта

limit your growth — ограничивать развитие

miss opportunities — упускать возможности

step out of your comfort zone — выходить из зоны комфорта

та

feel uncomfortable — чувствовать дискомфорт

make mistakes — совершать ошибки

feel embarrassed — чувствовать неловкость

take small steps — делать маленькие шаги
move forward — двигаться вперёд
gain confidence — набирать уверенность
expand your comfort zone — расширять зону комфорта
with practice — с практикой
find a balance — находить баланс
take risks — рисковать
make a difference — иметь значение
challenge yourself — бросать себе вызов

Useful Patterns

I feel comfortable when... — Я чувствую себя комфортно,
когда...

It is not easy to... — Это нелегко...

Sometimes I avoid... because... — Иногда я избегаю..., по-
тому что...

I try to... step by step — Я стараюсь... шаг за шагом

One of the ways to... is to... — Один из способов... —
это...

Although I feel..., I still... — Хотя я чувствую..., я всё рав-
но...

It helps me to... — Мне помогает...

I think it is important to... — Я думаю, важно...

Practice: Answer the Questions

Where do you feel most comfortable?

Do you like trying new things? Why or why not?

What do you usually avoid because it feels uncomfortable?

Have you ever stepped out of your comfort zone?

What helps you feel more confident in new situations?

Why is it important to leave your comfort zone sometimes?

Model Answers

I feel most comfortable at home because it is a familiar place and I can relax there.

Sometimes I like trying new things because it helps me grow, although I often feel uncomfortable at first.

I usually avoid speaking in front of the class because I feel embarrassed and afraid to make mistakes.

Yes, I have stepped out of my comfort zone when I talked to new people, and it helped me gain confidence.

It helps me to take small steps and prepare because I feel more in control.

It is important to leave your comfort zone because it helps you grow and not miss opportunities.

Expand Your Answer

Try to give a longer answer. Use expressions from the vocabulary list and add a reason or an example.

Example answer:

I sometimes avoid speaking in class because I feel uncomfortable and afraid to make mistakes. However, I try to take small steps and move forward. For example, I started answering simple questions, and it helped me gain confidence.

Practice: Complete the Sentences

I feel comfortable in _____ places where I know what to expect.

It is important to _____ out of your comfort zone sometimes.

I try to _____ small steps when I do something new.

Sometimes I feel _____ when I try something unfamiliar.

With practice, it becomes easier to _____ confidence.

Things That Annoy Me

Text

Everyone has things that annoy them. These can be small everyday situations that don't seem very important, but they can still affect your mood. Sometimes it's not about big problems, but about little things that happen again and again.

One of the most common things that annoy people is when others don't listen. For example, when you are talking and someone is looking at their phone or interrupting you, it can feel disrespectful. You may feel like your opinion doesn't matter, although you are trying to share something important.

Another annoying situation is when people are late. If you are waiting for someone for a long time, it can be very frustrating. You might feel that your time is not respected. Of course, sometimes people are late for a good reason, but if it happens all the time, it becomes a problem.

Noise is also something that can easily annoy people. For example, loud music, constant talking, or background noise when you are trying to study can make it difficult to concentrate. You may try to focus, but the noise makes it almost impossible.

Many teenagers also feel annoyed by school-related situations. Too much homework, unclear instructions, or boring lessons can make students lose motivation. When you don't understand what to do, it can be especially frustrating. You may feel stressed and confused at the same time.

Another thing that can be annoying is when people give advice that you didn't ask for. Sometimes others try to help, but their advice is not always useful. It can feel like they don't really understand your situation. Although they have good intentions, it can still be irritating.

Technology can also cause annoyance. Slow internet, apps that don't work properly, or constant notifications can distract you and make you feel tired. You may want to relax, but instead, you get more stressed.

It is important to understand that feeling annoyed is normal. Everyone experiences it from time to time. The problem is not the feeling itself, but how you deal with it. If you get angry too quickly, it can lead to conflicts with other people.

One way to handle annoying situations is to stay calm and try to understand the reason. Sometimes people don't realize that their behavior is annoying. You can also try to focus on

something else or take a short break to relax.

In the end, you cannot avoid all annoying situations, but you can control your reaction. Learning to deal with small problems in a calm way can make your daily life much easier.

Key Vocabulary and Expressions

annoy — раздражать

affect your mood — влиять на настроение

everyday situations — повседневные ситуации

again and again — снова и снова

not listen — не слушать

interrupt someone — перебивать кого-то

feel disrespectful — казаться неуважительным

opinion — мнение

be late — опаздывать

wait for someone — ждать кого-то

feel frustrated — чувствовать раздражение

respect someone's time — уважать чьё-то время

make noise — шуметь

concentrate — концентрироваться

lose motivation — терять мотивацию

unclear instructions — непонятные инструкции

feel stressed — чувствовать стресс

give advice — давать советы

good intentions — добрые намерения
slow internet — медленный интернет
get distracted — отвлекаться
deal with — справляться с
stay calm — сохранять спокойствие
take a break — делать перерыв

Useful Patterns

It really annoys me when... — Меня очень раздражает, когда...

I can't stand... — Я не могу терпеть...

One of the most annoying things is... — Одна из самых раздражающих вещей — это...

Sometimes I feel frustrated when... — Иногда я чувствую раздражение, когда...

Although..., I still... — Хотя..., я всё равно...

I try to... because... — Я стараюсь..., потому что...

It is hard to... — Трудно...

In my opinion... — По моему мнению...

Practice: Answer the Questions

What things annoy you the most?

How do you feel when people don't listen to you?

Does noise affect your concentration?

What do you do when you feel annoyed?

Do you get annoyed by technology problems?

Is it easy for you to stay calm in annoying situations?

Model Answers

One of the most annoying things for me is when people interrupt me because it feels disrespectful.

I feel frustrated when people don't listen to me because I think my opinion is important.

Yes, noise affects my concentration because I get distracted easily and can't focus.

When I feel annoyed, I try to stay calm and take a break because it helps me relax.

Yes, I get annoyed by slow internet because it makes everything more difficult.

It is not always easy to stay calm, but I try to control my reaction and deal with the situation.

Expand Your Answer

Try to give a longer answer. Use expressions from the vocabulary list and add a reason or an example.

Example answer:

It really annoys me when people are late because I feel that they don't respect my time. For example, I often have to wait for my friends, and it makes me feel frustrated.

Practice: Complete the Sentences

It really _____ me when people don't listen.

I feel _____ when I have to wait for a long time.

Noise makes it difficult to _____ on my work.

I try to _____ calm in difficult situations.

Sometimes I take a _____ to relax and feel better.

A Day When Everything Went Wrong

Text

Everyone has days when nothing seems to go right. You wake up, and from the very beginning, everything starts going wrong. It may sound like a bad joke, but sometimes one small problem leads to another, and the whole day feels like a disaster.

It usually starts with something simple. For example, you wake up late because your alarm didn't go off, or you forgot to set it. You jump out of bed, feeling stressed and in a hurry. There is no time for breakfast, and you can't find your things. At that moment, you already feel that the day is not going as planned.

On your way to school, things don't get better. Maybe you miss the bus, or the weather is terrible. You arrive late and feel uncomfortable because everyone is already in class. The teacher may not be happy, and you feel even more nervous.

In class, it can get even worse. You may forget your homework or realize that there is a test you didn't prepare for. When the teacher asks you a question, you don't know the answer. You start to feel embarrassed and lose confidence. Although you try to stay calm, it becomes harder with every mistake.

Break time doesn't always help. You might have a small argument with a friend or feel left out. These situations may seem small, but they can affect your mood a lot. When several negative things happen one after another, it is easy to feel overwhelmed.

After school, you hope things will improve, but sometimes they don't. You may feel tired and unmotivated, but you still have homework to do. It is hard to concentrate, and everything takes more time than usual. You may also feel irritated and react more strongly to small problems.

However, it is important to remember that bad days happen to everyone. They don't mean that everything in your life is wrong. Sometimes you are just tired, stressed, or not in the right mood. Although it feels like everything is going wrong, it is usually just a temporary situation.

One way to deal with such days is to take a step back and relax. You can listen to music, go for a walk, or talk to someone you trust. These simple actions can help you feel better and change your mood.

Another important thing is not to be too hard on yourself. You don't have to be perfect every day. Making mistakes and having bad days is part of life. What matters is how you deal with them

and how you move forward.

In the end, even the worst day will come to an end. Tomorrow is a new day, and it can be completely different. Sometimes a bad day helps you appreciate the good ones even more.

Key Vocabulary and Expressions

go wrong — идти не так

wake up late — проснуться поздно

in a hurry — в спешке

go as planned — идти по плану

miss the bus — пропустить автобус

feel uncomfortable — чувствовать дискомфорт

feel nervous — нервничать

forget homework — забыть домашнее задание

be embarrassed — чувствовать неловкость

lose confidence — терять уверенность

stay calm — сохранять спокойствие

have an argument — поссориться

feel left out — чувствовать себя лишним

affect your mood — влиять на настроение

feel overwhelmed — чувствовать себя перегруженным

feel tired — чувствовать усталость

be unmotivated — быть без мотивации

concentrate — концентрироваться

react strongly — остро реагировать
take a step back — сделать шаг назад
not be hard on yourself — не быть строгим к себе
move forward — двигаться вперёд
temporary situation — временная ситуация

Useful Patterns

Everything went wrong when... — Всё пошло не так, когда...

It started with... — Всё началось с...

I felt... because... — Я чувствовал..., потому что...

Things didn't get better... — Ситуация не улучшилась...

Although..., I still... — Хотя..., я всё равно...

It was hard to... — Было трудно...

In the end... — В конце концов...

I realized that... — Я понял, что...

Practice: Answer the Questions

Have you ever had a day when everything went wrong?

What usually goes wrong on such days?

How do you feel when things don't go as planned?

What do you do to calm down?

Do bad days affect your mood for a long time?

What helps you feel better after a bad day?

Model Answers

Yes, I have had days when everything went wrong, and I felt stressed from the very beginning.

Usually I wake up late or forget something important, and then more problems appear.

I feel frustrated when things don't go as planned because I lose control of the situation.

I try to stay calm and take a step back because it helps me think more clearly.

Sometimes bad days affect my mood, but I try not to focus on them for too long.

It helps me to relax, listen to music, and talk to my friends because it improves my mood.

Expand Your Answer

Try to give a longer answer. Use expressions from the vocabulary list and add a reason or an example.

Example answer:

I once had a day when everything went wrong because I woke up late and missed the bus. I felt stressed and uncomfortable at school, but I tried to stay calm and move forward. In the end, I realized it was just a temporary situation.

Practice: Complete the Sentences

Everything started to _____ wrong in the morning.

I felt stressed because I was in a _____.

I missed the bus and felt very _____.

It was hard to _____ on my homework.

I tried to _____ calm and not react strongly.

Small Things That Matter

Text

When people think about important things in life, they often imagine big achievements, special events, or major decisions. However, in reality, small things can matter just as much, or even more. These are simple moments that we experience every day, but we don't always pay attention to them.

For example, a kind message from a friend can completely change your mood. Even a short «How are you?» can make you feel supported and less alone. These small actions show that someone cares about you, and that feeling can be very powerful.

Another example is everyday routines. Drinking your favorite tea in the morning, listening to music on your way to school, or taking a short walk can make your day better. These habits may seem unimportant, but they help you feel more comfortable and relaxed.

Small things also matter in relationships. A smile, a simple «thank you,» or helping someone with a small task can make a big difference. These actions don't take much time, but they show respect and kindness. Over time, they help build strong and

positive connections with other people.

Sometimes we focus too much on big goals and forget to enjoy the present moment. We think that we will be happy «later,» when something important happens. But if we ignore small moments, we may miss a lot of happiness in our daily life.

It is also important to notice small successes. For example, finishing your homework on time, understanding something new, or improving a skill can give you a sense of progress. These small achievements help you stay motivated and confident.

Another reason why small things matter is that they can help you deal with stress. When you feel tired or overwhelmed, even something simple like listening to your favorite song or talking to a friend can help you relax. These moments give you energy and make it easier to continue.

Of course, it is not always easy to notice small things, especially when you are busy or stressed. But if you try to pay more attention, you will start to see them more clearly. It is about changing your attitude and learning to appreciate what you already have.

In the end, life is made up of small moments. Big events are rare, but small things happen every day. If you learn to notice and

appreciate them, you can feel happier and more satisfied with your life.

Key Vocabulary and Expressions

small things — мелочи

matter — иметь значение

pay attention — обращать внимание

in reality — на самом деле

change your mood — менять настроение

feel supported — чувствовать поддержку

everyday routine — повседневная рутина

make your day better — сделать день лучше

feel relaxed — чувствовать себя расслабленно

make a difference — иметь значение

show kindness — проявлять доброту

build relationships — строить отношения

focus on — сосредотачиваться на

enjoy the moment — наслаждаться моментом

miss something — упускать что-то

small success — маленький успех

feel progress — чувствовать прогресс

stay motivated — оставаться мотивированным

deal with stress — справляться со стрессом

feel overwhelmed — чувствовать перегруженность

give you energy — давать энергию

appreciate — ценить

be satisfied with — быть довольным

Useful Patterns

One of the small things that matters is... — Одна из мелочей, которая важна — это...

It may seem..., but... — Может показаться..., но...

It makes a difference when... — Это важно, когда...

I feel better when... — Я чувствую себя лучше, когда...

Sometimes we forget to... — Иногда мы забываем...

It helps me to... — Мне помогает...

I try to... — Я стараюсь...

In my opinion... — По моему мнению...

Practice: Answer the Questions

What small things make you feel happy?

Do you usually notice small positive moments?

What small habits help you feel relaxed?

How can small actions improve relationships?

Do you celebrate small successes?

Why do people often ignore small things?

Model Answers

One of the small things that matters to me is listening to music because it helps me relax and feel better.

I try to notice small positive moments, although sometimes I forget because I am busy.

Drinking tea and listening to music help me feel relaxed after a long day.

Small actions like saying «thank you» or helping others can build strong relationships.

Yes, I try to celebrate small successes because they help me stay motivated.

People often ignore small things because they focus too much on big goals.

Expand Your Answer

Try to give a longer answer. Use expressions from the vocabulary list and add a reason or an example.

Example answer:

One of the small things that matters to me is spending time with my friends because it helps me feel supported and relaxed. For example, even a short conversation can make my day better.

Practice: Complete the Sentences

Small things can _____ a big difference in your life.

I try to _____ attention to positive moments.

Listening to music helps me _____ relaxed.

Small successes help me _____ motivated.

It is important to _____ what you have.

What Kind of Person I Want to Be

Text

Thinking about the kind of person you want to be is not always easy, especially when you are still learning about yourself. Many teenagers feel unsure about their future and their personality. However, it is important to have some idea of what kind of person you would like to become.

For many people, being a good person means being kind and respectful. Kindness is something simple, but it can make a big difference in everyday life. Helping others, listening carefully, and showing understanding are all small actions that show who you are. Even when it is not easy, being kind can improve your relationships and make you feel better about yourself.

Another important quality is honesty. Being honest means telling the truth and being open with people. It is not always easy, especially when you are afraid of making mistakes or disappointing others. However, honesty helps build trust, and trust is very important in any relationship.

Confidence is also something many people want to develop. Being confident does not mean thinking you are better than

others. It means believing in yourself and your abilities. It helps you take risks, try new things, and move forward even when you feel unsure.

At the same time, it is important to be responsible. This means taking care of your tasks, keeping your promises, and understanding the consequences of your actions. Being responsible shows that people can depend on you, and it helps you become more independent.

Many teenagers also want to be strong, not only physically, but emotionally. Life is not always easy, and everyone faces challenges. Being strong means not giving up when things go wrong. It means learning from mistakes and continuing to grow.

Another important idea is staying true to yourself. Sometimes people try to change in order to fit in or be accepted. However, if you try to be someone else, you may lose your real identity. It is important to know your values and follow them, even if it is not always popular.

Of course, no one is perfect. Everyone has strengths and weaknesses. The goal is not to become perfect, but to improve and grow as a person. You can work on your weaknesses while also using your strengths.

The kind of person you want to be can change over time. As you gain experience, your goals and values may become clearer. This is a normal part of growing up.

In the end, becoming the person you want to be is a process. It takes time, effort, and self-reflection. What matters is that you keep trying, learning, and moving forward.

Key Vocabulary and Expressions

kind of person — тип человека

become — становиться

feel unsure — чувствовать неуверенность

in the future — в будущем

be kind — быть добрым

make a difference — иметь значение

everyday life — повседневная жизнь

show understanding — проявлять понимание

be honest — быть честным

tell the truth — говорить правду

build trust — строить доверие

be confident — быть уверенным

believe in yourself — верить в себя

take risks — рисковать

move forward — двигаться вперёд

be responsible — быть ответственным

keep promises — держать обещания
depend on — полагаться на
be independent — быть самостоятельным
face challenges — сталкиваться с трудностями
not give up — не сдаваться
learn from mistakes — учиться на ошибках
stay true to yourself — оставаться верным себе
strengths and weaknesses — сильные и слабые стороны
grow as a person — расти как личность

Useful Patterns

I want to be a person who... — Я хочу быть человеком, который...

It is important for me to... — Для меня важно...

I try to... because... — Я стараюсь..., потому что...

One of the most important qualities is... — Одно из самых важных качеств — это...

Although..., I still... — Хотя..., я всё равно...

I believe that... — Я считаю, что...

In the future, I want to... — В будущем я хочу...

I am trying to become more... — Я стараюсь стать более...

Practice: Answer the Questions

What kind of person do you want to be?

What qualities are important for you?

Do you think it is easy to stay true to yourself?

What do you want to improve in yourself?

Why is it important to be responsible?

Do you think people change over time?

Model Answers

I want to be a person who is kind and confident because I think it helps build strong relationships.

One of the most important qualities for me is honesty because it helps build trust with other people.

It is not always easy to stay true to yourself because sometimes you want to fit in. However, I think it is very important.

Конец ознакомительного фрагмента.

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